

An Easy Read book about life with intellectual disability

Life with Intellectual Disability is an Easy Read book.

It is about what life can be like for people with intellectual disability.

People with intellectual disability helped write the book with the GeneEQUAL team.

GeneEQUAL says this is the first Easy Read book in the world about intellectual disability written by people with intellectual disability.

The book was made over 9 months. A group of 8 people with disability helped make decisions and share stories.

More than 40 people with intellectual disability also shared ideas in group meetings.

This book can help people:

- learn from people with intellectual disability
- talk about strengths and challenges
- talk with family, carers or health workers
- understand what can make life harder.

The book has a voiceover recording read by people who helped make the book. It is free to download and use.

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.](#)

The cover of the booklet which has the title and a drawing of people holding hands.

This resource was made by

GeneEQUAL

GeneEQUAL is an inclusive

Inclusive means making sure everyone can take part and feel welcome. It is about including people with different:

- abilities, like whether they find it easy to remember things
- backgrounds, like where they come from or what language they speak
- needs, like if they need a wheelchair to move around.

program that works to make health care and education better for people with intellectual disability. The team works together with people with disability on all projects. GeneEQUAL supports respectful health care and learning for all.

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