# It is ok to ask for health information that is right for you

You have the right to get health information suits you.

Here are 4 questions you can ask to check if health information is right for you.

## Was the information made to meet your needs?

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Health information can be made for people:

- with a disability, like Down syndrome or Fragile X syndrome
- with a health condition, like asthma or epilepsy
- who are health professionals, like GPs, dentists and psychologists
- who support someone with a disability, like parents caring for a child
- who don’t understand medical words.

The title or front cover of a fact sheet, book or other written information might tell you who it is for. For example, it could say the information is for people with intellectual disability.

## Is the information helpful?

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Good information helps you look after your health.

For example, good health information can help you:

- explain how you feel, like if you have a lot of pain
- know what medicine to take and when to take it
- understand a health condition
- live a healthy life, so you feel good
- make choices about what you want to do, like choosing to have safe sex.

Learn more about how health information can help you do things you want to do.

## Does the information suit where you live?

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When you find health information and health services online or through AI, it might not say where the information is from. It is hard to know if the information and services are safe and right for you.

## Different health rules

Every country has different rules about health. For example, medicines that are legal in some countries might not be legal in Australia. The rules about health in Australia help keep you safe.

Information you find online or through AI might talk about the health rules in another country.

## Different health services

Different countries have different health services. Information you find online might talk about health services you cannot get in Australia. Or it might not include health services that are offered where you live.

## Ask for information about where you live

Look for health information and services that suit where you live. Look for:

- health information from Australia
- health information and services from your state or territory, like if you live in Queensland or the ACT
- health services close to your home.

# Does the information come in a way you can understand?

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Good information is accessible, which means it is easy for you to understand and use.

If something is too hard, you could ask for:

- help understanding the information
- more accessible information.

## This resource is part of a series

## How to check if health information is good and right for you

Everyone needs health information that is good and meets their needs, but it can be hard to know what information you can trust.

One of the ways you can get health information is from health resources. Health resources can be things like:

- fact sheets about a health problem
- guides that teach you how to do something good for your health
- videos that explain something about health
- apps that help you take care of your health.

Researchers asked people with intellectual disability, family members and health professionals what makes health resources good to use.

Together, they made a list to help people check health resources.

**Resource Quality and Accessibility Checklist for People with Intellectual Disability and Their Supporters**

We have used ideas from the Checklist to write about how you can check if health information is good and right for you. In the links below, you will find examples and

practical advice to help build your knowledge and skills.

Often, the best information comes from a person who knows a lot about health and knows things about you too. For example, GPs and other health professionals give good health advice.

The advice we give here should be helpful to most people, but it is not specific to you. Talk to a health professional if:

- you are worried about your health
- you can't decide if some health information is good and right for you.

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## This resource was made by

### National Centre of Excellence in Intellectual Disability Health

The National Centre of Excellence in Intellectual Disability Health (the Centre) works to improve health services and the health system so people with intellectual disability can live their best, healthiest lives.

The Centre was funded by the Australian Government. It is part of the National Roadmap for Improving the Health of People with Intellectual Disability.

- Visit website