



My Health Matters

My communication

I find it easy to understand people when they

Speak slowly

Use plain English

Make eye contact

Use big text when writing to me

Stick to one topic at a time

Use sign language

Give me time to think about my response

Other

My communication

I use these things to communicate

Text to voice

Sign language

Letter board

Picture board

Computer device or program

My voice

iPad App

Other

In case of an emergency please contact

1. Name

Who are they to me

Phone number

2. Name

Who are they to me

Phone number

How to fill out the Top 5



The TOP 5 are the 5 most important things people need to know about you.

This could be about your disability, health, behaviour or communication.



You can ask the person who knows you best to help you fill in this part.

These important things could be

If you have a serious medical issue

- What is it?
- What do people need to know about it?

Example

I have life threatening seizures.

If I am having a seizure roll me onto my right side.

Call 000.

How to fill out the Top 5

If you have communication barriers, what are the important signs you use to let people know what you need or want?

Example

When I need to go to the toilet I put my finger on the palm of my other hand.

If you are not feeling calm or comfortable are there words or actions that will help you?

- What makes you angry or anxious?
- Is there something that calms you down
 - Music?
 - A quiet place?
 - Or going for a walk?

Example

When I am in pain I get angry and yell at everyone.

Please do not take it personally.

Speak to me in a calm way.

Ask me in a quiet voice if I am in pain.



TOP5



You can ask the person who knows you best to help you fill this part in.

The TOP 5 are the **5 most important things** you need people to know about your disability, health, behaviour and communication.

1.

2.



TOP5



You can ask the person who knows you best to help you fill in this part.

3.

4.



TOP5



You can ask the person who knows you best to help you fill in this part.

5.

This website has more information about the TOP5:

<http://bit.ly/TOP5info>

TOP5 is an initiative of the Carer Support Unit,
Central Coast, Local Health District

About me

The date I was born

I live

- With family
- In a Group Home
- Independently
- With friends
- Other

Religion

- I am religious

My religion is

My communication details

Phone

My phone number _____

I need someone to be with me while I am on the phone

I send and receive text messages

Email

I use my email

This is my email

I read my email

Every day

Once a week

Never

Things I do each week

Cut and paste the pictures provided or you can write or draw to show what you do in a week.

Monday	Exercise
---------------	----------

Tuesday	Exercise
----------------	----------

Things I do each week

Cut and paste the pictures provided or you can write or draw to show what you do in a week.

Wednesday	Exercise
------------------	----------

Thursday	Exercise
-----------------	----------

Things I do each week

Cut and paste the pictures provided or you can write or draw to show what you do in a week.

Friday	Exercise
---------------	----------

Saturday	Exercise
-----------------	----------

Things I do each week

Cut and paste the pictures provided or you can write or draw to show what you do in a week.

Sunday	Exercise
---------------	----------

What I eat

Cut and paste the pictures provided or you can write or draw to show what you do in a week.

Every day	Sometimes	Not much

What I drink

Cut and paste the pictures provided or you can write or draw to show what you do in a week.

Every day	Sometimes	Not much

Today I am feeling

Use this page to show how you are feeling.

Please **do not** write on this page.



Great



Good



Ok



Sick



Very sick

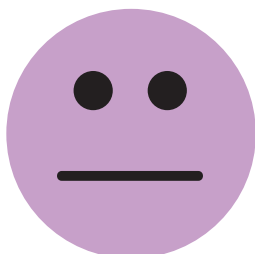
I am in this much pain

Use this page to show how much pain you are in.

Please **do not** write on this page.



No pain



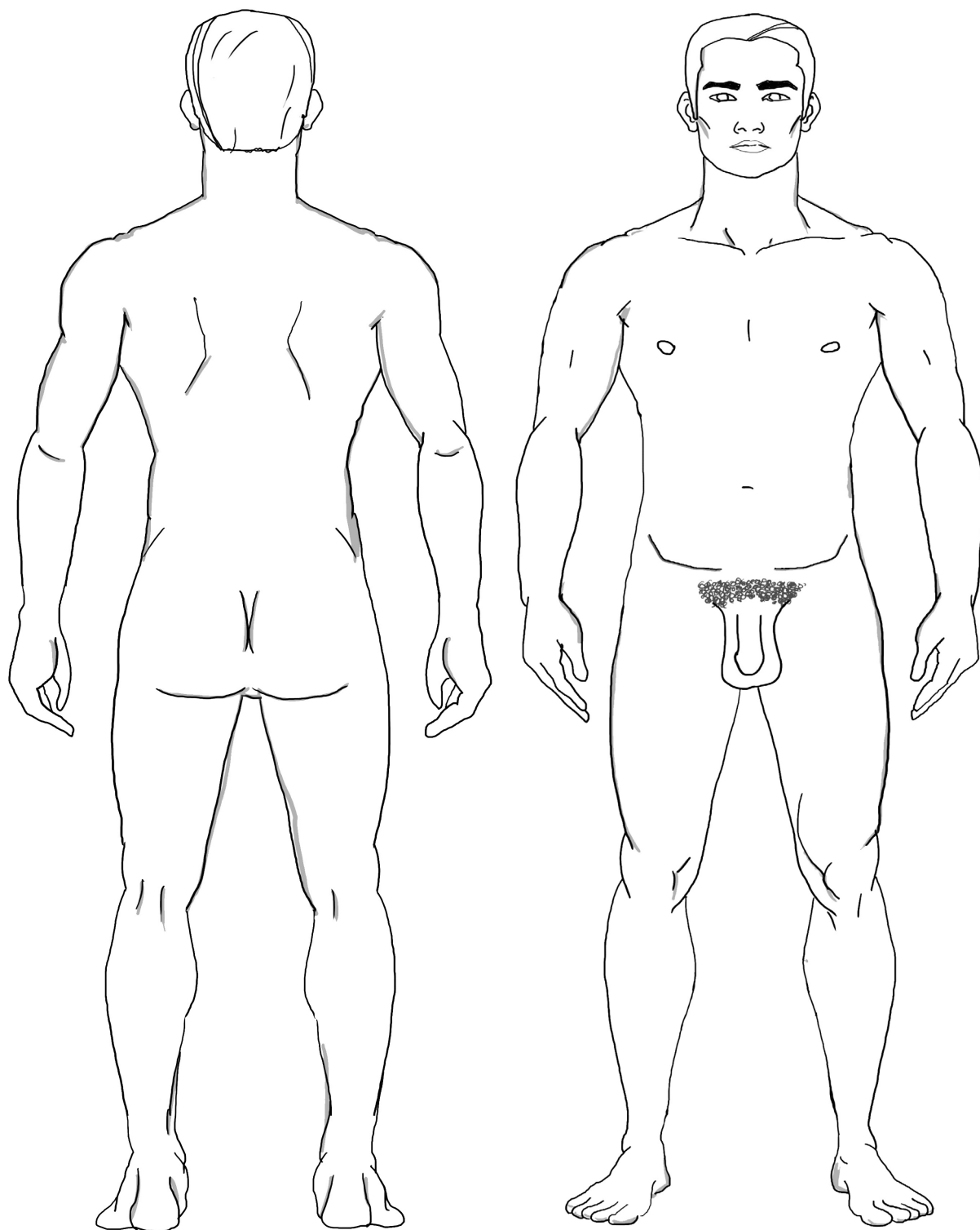
Some pain



Lots of pain

This is where the pain or problem is

Please **do not** write on this page.

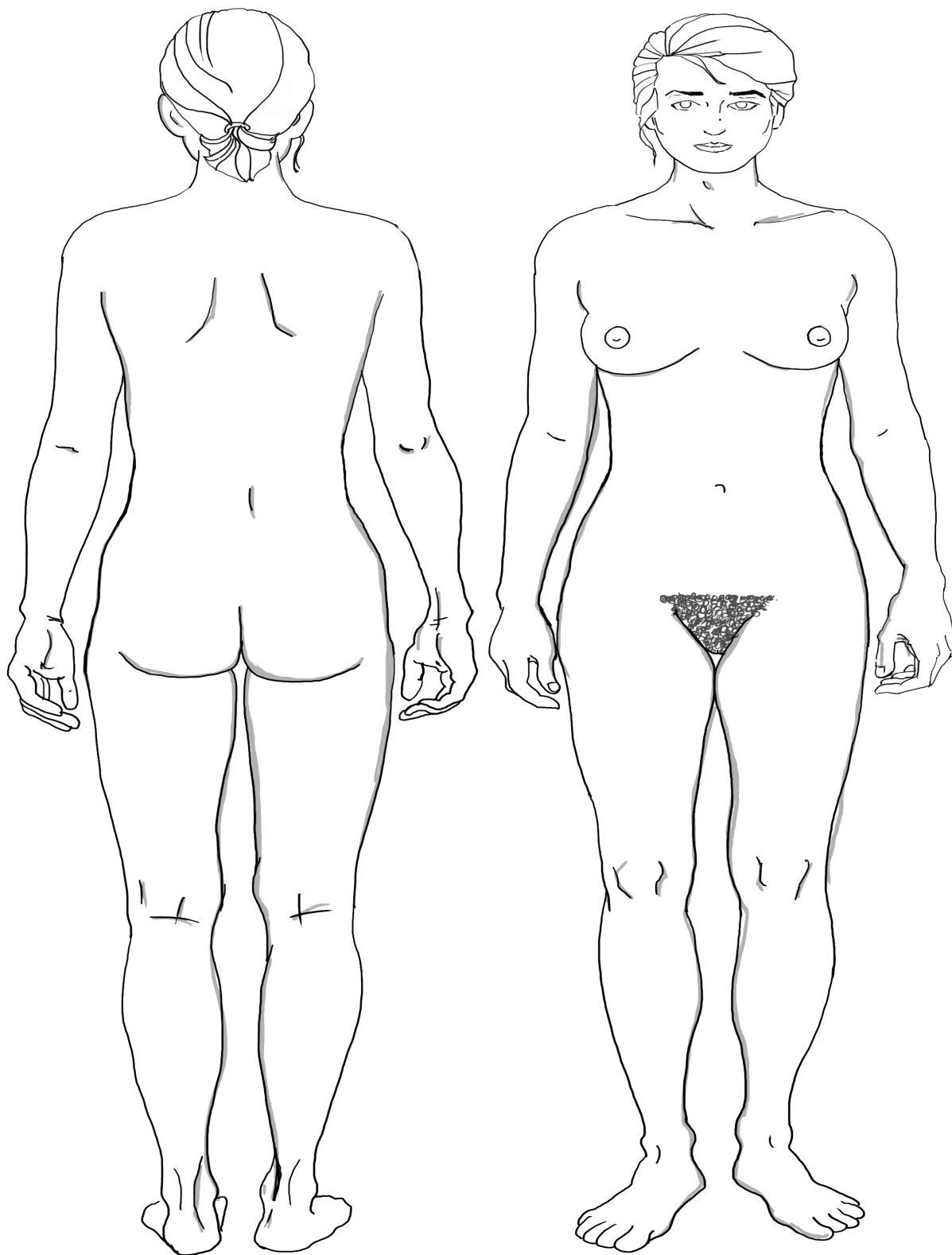


Back

Front

This is where the pain or problem is

Please **do not** write on this page.



Back

Front

Feelings and Behaviours Thermometer

Difficult times can affect how we behave.

You might get stressed by things like:

- Loud noises
- A change in plans
- The way someone speaks to you

The Feelings and Behaviours Thermometer helps show people what signs to look for when you are getting angry or frustrated.

You can use it to let people know what keeps you calm or what calms you down.

How to fill in the thermometer

Write 1 or 2 things that make you feel each of the emotions listed on the thermometer.

You might like to write down what things people might see you do when you are feeling that emotion.

Then write 1 or 2 things that calm you down.

Feelings and Behaviours Thermometer

Here is an example of how to use the scale



What things make me feel this emotion

1. _____
2. _____

What I would like you to do to help

1. _____
2. _____

What things make me feel this emotion

1. _____
2. _____

What I would like you to do to help

1. _____
2. _____

What things make me feel this emotion

1. _____
2. _____

What I would like you to do to help

1. _____
2. _____

What things make me feel this emotion

1. _____
2. _____

What I would like you to do to help

1. _____
2. _____

Feelings and Behaviours Thermometer



What things make me feel this emotion

1. _____
2. _____

What I would like you to do to help

1. _____
2. _____

What things make me feel this emotion

1. _____
2. _____

What I would like you to do to help

1. _____
2. _____

What things make me feel this emotion

1. _____
2. _____

What I would like you to do to help

1. _____
2. _____

What things make me feel this emotion

1. _____
2. _____

What I would like you to do to help

1. _____
2. _____

Feelings and emotions

You can use the next 2 pages to show how you feel.

Point to the emotion that you are feeling.

You can use these pages anywhere you like.

For example:

- During a medical appointment
- At home or work

Feelings and emotions



Angry



Annoyed



Confused



Embarrassed



Frustrated



Nervous



Happy



Worried

Feelings and emotions



Sad



Safe



Scared



Shocked



Shy



Tired



Uncomfortable



Unsafe

What my emotions look like

It is not always easy for people to understand how you feel.

The next page lets you take pictures of yourself when you are feeling emotions you want people to identify.

For example:

- Happy
- Sad
- Annoyed
- Frustrated

What my emotions look like

Elevator Chart



Dane Waites has given CID to use his Elevator Chart.

This is how Dane uses his chart:

'I use my elevator chart to keep my support workers in the knowing.

I smile on the outside but not always on the inside.

Without me using words they can see how I am feeling by looking at my elevator chart.

When I feel very depressed I put my elevator in the black.

When I am feeling good I move the elevator up to the green.

I'm in control of my elevator chart.

This is good because I don't like using words to talk about my mood.

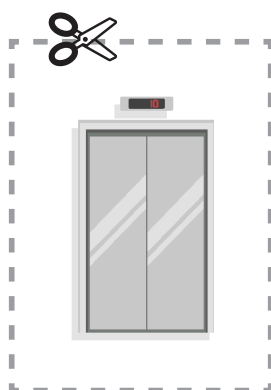
Except when I'm talking to my counsellor and my mum'

Elevator Chart

The Elevator Chart can stay in your folder or you can take it out and put it on the wall.

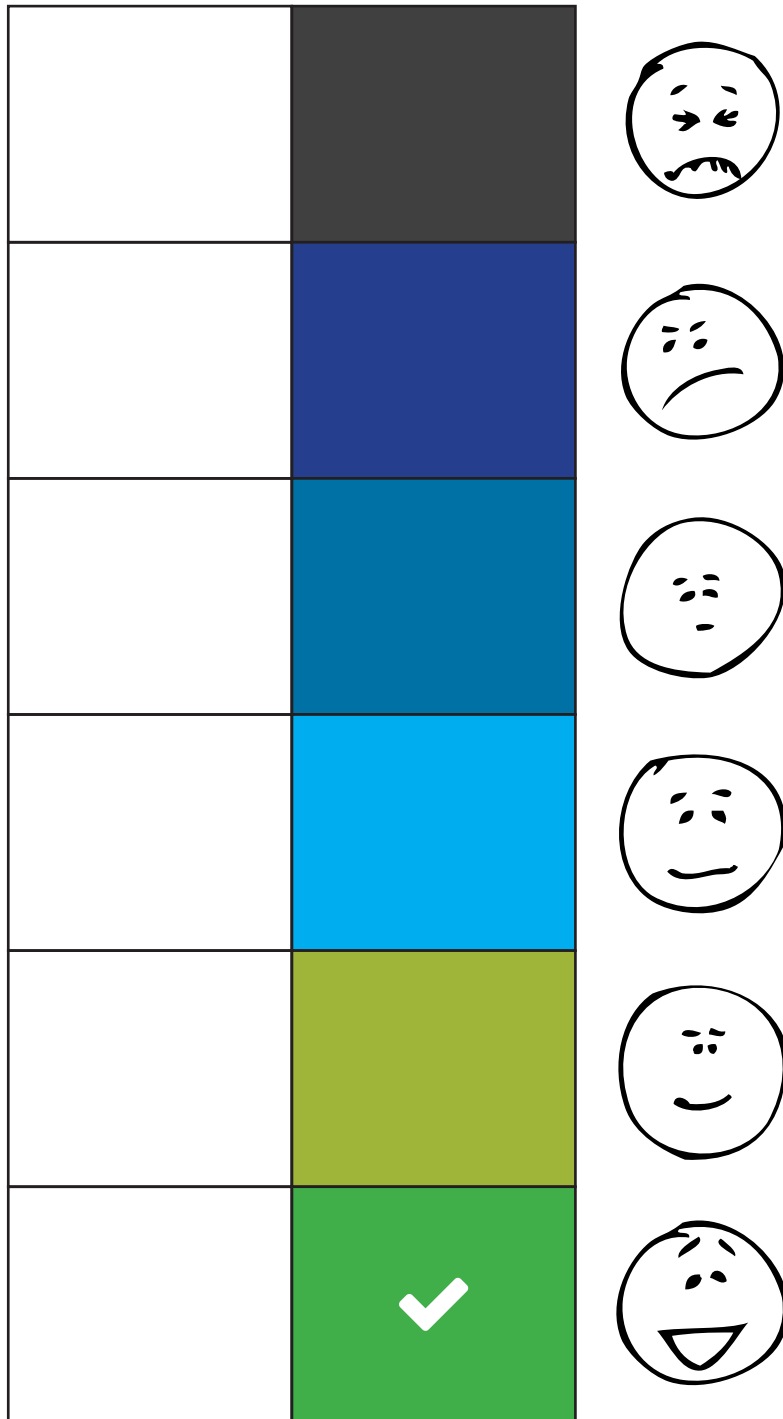
Cut out the picture of the elevator and use blue tack to stick it on the chart to express your current mood.

The Elevator Chart is for you to show when you are feeling all the kinds of emotions between happy and depressed.



Elevator Chart

This is how I am feeling right now



My health people

GP or Doctor

Name

Number

Specialist

Job title

Name

Number

Dentist

Name

Number

My health people

Therapist

Speech

Physio

OT

Name

Number

Therapist

Speech

Physio

OT

Name

Number

Other Health Support

Job title

Name

Number

My health people

Other Health Support

Job title

Name

Number

Other Health Support

Job title

Name

Number

My support people

Family member or carer

Name

Phone

Friend

Name

Phone

My NDIS plan



I have an NDIS plan

Yes

No

My NDIS plan will be reviewed on this date

These people come to my NDIS meetings

1.

2.

3.

4.

These people gave me reports for my NDIS plan

1.

2.

3.

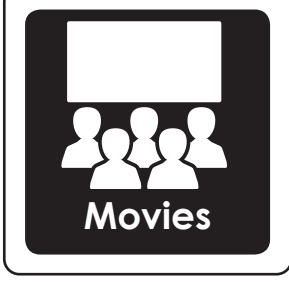
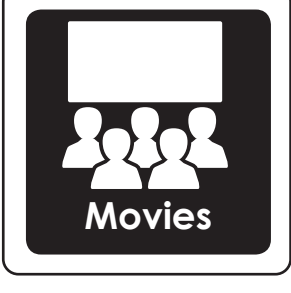
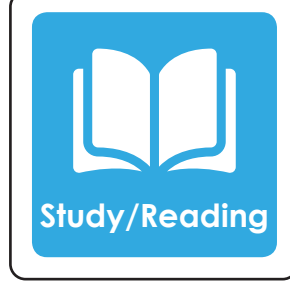
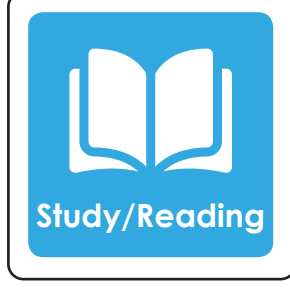
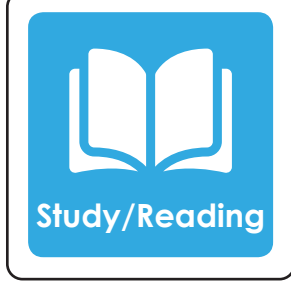
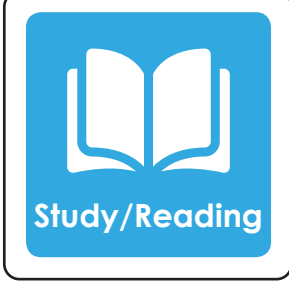
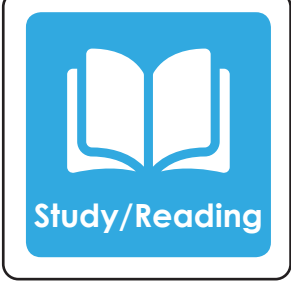
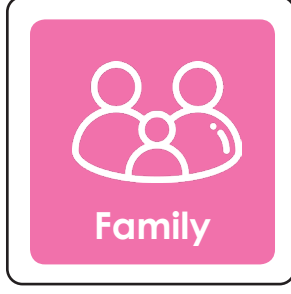
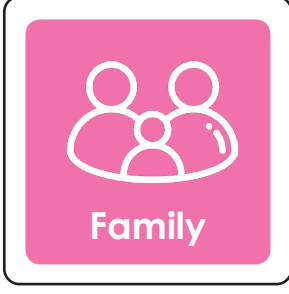
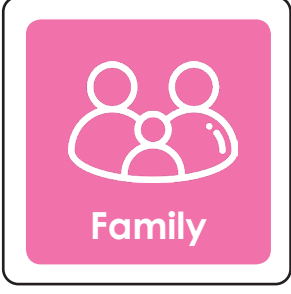
4.

This plastic sleeve is a place to keep things you get from your health appointments.

Things you can keep in here are

- reports
- your medical history
- prescriptions







Public Transport



Public Transport



Public Transport



Pub/Bar



Pub/Bar



Day activities



Day activities



Day activities



Day activities



Day activities



Volunteer



Volunteer



Volunteer



Milk



Cheese



Yogurt



Bread



Cereal



Rice



Pasta



Fast food



Restaurant



Dessert



Chocolate



Lollies



Snacks



Veggies



Fruit



Meat



Energy drink



Water



Tea/coffee



Alcohol



Juice



Soft drink

Produced and developed by



**Council for
Intellectual Disability**



My Health Matters was
co-designed by people with
intellectual disability and
General Practitioners.

CID would like to thank
everyone who helped make
My Health Matters.

For more information



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www.nswcid.org.au

My Health Matters

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