

An Easy Read guide to small changes that can make health care easier for you

About Easy Read

Easier words with pictures to help explain some ideas.

Small changes to make health care better

A smiling person with headphones over their ears.

A reasonable adjustment is a small change to how something is done.

It makes it easier for people with a disability to get what they need.

This guide is about small changes that can make health care easier for you.

You can ask for changes when you have a health appointment.

You can ask for changes like:

- extra time
- a quiet place to wait for your appointment
- pictures and easy words to help you understand

This guide can help you think about the changes that you need.

You have the right to ask for changes that make health care fair and meet your needs.

This guide is about small changes that can make health care easier for you. These small changes are sometimes called **reasonable adjustments**.

You can ask for changes when you have an appointment with a doctor or another health professional. You can ask for changes like:

- getting information in Easy Read
- extra time to do forms with support from someone you trust
- a quiet place to wait for your appointment
- pictures and easy words to help you understand what the doctor says
- extra time to think about what the doctor says.

Everyone is different. The guide can help you think about the changes that you need.

We trust this resource

We trust this resource because it is:

- 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.](#)

This resource was made by

Council for Intellectual Disability

A disability rights organisation led by people with intellectual disability.

- [Visit website](#)