

Easy Read about Living with Osteoporosis

This is an Easy Read guide about living with **osteoporosis**.

Osteoporosis is a health condition that makes bones weak. Weak bones can break more easily.

What is in the guide

This guide helps people with intellectual disability and osteoporosis to understand:

- what it means to have osteoporosis
- how osteoporosis can be treated
- how to keep bones as healthy as possible
- how to reduce the chance of falls and broken bones
- which health professionals can help.

Other formats and guides

If you use a screen-reader, you can download this [screen-reader friendly version](#).

If you do not have osteoporosis but would like to learn how to prevent it, you should use this [Easy Read about osteoporosis instead](#).

We trust this resource

We trust this resource because it is:

- Made with people with intellectual disability

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

Cover page of Living with Osteoporosis Easy Read.

This resource was made by

National Centre of Excellence in Intellectual Disability Health

The [National Centre of Excellence in Intellectual Disability Health](#) (the Centre) works to improve health services and the health system so people with intellectual disability can live their best, healthiest lives.

The Centre was funded by the Australian Government. It is part of the [National Roadmap for Improving the Health of People with Intellectual Disability](#).

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