

## **Health checks for people with developmental disabilities.**

A health check is a visit with your doctor to check all of your health.

It is important for people with developmental disabilities to have a health check.

Most people do not know that this is important.

We talked to doctors, self-advocates, family members and support persons.

We asked what we can we do to let more people know about the health check.

### **Top 10 things we can do**

1. Make information about the health check easy to understand. Like with social stories or Easy English.
2. Teach family doctors how to make a visit to the doctor accessible.
3. Teach in medical school how to care for people with developmental disabilities.
4. Check if family doctors are doing health checks for people with developmental disabilities in Canada.
5. Share health check information with family doctors when a patient turns 18 years old.
6. Support family doctors to learn from each other.
7. Tell in easy language why health checks are important. Like how it makes your health better.
8. Tell developmental support workers about the health check.
9. Include self-advocates in teaching healthcare workers.
10. Include self-advocates as experts when you make teaching materials.

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People with developmental disabilities in Canada have a right to good healthcare.

You can help us make healthcare better for people with developmental disabilities.

Join us by sharing this information.