

Disability Health Strategy

First Action Plan

2024 to 2026

ACT Health



ACT
Government

ACT Health



Easy English

Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**

- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book

- know what this book is about

- find more information.



We will write contact information at the end of this book.



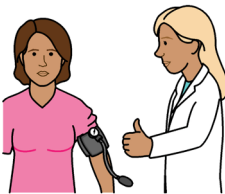
About this book

This book is from ACT Health.

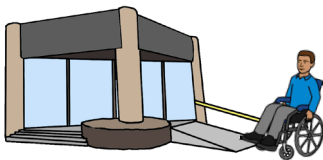


This book is about our Health Action Plan for people with disability.

We call it **the plan**.



The plan says how we will have health care that is **accessible** and **inclusive**.



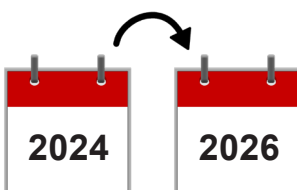
Accessible means easy for everyone to

- go to



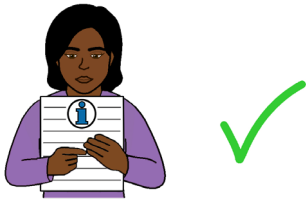
- use.

Inclusive means everyone is part of something.



The plan says what we will do from 2024 to 2026.

How we will have better health information



We will make sure our health information is easy for everyone to understand.



We will teach staff who work in health care and disability services to write in Easy English.



We will make information on our website easy to find.

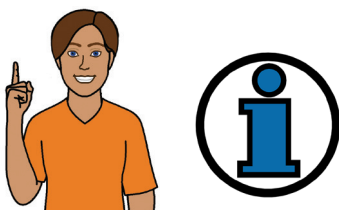


We want everyone to have good **health literacy**.

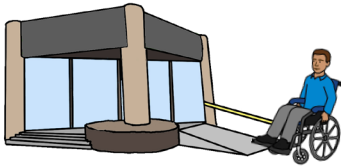


Health literacy is when you can

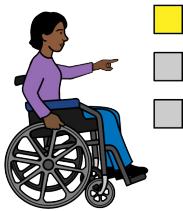
- get information about health
- understand information about health
- use information about health.



How we will have better access and choice



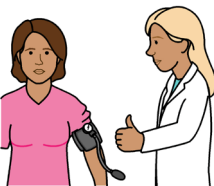
We will make sure our buildings are accessible.



We will support people with disability to make their own choices about their health care.



We will help different services work together.



We will make sure people with disability get the health care that is right for them.



We will have a **sexual health** service for women with disability.



Sexual health is information about

- sex
- your body.





We will make sure people with disability have good mental health.



We will ask people with disability for their ideas when we

- plan new services



- change health services



- check if we are doing a good job.

We will have a plan for when there is an emergency



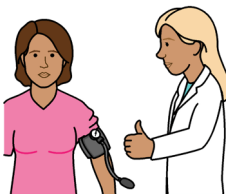
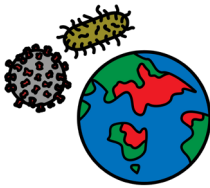
We want everyone to be safe when there is an **emergency**.

An emergency is when there is danger for a lot of people.



For example

- a bushfire
- a disease like Covid.



We will make sure people with disability can get health care when there is an emergency.

We will teach health care staff about people with disability



Health care staff could be

- doctors



- nurses



- people who work in our offices.



We will think about how our health care can be accessible and inclusive for everyone.



We will teach our staff

- about disability



- how to work with people with disability.

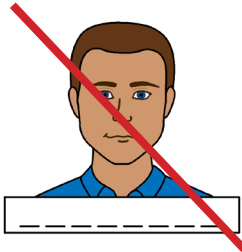
We will do research about people with disability



We will get information about the health of people with disability.



We will give health information about people with disability to the Australian Government.



We will **not** tell anyone your name.



We will make sure people with disability can give us **feedback** in different ways.

Feedback is when you tell us what you think about our services.



More information



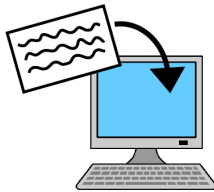
ACT
Government
Health

For more information contact
ACT Health.

Call 5124 9355



Website health.act.gov.au



Email

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You can read the full strategy on
our website.

Website

[ACT Disability Health Strategy | Health](http://health.act.gov.au/disability-health-strategy)



If you do not speak English

Use the free Translating and Interpreting Service or TIS.



Call 131 450

Give the TIS officer the phone number you want to call.



If you need help to speak or listen

Use the National Relay Service to make a phone call.

You must sign up to the service first.



Call 1800 555 660



Website accesshub.gov.au/nrs-helpdesk

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