About this book

• VicHealth

and

• The Victorian Government

want people with a disability to be healthy.

This book is about how everyone can help people with a disability to be healthy.

This book has 4 parts

1 People with a disability

2 Organisations

3 Community

4 Society.
Part 1 People with a disability

For good health you need

- a job
- a house
- an education
- transport
- good health care.
- a role in your community.

For good health you must feel safe.

You will feel safe if your community

- respects you
- includes you
- treats everyone the same.

You will feel safe if you can make choices.
For good health you should

- eat good food

- do exercise.

You should **not**

- smoke

- drink too much alcohol.
What people with a disability say

People with a disability say

Nothing about us without us.

This means people with a disability say

We want

● to make our own choices
● to be part of our community.

We want you

● to include us
● to treat all people the same.
What VicHealth wants in the future

People with a disability will have

- a job
- a house
- an education
- good health care
- a role in their community
- better health.

People with a disability will be able to make choices about their life. For example,

- where to live
- what to buy.
People with a disability will not experience violence or discrimination. Discrimination is when other people treat you differently.

- People with a disability
- People without a disability

will get the same pay for the same job.

People with a disability will feel

- happy
- proud.
Part 2 Organisations

Organisations are businesses or companies. For example,

● a hospital

● a school

● a supermarket

● an internet service provider.

What can organisations do to make sure people with are disability are healthy?

Organisations should

● give people with a disability a job

● include people with a disability in decisions

● know how to help people with a disability.
Organisations should have no violence or discrimination.

Organisations should have programs that everyone can join. For example,

- a child with a disability

and

- a child **without** a disability can play the same sport.
Part 3 Community

Community is
● the people who live near you
● the people you see a lot
● the places you go to a lot.

For example,
● your neighbours
● your local council
● your local shops
● your sports team
● your church.

What can your community do to make sure people with a disability are healthy?

Your community should
● respect people with a disability
● include people with a disability
● be safe.
Your community should have

- **no** violence or discrimination

- healthy people

- good workers.
Part 4 Society

Society means all people. For example,

- all the people in your
  - city
  - state
  - country
- all the people in the government.

What can society do to make sure people with a disability are healthy?

Society should

- respect all people
- include all people
- have laws to make sure people with a disability are
  - safe
  - healthy.
People with a disability and people without a disability will have the same life expectancy. Life expectancy is how long a person should live for.

All people with a disability will be the best they can be.
VicHealth

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Scope’s Communication & Inclusion Resource Centre wrote the Easy English in July 2014.


To see the original book, contact VicHealth. VicHealth Publication number P-EQ-144. The Victorian Government helped VicHealth with this project.

Mayer-Johnson LLC says we can use the Picture Communication Symbols.

Mayer-Johnson LLC says we can use the ThinLine package.

Valuing People ClipArt
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