

Resources for people with intellectual disability and their family and support network

Name	Link and Description
Factsheets and information	
EasyHealth.org.uk Easy English resources	https://www.easyhealth.org.uk/index.php/health-leaflets-and-videos/ Freely downloadable pamphlets and videos in Easy English about a large range of health issues.
Foundation for People with Learning Disabilities publications	https://www.mentalhealth.org.uk/learning-disabilities/publications/ Provides a range of resources for people with intellectual disability, support persons and service providers.
NSW Council for Intellectual Disability Mental Health Easy Read Factsheet	https://cid.org.au/resource/mental-health-guide/ An Easy read factsheet written by the NSW Council for Intellectual Disability on topics such as 'what is mental health', 'what are signs I need help with my mental health' and 'what can help me feel better'.
NSW Council for Intellectual Disability Easy Read Health Factsheets	https://cid.org.au/our-health-fact-sheets/ A range of health factsheets are available for individuals with intellectual disability, including topics such as visiting the doctor, signs of mental ill health, and signs of sickness.
NHS A Picture of Health Factsheets	http://www.apictureofhealth.southwest.nhs.uk/mental-health/ Easy read factsheets on mental health (plus a range of other topics and resources).
Royal College of Psychiatrists Easy Read Resources	https://www.rcpsych.ac.uk/mental-health/problems-disorders/learning-disabilities Information and series of leaflets for people with intellectual disability and mental health problems. The leaflets were written and tested with people with intellectual disability and their carers.
About healthcare rights for people with cognitive impairment - Easy English Guide	https://www.safetyandquality.gov.au/publications-and-resources/resource-library/about-healthcare-rights-people-cognitive-impairment-easy-english-guide This Easy Read guide provides information to people with intellectual disability about their healthcare rights. The guide provides information on what to take to the hospital, getting the right information, making choices about healthcare and what healthcare staff will do.
Health passports	
Communication Passport for Accident and Emergency	https://widgit-health.com/download-files/aande/2013/A-E_Communication_Passport_2013.pdf The Communication Passport for Accident and Emergency is an Easy English document that patients and their support persons can fill out, ready to take to hospital when necessary, which informs health staff about their medical history, important information before carrying out interventions, and their likes and dislikes. It includes information such as what to do if the individual is anxious, and how to best communicate with them.
Health Passport	https://www.choiceforum.org/docs/stocp.pdf A similar, more detailed Health Passport that can be taken to medical appointments which contains more questions about mood and what can help the individual to feel calm.
Admission2Discharge (A2D) Together Folder	http://a2d.healthcare/ The A2D Together Folder can improve the hospital journey for people with intellectual disability. The Folder contains important information about the person, including medications, health information, management plans and communication information. The purpose of the A2D Together Folder is to provide information to health care workers that is current, person-centred, relevant to being in hospital and identifies any support requirements and behaviours or triggers that might put other people at risk of harm during the hospital stay.
MySigns	https://www.mysigns.health/ MySigns is a free web application developed by 3DN at UNSW Sydney. The app can be used on mobile or desktop and allows carers of a person with intellectual disability to upload images or videos of the person during various mood states and share these with the person's mental health team to assist in assessment, treatment and management of mental health issues.

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Supported decision-making	
ADACAS Support My Decisions Website	https://support-my-decision.org.au/ This Easy read website helps people with intellectual disability to make supported decisions. It contains tools and information on how to make decisions, and how to support someone to make decisions.
Additional information for family and support persons	
NSW Family & Carer Mental Health Program (FCMHP)	https://www.onedoor.org.au/services/carer-services/nsw-family-carer-mental-health-program One Door Carer Services provides information, education, support and advocacy through FCMHP, in partnership with five LHDs (Hunter New England, Murrumbidgee, Southern NSW, Sydney, and South Western Sydney).