

## **Cards to help you talk about your health**

My Health Cards are made for you, to help you talk about your health.

You can use the cards with:

- health professionals
- family members
- support workers.

You can use the cards to help get ready for a health appointment.

You can download the cards or have the cards posted to you. You can ask for the cards in different languages.

## **What makes My Health Cards easy to use?**

Show moreShow less

The cards:

- are in English and many other languages
- have pictures and easy words
- ask questions and give ideas.

## **How do My Health Cards help people talk about health?**

Show moreShow less

The cards can help people get to know you. The cards can help you talk about:

- what you want and don't want

- health and your body
- your thoughts and feelings.

## **We trust this resource**

We trust this resource because it is:

- 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.](#)

## **This resource was made by**

### **Council for Intellectual Disability**

A disability rights organisation led by people with intellectual disability.

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