

Our Position Statement

Better education and training for health workers
to support people with intellectual disability



About this information



This paper is in Easy Read.



You can ask someone to help you read this paper.



The National Centre of Excellence in
Intellectual Disability Health wrote this
paper in 2026.

We say the Centre for short.



The Centre works to make sure people with intellectual disability get better health care.



Australian Government

**Department of Health,
Disability and Ageing**

The Centre is funded by the Australian Government Department of Health, Disability and Ageing.



This document is a **position statement** made by the Centre.

A **position statement** says what a group thinks about a topic and what they want to see change.



The position statement says what **education and training health workers** need to give better health care to people with intellectual disability.

Health workers are people who support you with your health as part of their job.



There are many different types of health workers like

- doctors
- nurses
- dentists



Education and training are ways that health workers learn like

- online lessons



- classes



- spending time with people with intellectual disability

What we think



The Centre believes all health workers need to learn how to give good health care to people with intellectual disability.



Everyone has the right to health care that is

- safe
- respectful
- works well
- includes everyone

The problem



People with intellectual disability in Australia often have poor health.



Many health problems can be **avoided** if people get good health care.

Avoided means a problem can be stopped before it happens.



People with intellectual disability live in every community.



Most health workers will support people with intellectual disability as part of their job.



But there is a problem.

Many health workers do not learn about intellectual disability when they are learning to be a health worker.



Health workers do not need to do training about intellectual disability.



Many health workers do not know how to give good health care to people with intellectual disability.



Things need to change so that people with intellectual disability can get good health care.

What needs to be done

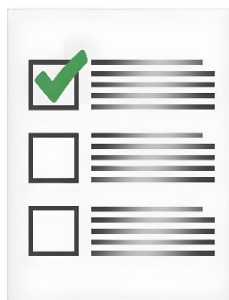


Many people with intellectual disability want health workers to learn more about how to support them.



Experts also say that more training is needed.

Experts are people who know a lot about intellectual disability because of their work or experience.



The Centre thinks Australia needs a plan to teach all health workers to give good health care to people with intellectual disability.

Education and training must



- be based on human rights and respect for every person



- show the real experiences of people with intellectual disability



- value people with intellectual disability as experts in their own lives



- help health workers think about how their beliefs can affect the people they care for

For example they may make wrong guesses about what a person can or cannot do



- teach health workers to give care that focuses on each person



Better education and training will help health workers give safer care.

What we want to happen



The Centre suggests 8 things to help health workers learn about intellectual disability.



1. All **health students** must learn about intellectual disability as part of their study.



Health students are people who are training to become a health worker.



2. Health students should have more chances to learn from people with intellectual disability



For example

- learning in hospitals or clinics where people with intellectual disability get care



- going to places like schools or disability services to meet people with intellectual disability



3. People with intellectual disability and the people that support them should

- help make training

and



- help give training.



4. Health workers must do training about intellectual disability if they work for the government.



5. Health groups should offer and share training about intellectual disability.



These groups include

- groups that represent different types of health workers



- groups that train doctors to become **specialists**

A **specialist** is a health worker who has lots of training in one area of health care.



- government health services



6. Health workers must learn about intellectual disability when they are training to become a specialist.

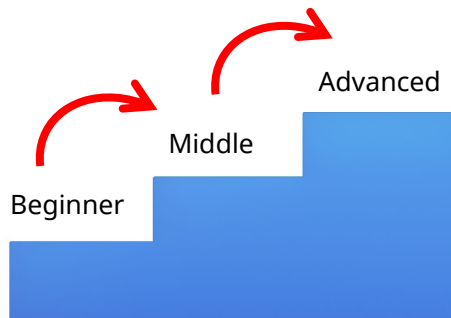


7. More good quality training should be made for health workers.



Training options should include

- learning that can count towards the training hours health workers need to do every year
- **advanced training** for health workers who want to be a specialist in intellectual disability



Advanced training is extra training to learn skills in more detail.



8. Health workers should get the support they need to use what they learn in training.



For example

- enough time and fair pay to give good health care



- advice from specialist teams who know a lot about intellectual disability



- access to tools that help people get care that works for them

How the position statement was made



We made this position statement using the best information we have now.



We also listened to the ideas of many different people.



We listened to

- people with intellectual disability



- families, carers and supporters of people with intellectual disability



- health workers



- **researchers**

Researchers are people who find new information about health and disability



- people who speak up for the rights of people with intellectual disability

Contact Information



You can contact the National Centre of Excellence in Intellectual Disability Health by



- email at **nceidh@unsw.edu.au**



- phone on **02 9065 8076**

You can leave a message and someone will get back to you.

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