

Staying Healthy

for people with an intellectual disability

Staying healthy can help you **live longer** and enjoy things more.

You should have **health checks** with your doctor each year even if you feel well.

Your doctor can **work with you** and your support workers to help you stay healthy or fix health problems.



Take this postcard with you to the doctor

The other side of this card has information for your doctor to read.

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.

