

Are you the carer of someone with an intellectual disability?

If yes, encourage them to get their heart and general health checked.

Healthy hearts and bodies for people with an intellectual disability

Even if the person you care for seems healthy, yearly health check-ups are important.

Your own health is also important, so regular health checks should be something you do for yourself too!

Tips for healthy hearts and bodies for those you care for:

- » Keep a healthy weight and normal blood pressure
- » Have a good level of physical activity
- » Eat a healthy diet
- » Avoid smoking
- » Take medications appropriate to your health needs

Take this postcard with you to the doctor

Ask the doctor to read the other side of the postcard. It tells the doctor about an important resource to help them manage heart health in people with an intellectual disability.

This website has free information about supporting people with an intellectual disability to stay healthy:

<https://3dn.unsw.edu.au/positive-cardiometabolic-health-ID>

Positive cardiometabolic health for people with an intellectual disability: an early intervention framework

Dear Health Professional,

Here is a link to a **free suite of cardiometabolic resources** to help improve health in your patients with an intellectual disability:



<https://3dn.unsw.edu.au/positive-cardiometabolic-health-ID>

People with an intellectual disability have poorer health outcomes than the general population and an over-representation of specific cardiometabolic risk factors.

The cardiometabolic resources available include:

- » An early intervention guideline that identifies intellectual disability-specific cardiometabolic risk areas and target values, monitoring schedules, intervention strategies, and tips for overcoming common monitoring problems such as a fear of blood tests.
- » A toolkit of free cardiometabolic resources for people with an intellectual disability and their carers that you can print off and share with your patients.



This postcard was adapted with permission from the Lester UK positive health resource card. This postcard was funded by NSW Health.

