

My Better Health Plan

Co-designing tools to support preventive health planning with people with intellectual disability, support networks, and health professionals



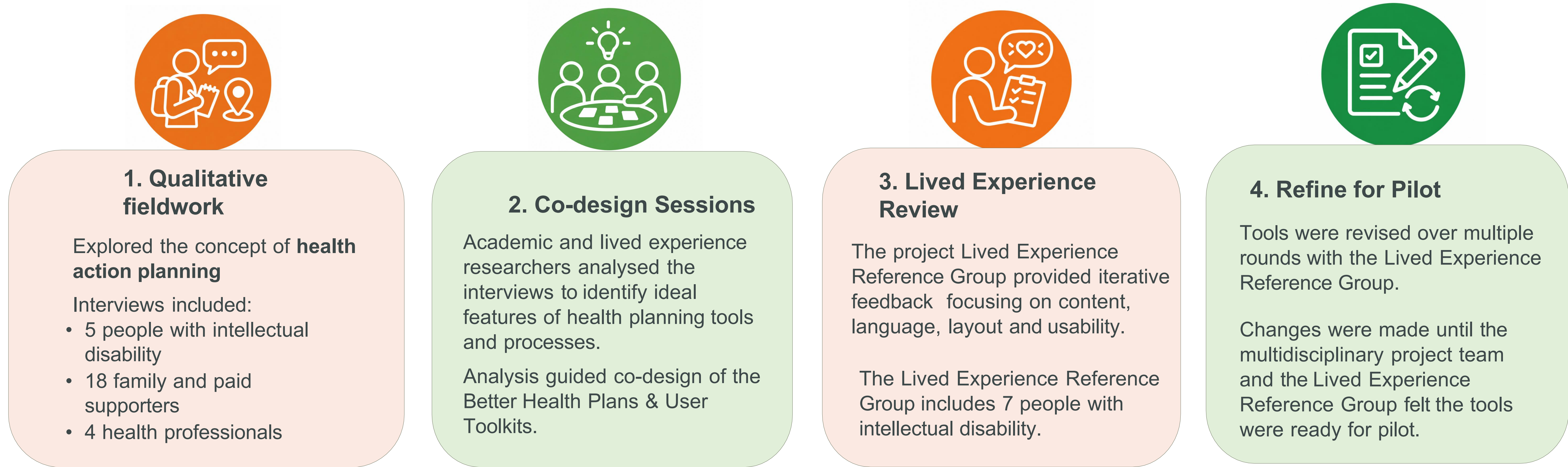
Julian Trollor¹ , Maryann Barrington¹ , Siobhan Humphreys¹, Jack Cooper¹, Janelle Weise² , Susan Adrian¹, Tahli Hind¹ , Ben Harris-Roxas¹

¹ UNSW Sydney ² The University of Sydney

Background

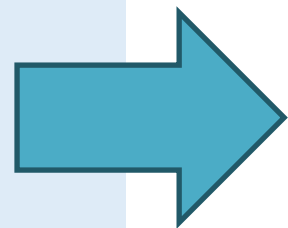
- Only **44% of Australians with intellectual disability** report being able to access preventive healthcare without difficulty, compared with 82% of people without disability.
- **38% of deaths among adults with intellectual disability in an Australian study were potentially avoidable**, compared with 17% in the general population.
- Preventive health planning can involve complex information, multiple decisions and several people across different sectors.
- Preventive health information and systems are often not designed for people with intellectual disability.
- People with intellectual disability and their supporters need health information that is accessible.
- People with intellectual disability need to be included in decisions that affect them.

How we co-designed Better Health Plans



Guiding Design Principles:

1. Organisational Health Literacy
2. Supported Decision-Making
3. Person-Centred Care
4. Accessibility
5. Shared Responsibility
6. UNCRPD



We have created 5 Better Health Plans focusing on:

- Cardiovascular & Respiratory Health
- Mental Health
- Cancer Screening
- Medication Reviews
- Immunisations

BHP - Heart and Lung
My Team

My name is:

Date:

Inside the Better Health Plans

Cardiovascular + Respiratory Plan

My Better Heart and Lung Plan

My name is:

Date:

This is a Better Health Plan, or BHP.

This BHP is about looking after your heart and lungs.

This plan is for working on staying healthy.

It has 4 parts you can choose:

- Learn about health
- Get ready to do something
- Make a move
- How we keep doing things better

You can work on any part you want to.

BHP - Heart and Lung
My Plan

My name is:

Date:

What do I want to work on?	What is going to happen?	What can we do if it is hard?
Select an option		
Select an option		
Select an option		

This person is called:	They look like:	They are my:	They can help me with:	I can contact them at:

For each plan there is a **toolkit** for:

- People with intellectual disability
- Health professionals
- Support networks

Piloting the Better Health Plans

- The pilot will test the **Better Health Plan and accompanying toolkits in real-world practice** with people with intellectual disability, their supporters and health professionals.
- Participants will use the plan with their GP, complete follow-up activities over three months, and provide feedback on how useful, accessible and practical the tools are.
- Findings will be used to refine the tools before broader implementation.