



Inclusion Australia

Do you care for or support someone with intellectual disability? Let them know about 'It's Doctor Time!'

It's Doctor Time! 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 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?

- Currently, only 7% of Australians with intellectual disability are doing their yearly health check.*

People with intellectual disability experience:

- More than twice the rate of avoidable deaths
- Twice the rate of emergency department and hospital admissions
- Higher rates 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*

What is the CHAP tool?

The Comprehensive Health Assessment Program (CHAP) is a 2 part form GPs use to help guide the health check appointment, to ensure they are asking all the right questions and undertaking the right tests.

The person with intellectual disability, their family member or support person should print the CHAP form and fill out Part 1 at home before the appointment.

Then, the GP will fill out part 2 during the health check appointment.

How do I book and prepare for a yearly health check?

Book a long appointment with the GP and ask for an Annual Health Assessment for a person with intellectual disability.

Ask about ways your clinic can help people with intellectual disability prepare for the appointment. The clinic might have videos or photos of GPs on their website, a Social Story, or they might book you for the first or last appointment for the day, meaning there may not be a busy, noisy waiting room.

How you can help

If you support someone with intellectual disability, help them arrange their yearly health check.

Learn more

Website: www.inclusionaustralia.org.au/health-checks

Phone: 1300 312 343

Email: admin@inclusionaustralia.org.au

Facebook: www.facebook.com/inclusionoz

X / Twitter: @inclusionoz

Instagram: www.instagram.com/inclusionaus

LinkedIn: www.linkedin.com/company/inclusion-australia

Scan the QR Code
to learn more

