

People with a disability

Your health



Easy English 2013



We want to make sure people in Victoria

- know about good health
- get good health services
- are healthy.



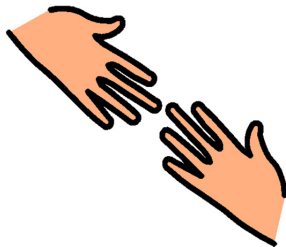
We read lots of information about

- health
- and
- people with a disability.

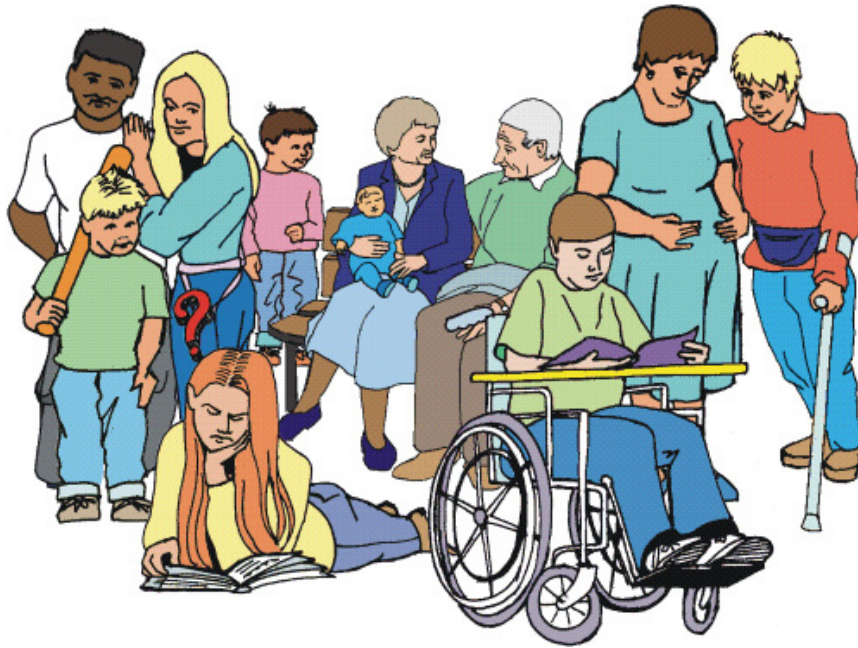


We found out that

- lots of people with a disability have poor health
- lots of people who do **not** have a disability have better health.

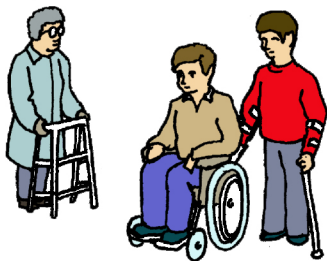


We will work to make services better for people with a disability.



About disability

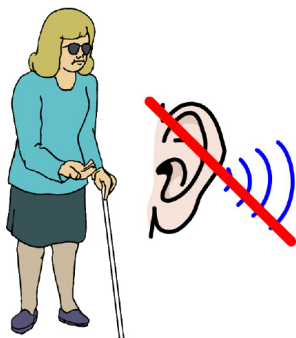
People can have different types of disability.



Physical disability

It is hard to use your

- legs
- or
- arms.



Sensory disability

You can not

- see
- or
- hear well.



Learning disability

You find it hard to

- learn new things
- and
- remember.



Mental illness

You sometimes

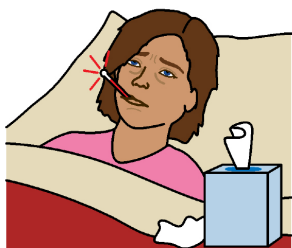
- feel very sad
- feel very worried
- feel tired.

What is poor health?



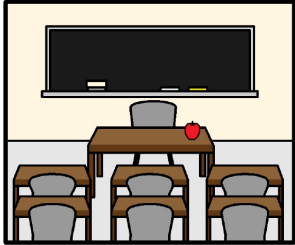
Poor health means people

- have mental illness
- or
- get sick. For example,
 - a bad heart
 - high blood pressure
 - diabetes. There is too much sugar in your body.



Lots of people die very young.

Why do lots of people with a disability have poor health?



School

Lots of people

- leave school early

or

- go to special development schools.

This means you do **not** do much study.

It is hard to

- learn about your health

and

- get a good job.



Work

Lots of people do **not** work 5 days a week.

When you do **not** work a lot you may feel

bad about yourself.



Pay

It is hard to pay for food and bills.

- You might have a job

but

- only get a little bit of money.

Lots of people only earn a little bit of money.



Housing

Lots of people

- rent a house
- live in a supported house. Staff work in the house
- are young and live in a nursing home.

People might only live in a house for a short time.

Some people are homeless.

More supported houses are needed.



Attitudes

Some people

- have a bad attitude towards people with a disability
- might discriminate against people with a disability.

Discriminate means people treat you in a bad way because of your disability.

For example, people say you can **not**

- go to school
- get a job
- use a service.

This can make it hard to be healthy.



Violent crime

Lots of people with a disability are **victims** of violent crime.



Victim means someone

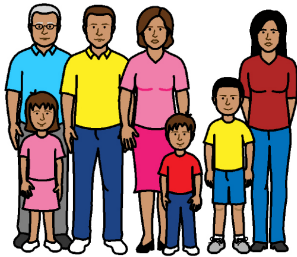
- hurt you
- broke something that belongs to you.



Violent crime is when someone

- hurts you
- scares you
- makes you feel unsafe
- tries to control you
- hurts your pet.

Violent crime is **very** bad for your health.



Friends and family

Friends and family help people look after their health. Friends and family help you

- go out
- and**
- do things you like.

For example,

- play sport
- go to the movies
- join a club.

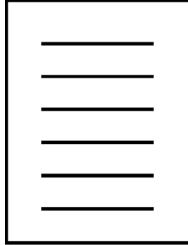


Lots of people

- live alone
- do **not** have friends
- do **not** have family.

It is hard to get help.

A plan to make your health better



VicHealth made a plan. The plan says what people with a disability need for good health.



People need

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

This means you will

- have better health
- make choices about your health
- feel good about yourself.



Your community will

- respect you
- include you
- treat everyone the same.



The law will say we must do this.

VicHealth will give the plan to

- the government
- and**
- community services.



We will

- work together
- and**
- help you have better health.



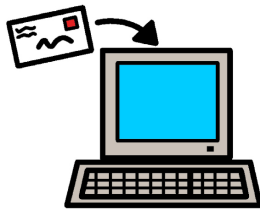
More information



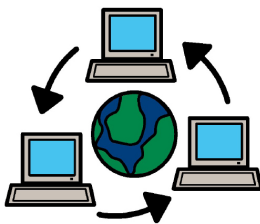
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Scope's Communication Resource Centre
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www.scopevic.org.au

To see the original book, contact VicHealth.

Mayer-Johnson LLC says we can use the
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