

How to find health resources online

This step by step guide can help you find health information and resources online.

What you will learn

- How to come up with search words
- How to search for videos, Easy Read guides, social stories and more
- Where to look for health information online

How this resource was made

This resource was made and tested with people with intellectual disability, researchers and a health professional.

How to find health resources online

Boy with a thought bubble that says 'I want to learn about going to the

1. Decide what you want to find out or learn about.

Girl with a thought bubble that says 'I want to know more about my p



2. Come up with **key words** for your topic.

Key words are the main words that say what you want to learn.

For example, if you want to learn about going to the doctor, some key words might be

- Going to the doctor
- Doctor
- Check up
- Appointment
- GP

Boy pointing to the words 'doctor', 'check up' and 'appointment'

For example, if you want to learn about periods, some key words might be

- Periods
- Time of the month
- Pads

- Monthly cycle
- Tampons

Girl pointing to the words 'periods', 'pads ' and 'monthly cycle'



Boy with a thought bubble showing that he is deciding if he wants a video, ea

3. Think about how you want the information.

Do you want it in a video, Easy Read, social story, app, guide, checklist or something else?



4. Combine your key words with how you want the information.

Add the words intellectual disability to the end.

For example

- Doctor social story intellectual disability
- Going to the doctor easy read intellectual disability

For example

- Period video intellectual disability
- Tampon social story intellectual disability

Boy pointing to the words 'doctor', 'social story' and 'intellectual disability' with

Girl pointing to the words 'period', 'video' and 'intellectual disability' with plus

These are called your **search terms**.

Girl using a laptop that says 'Intellectual Disability Health Information' on the

5. If you have websites you like to go to for health information, go to those websites first.

For example, you might like the website of CID or Down syndrome Australia.

Boy pointing to a button on a computer screen that says 'resources'

You can skip this step if you do not have websites that you use.

6. Look for sections called Resources, Hub or Library.

If there is a search bar enter your search terms.

Girl using a laptop with a Google search page

7. Go to Google and put in your search terms.

If you are looking for a video you can also go to YouTube.



Boy using a computer and choosing a link from Google search results

8. Select links that mention your topic.

Go back to the search page if it is not what you are looking for.



Girl using a laptop to search for 'tampon video intellectual disability'

9. If you cannot find anything, try a different search term.

For example, you can search for tampon if you cannot find anything for period.



Boy looking at health information on his computer and thinking, 'Can I trust i

10. When you have found what you are looking for think about

- Can I trust it?
- Is it easy to understand

You can use this [checklist](#) to help you.

Online health information does not replace advice from a health worker.

Always talk to a health worker for help with your health.

Call 000 in an emergency.

We trust this resource

We trust this resource because it is:

- Made with people with intellectual disability
- Made to help, not for profit
- 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

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](#).

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