

Your Health



Hello, my name is Laurie Harkin. I am the Disability Services Commissioner. This Speaking Up newsletter is about your health.



Your health is important.

Doctors help you to be healthy. It is important to visit your doctor every year for a health check.

It is important to visit your doctor if you feel sick. Your doctor can look at your body. They can talk with you about how you feel.

Some people make their own doctor's appointments.

Sometimes families can help you to make your doctor's appointments.



If you get disability support:

Your support workers must help you to see your doctor. They can:

- Make the doctor's appointment.
- Organise getting to the appointment.
- Organise information that you need to take with you.
- A support worker can go into the doctor's room with you, if you want.

The support worker should ask you if you want your family to come with you.

The support worker should write in your personal file what the doctor said.

MAX



Max lived in a group home.

His mum came to visit him every week. Her name was Beryl. Beryl was worried about Max's health. She rang us at the office of the Disability Services Commissioner.

Beryl said that Max had diabetes. She was worried because he was unwell. Beryl said it was OK for us to speak with the managers for Max's house.

We asked the managers lots of questions. They told us that Max had not had a health check. We talked to the managers about taking Max to the doctors.



The managers organised for Max to go to the doctors.

The doctor said Max was having too much medication.
The doctor changed Max's medication.



Max felt much better. Beryl said he was much better.



**It's okay to call us if you think your staff are not helping with your health
ph: 1800 677 342**