



Inclusion Australia

It's Doctor Time!



Supporter Kit

Information for families, carers, disability service providers and health professionals

Is the person or people you support doing their yearly health check?

About 'It's Doctor Time!'

This is a national campaign by Inclusion Australia to help increase the number of people with intellectual disability seeing their GP for their Annual Health Assessment - which we are calling a yearly health check. Yearly health checks are proven to lead to better health outcomes for people with intellectual disability.

It's Doctor Time! has been developed by Inclusion Australia in consultation with people with intellectual disability, their families and support people, GPs, allied health professionals and disability service providers.

Why is this campaign important?

Only 7% of Australians with intellectual disability are visiting a GP for a Medicare supported Annual Health Assessment.*

Compared with the general population, people with intellectual disability experience:

- More than twice the rate of avoidable deaths
- Twice the rate of emergency department presentations and hospital admissions
- Higher rates of unrecognised or poorly treated physical and mental health conditions
- Lower rates of preventive healthcare.

What happens at a yearly health check?

The GP might:

- Listen to the person's heart and lungs
- Check their blood pressure, eyes and ears
- Ask questions about diet, exercise and medicines, and more.

**NDIS/DSP participants*

Why are only 7% doing their Annual Health Assessment with their GP?*

People with intellectual disability told us:

- Language like 'Annual Health Assessment' is confusing
- Remembering to go to the GP is hard
- Going to the GP can be scary.

How can It's Doctor Time! help?

The campaign uses simple language to help explain what an Annual Health Assessment is. We're calling them 'yearly health checks'. We're asking people to pick a memorable time every year to book an appointment with their GP. This time becomes Doctor Time!

We've created a range of resources for you to download and share in this Supporter Kit.



Key facts for supporters

Annual Health Assessments for people with intellectual disability

- Medicare supports one Annual Health Assessment a year
- Most appointments will take between 40 minutes to 1 hour
- The [Comprehensive Health Assessment Program \(CHAP\)](#) is an evidence-based tool for GPs to use to conduct these appointments
- There are free versions of the [CHAP available for adults 18+](#), and [young people aged 12-18](#)
- You can ask the GP to use the CHAP to guide the appointment.

Medicare billing

A health assessment for people with intellectual disability can be claimed once every 12 months by an eligible patient. You can ask the GP clinic to use one of these Medicare billing numbers when booking a yearly health check appointment:

- 701 (brief assessment)
- 703 (standard)
- 705 (long); or
- 707 (prolonged).

How you can help

Information for families, carers, Disability Service Providers and health professionals

Tell them about It's Doctor Time!

Chat with the person you support about why it's important to visit the GP for a yearly health check.

Show them our videos

Here are some animations created by people with intellectual disability about yearly health checks:

- [What happens at a yearly health check?](#)
- [How to get a yearly health check](#)
- [Things you and your supporters can do to make yearly health checks easier](#)

Play our song

Here is a short jingle that helps explain yearly health checks.

- [Song: Yearly health checks](#)

Read our Easy Read Fact Sheets

- [What is It's Doctor Time! Easy Read Fact Sheet](#)
- [What is a yearly health check? Easy Fact Sheet](#)



Help book an appointment

The person you support might need some help to book an appointment. You can help them contact their GP clinic and ask for an Annual Health Assessment for a person with intellectual disability.

Suggest to the clinic that they use the Comprehensive Health Assessment Program (CHAP) tool to guide the appointment. Say you will fill in Part 1 at home and bring it to the appointment.

Prepare for the appointment

Help the person you support to fill in Part 1 of the CHAP form on a computer. Or, you can print out the form and fill it out with pen.

- [Watch our video for families and supporters](#)
- [Watch our video for Disability Support Workers](#)

Read our Social Story

To help the person you support feel comfortable about doing their yearly health check

- [Social Story](#)

Use our Conversation Cards

To help guide your chat together about yearly health checks

- [Conversation Cards](#)

Display our posters

- [General It's Doctor Time!](#)
- [Footy Time is Doctor Time!](#)
- [GP It's Doctor Time!](#)

Spread the word on your newsletters and websites

Copy, paste and adapt these short articles for your own communication channels.

- [Newsletter and website copy](#)

Post on social media

Copy, paste and adapt our posts and stories for your social media pages.

- [Social media copy and images](#)

Extra information for Disability Service Providers

Add yearly health checks to your policy

Service providers can copy, paste and adapt the following example policy statement to help embed Annual Health Assessments into their processes.

- [Policy Statement](#)

Display our flyer

Download our flyer and display at your office

- [A4 flyer](#)

Learn more about yearly health checks

National Disability Services has also developed a guide on how disability service providers can use the CHAP tool.

- [Maximising use of the CHAP](#)

Extra information for allied health professionals, pharmacists

Annual Health Assessment Action Plan

Each yearly health check should end with the GP creating a Health Action Plan. This may include directions for new medications or allied therapies.

Ask your client with intellectual disability and their supporter if they have a **Annual Health Assessment Action Plan** when you see them next.