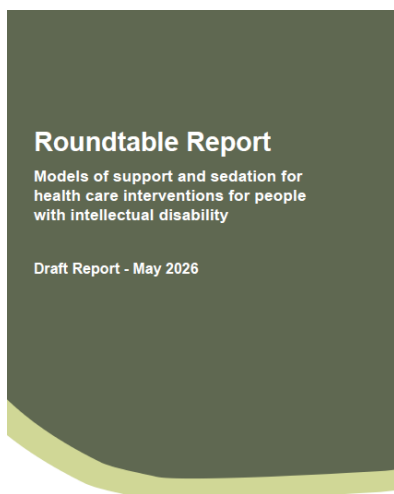




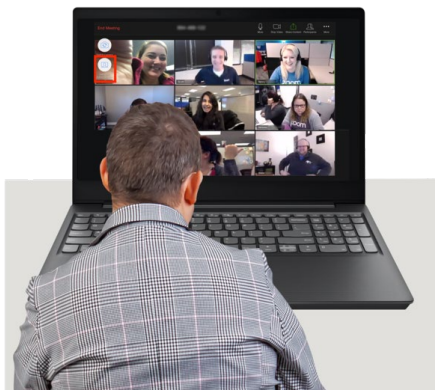
# Support and Sedation Roundtable Report

## About this report



This is a report about **support** and **sedation** for people with intellectual disability who are having **healthcare interventions**.

The report is from a **roundtable**.



A **roundtable** is a meeting for people to share their experiences and ideas.



**Support** means help to stay calm without taking medicine.

**Sedation** means taking a medicine or gas that helps you stay calm or puts you to sleep.



Warning this document may include graphic images of real medical work.



The roundtable was run by the **National Centre of Excellence in Intellectual Disability Health**

and the **Department of Health Disability and Ageing**.



We say the Centre and DHDA for short.

## About the roundtable



Some people need support and sedation to help them feel calm while they have medical work done.

For example



- blood tests



- injections



- dental work



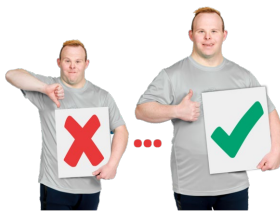
Options for support and sedation are not available to most people with intellectual disability.

If these supports aren't available people often don't get the treatment they need.

The aim of the roundtable was to



- Find out what makes it hard for people with intellectual disability to get support and sedation



- Figure out the solutions



- Plan the next steps

## Who attended the roundtable



- People with intellectual disability

- Family members



- Doctors and nurses



- Researchers



- Workers from the Department of Health, Disability and Ageing



Australian Government  
Department of Health, Disability and Ageing

## Who talked at the roundtable



**Expert** speakers talked about examples of people accessing support and sedation.

**Expert** means someone who knows a lot about a subject.

A mother shared her story.



This mother has 3 autistic children.



Her children have been able to get support at Monash Health.



The children were able to have different types of medical work done.



This made it possible for health issues to be identified and treated better.

A GP talked at the roundtable.



The GP said people with intellectual disability need different levels of support.

This is called a **tiered approach**.

## A tiered approach



For treatment to be good there needs to be choices of increasing support.

Starting with a small amount and going to a larger amount of support.



For example,

For some people having a quiet space can help them to stay calm.



Some people need more than just support.

Some people need a small amount of medicine to help them stay calm.



Other people might need a **general anaesthetic**.

**General anaesthetic** means a drug that keeps you asleep.



Doctors or nurses might suggest doing more than one thing while someone feels calm.

For example,  
Dental work and a blood test.



It is important to consider choices, not just medicines.

Choices could include being in a quiet space or giving sedation if it is needed.

## Action needed



Action is needed by

- doctors
- state and territory health departments.



Actions to make support and sedation accessible are



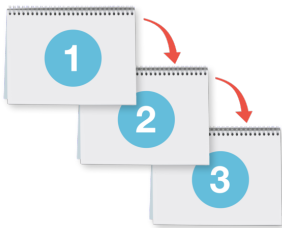
- Make a **national guideline** for support and sedation

A **national guideline** is advice for support and sedation all around Australia.



A national guideline would include

- A screening tool to find out what support a person needs
- A tiered approach



- To recognise that adults and children have different needs.



People with intellectual disability and their families members can share their stories with the Centre.



Stories could be of

- good
- or bad

experiences with having medical interventions and sedation.

## Next Steps and recommendations

The Centre will start a small working group.



The working group will come up with a tiered approach.

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