An Easy Read booklet about life with intellectual disability

About Easy Read

Easier words with pictures to help explain some ideas.

Life with intellectual disability

The cover of the booklet which has the title and a drawing of people holding hands.

This is Easy Read information about life with intellectual disability.

People with intellectual disability wrote it.

This information can help you:

- talk about strengths and challenges
- talk with family, carers or health workers.

It can help you understand what can make life hard.

You will learn from people with intellectual disability.

You can read the information or listen to it.

Life with Intellectual Disability is an Easy Read booklet.

It is about what life can be like for people with intellectual disability.

People with intellectual disability wrote the booklet with a support from the GeneEQUAL team.

GeneEQUAL says this is the first Easy Read booklet in the world about intellectual disability written by people with intellectual disability.

The booklet was made over 9 months. A group of 7 people with intellectual disability and 1 person with another disability made decisions and shared stories.

More than 40 people with intellectual disability reviewed it, gave feedback and helped to make changes to the booklet.

This booklet can help people:

- learn from people with intellectual disability
- talk about strengths and challenges
- talk with family, carers or health workers
- understand what can make life harder.

The booklet has a voiceover recording read by people who wrote the booklet. It is free to download and use.

We trust this resource

We trust this resource because it is:

- Made with people with intellectual disability
- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can follow our guide to know if health information is true and right for you.

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This resource was made by

GeneEQUAL

GeneEQUAL is an inclusive

Inclusive means making sure everyone can take part and feel welcome. It is about including people with different:

- abilities, like whether they find it easy to remember things
- backgrounds, like where they come from or what language they speak
- needs, like if they need a wheelchair to move around.

program that works to make health care and education better for people with intellectual disability. The team works together with people with disability on all projects. GeneEQUAL supports respectful health care and learning for all.

- Visit website