How to read this site in your language

You can change the language on Our Health Space and other websites using:

- your internet browser
- your device settings
- the language settings on the website, if it has them.

Changing information from one language to another is called translating. For example, your internet browser can translate the information on this page from English into Hindi, Arabic, Mandarin or another language.

A translation done by a browser, device or website may not be perfect. It will give you the main information but might get some things wrong. Wrong health information can be harmful.

Be careful when you use your browser, device or website to translate health information. It is a good idea to check that the information is right. If the information is very important, you should use a translation service or ask a health professional.

Search online for steps to translate the website

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To find out how to use your browser or device to change the language on a website:

1. Open your browser.
2. Search for “translate a website” and the name of your browser or device. For example, you could search for “translate a website Google Chrome” or "translate a website Samsung Galaxy phone".
3. Look for instructions from the company that made your browser or device.
4. Follow the steps you find.

If the steps are too hard, ask a support worker, family member or carer to help.

Use your browser to change the language

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Different browsers have different ways to change the language. The steps may change over time.

Your browser may:

- Show a message asking if you want to translate the page
- Have a translate button in the address bar
- Have a translate option in the menu.

For example, to translate a page on Google Chrome:

1. Select the three dots on the top right of the browser.
2. Select **"Translate"** from the drop-down menu.
3. Select the language you want.

Change the language in your device settings

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You can change the main language on your device. This may change the language in apps and some websites.

On most devices, you can:

1. Open Settings or System Settings
2. Find Language or Language and Region
3. Choose the language you want.

If the steps are too hard, ask a support worker, family member or carer to help.

Use a translation tool on a website

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Some websites have a button to change the language. It is usually at the top or bottom of the page.

The button may:

- Say “Language”.
- Say the languages available. For example, the button might say “??” or Berita Bahasa Indonesia.
- Show something else, like a picture of a globe ?.

To change the language:

1. Look at the top or bottom of the website to find the language button.
2. Select the button.
3. Choose your language from the list, if it is available.

If the translation is done by a language tool, it may not be accurate. But some health websites have information written in different languages by experts. This information is more likely to be reliable.

What to do if you still need help translating a website

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If the website is still not in your language, you can:

- Look for a contact page and ask if the information is available in your language
- Ask a support worker, family member or carer for help
- Use a translation service.

Where to find health information in your language

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Health Translations is a free online library of health information in different languages. The website is funded by the Victorian Government. It has high quality

health information you can trust.

Health Direct has high quality health resources in ???? (Arabic), ????? (Bengali), ???? (Chinese Simplified), ???? (Chinese Traditional) and Ti?ng Vi?t Vietnamese. It is funded by the Australian Government.

The health information on these websites can be trusted but it might not be written in easy language. Ask for help from a family member, supporter or health professional if you find information you don't understand.

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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