

Health care for people with intellectual disability in Australia

What this document is about



This document is about **research** that has happened

Research is when you look into something to find out more about it



Researchers from the **National Centre of Excellence in Intellectual Disability Health** did this research

We call this the Centre



This document will tell you

- How we did the research
- What our research found
- What we are doing next



This research looked at different types of health care in Australia for people with intellectual disability



We wrote some hard words in **bold**

We explain what these bold words mean

Why this is important



This is important because we want health care to be better for people with intellectual disability

What we did



We looked at research **databases** and the internet for information

Databases are special online libraries



We wanted to find out if health care was **effective**

This means it is working well



We wanted to find out if health care was **cost effective**

This means it works well and saves money

What we found



We found 10 research papers and 5 reports



We found some good results



These things helped people with intellectual disability get better health care



Health care workers should make services about what is important to you

We call this **person-centred care**



Health services can make small changes so it is easier for you to get good care

This is called **reasonable adjustments**



Health workers need training so they can give you better care

We call this **capacity building**



Care coordination means health workers who know you work together to understand and plan services for you



Cross-sectoral care coordination means health workers working together with other services like Centrelink and NDIS

They talk about things that affect your health



You may need support in **different health care settings**

These can include your GP, the hospital or your therapist



When services worked well together, they saved money

What we are doing next



The researchers will share this information to reach as many people as possible. For example,

- The Centre's website
- Telling people
- Writing reports

We are asking government to pay for services that work well



We need more research to tell us how to make health care better for people with intellectual disability



People with intellectual disability need to be part of the research team

We call this **co-design**



If you have a question about this report, you can ask Jenny Downs

Jenny is helping to do this research

Her email is Jenny.Downs@thekids.org.au