My Health Matters, an Easy Read tool for health communication

About Easy Read

Easier words with pictures to help explain some ideas.

My Health Matters Folder

Man hold a folder that says My Health Matters

My Health Matters is a folder for your health information

A man and doctor looking at the My Health Matters folder together.

It helps you share your information with doctors and health workers.

Elderly Man Walking with Health Folder

You can take the folder to health appointments.

A young man talking to a doctor in a white coat.

It can help people understand how to support you.

A person writing in a folder.

You can write what you want people to know.

A young man siting writing in the folder

You can put information in the folder before a health appointment

A man and support person filling out information in a folder together.

You can do this on your own or with a supporter

The Folder open show three parts

The folder has three parts:

1. About me
2. My Medical Information
3. Tools for my appointment

Showing you can watch a video about this topic.

You can watch a video about how people use the folder.

CID logo.

It was made by the Council for Intellectual Disability (CID)

What you can do with My Health Matters

My Health Matters is an Easy Read folder about your health. It helps you share information with doctors, nurses and other health workers.

You can take the folder with you when you see a doctor or health worker. It can help them understand how to support you during appointments.

The folder is for you. You can write down what you want people to know about you and your health. You can write about what helps you and what does not help you.

You can put information in the folder before a health appointment. You can do this on your own or with a supporter.

What is in the folder?

The folder has three parts.

Part 1: About me

This part is about you. You can tell people how to support you. You can write what you like and what you do not like.

Part 2: My medical information

This part is about your health. You can write important health information, your important contacts, and your health choices.

Part 3: Tools for my appointment

This part helps you show how you feel. You can use tools like “How sick I feel today” and “I have these feelings today”.

Who made My Health Matters?

It was made by the Council for Intellectual Disability. They are part of the National Centre of Excellence in Intellectual Disability Health.

You can get the folder in Vietnamese, Simplified Chinese and Traditional Chinese. More languages are coming.

This resource was made by

Council for Intellectual Disability

A disability rights organisation led by people with intellectual disability.

- Visit website