

Disability and health

Everyone can help



Easy English 2014

www.vichealth.vic.gov.au

 VicHealth

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.

4

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

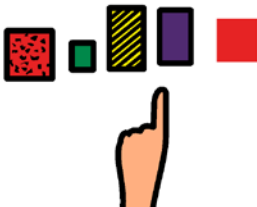
- a job
- a house
- an education
- transport
- good health care.
- a role in your community.

For good health you must feel safe.



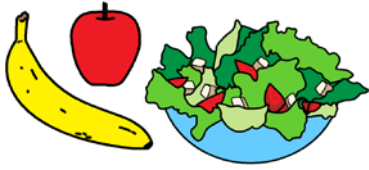
You will feel safe if your community

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



You will feel safe if you can make choices.

For good health you should

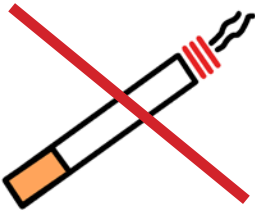


- eat good food



- do exercise.

You should **not**



- smoke



- drink too much alcohol.

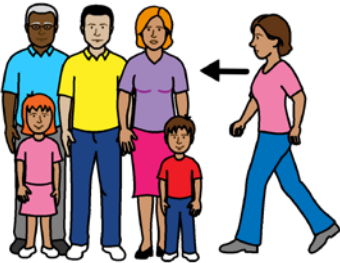


What people with a disability say

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

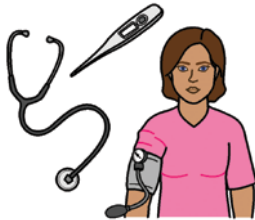
- to include us
- to treat **all** people the same.

What VicHealth wants in the future



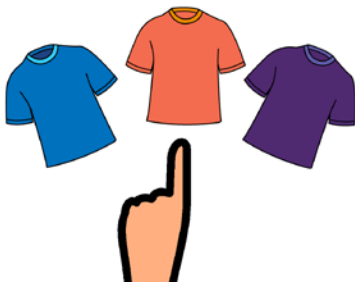
People with a disability will have

- 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

and



- people **without** a disability

will get the **same** pay for the **same** job.

People with a disability will feel



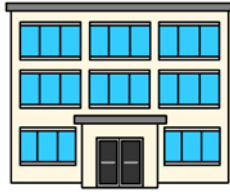
- happy

and



- 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.



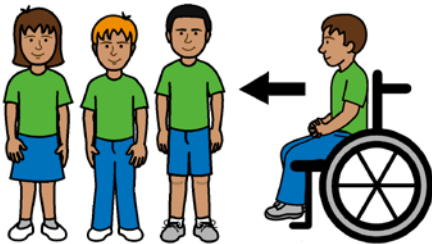
Organisations should have **no** violence or discrimination.

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



- a child with a disability

and



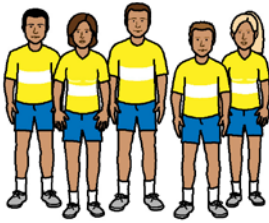
- a child **without** a disability can play the same sport.

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 are disability are healthy?



Your community should

- respect people with a disability
- include people with a disability
- be safe.



Your community should have

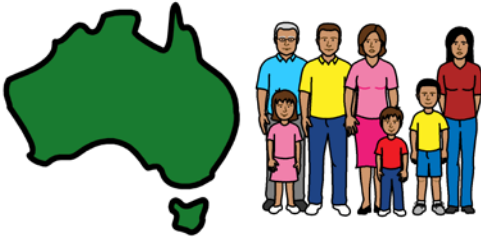
- no violence or discrimination



- 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 are disability are healthy?



Society should

- respect **all** people
- include **all** people
- have laws to make sure people with a disability are

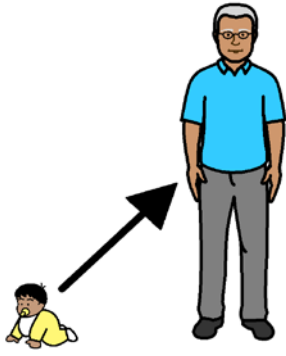


– safe

and



– 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.



More information



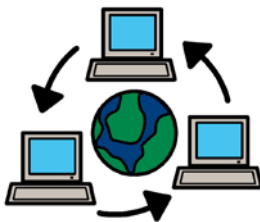
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www.scopevic.org.au

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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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