

**Easy  
Read**



**Public Health Association  
AUSTRALIA**

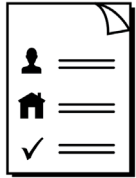
# **Disability and Health Policy Position Statement**



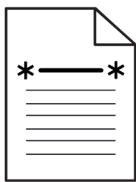
## About this book



This is an Easy Read book.

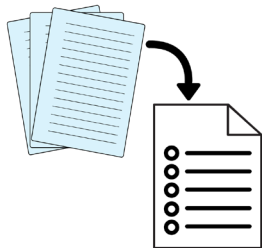


Easy Read uses simple words and pictures.



We add a star before and after **\*hard words\***.

Then we explain what the words mean.



This is a **\*summary\*** of another document.

Summary means it has the most important information.



You can ask someone to help you read and understand this book.



Contact information is at the end of this book.

## About us



This book is from  
Public Health Association Australia.



We work to help keep everyone in  
Australia healthy.



We want to work with people with disability  
and disability organisations to make health  
better for people with disability.



This book is about our  
**\*Disability and Health Policy\***.



Our Disability and Health Policy explains  
what we will do to make health better for  
people with disability.

We will call it our **policy**.

## Our key messages



Many people with disability have worse health than others.



This is **not** fair.



This is because people with disability do **not** have equal access to things that are important for health.



For example

- education



- jobs



- money to pay for health care.



People with disability face **\*barriers\*** to

- access services



- pay for services



- get supports they need.



Barriers are things that stop people getting what they need.



People with disability also face **\*discrimination\***.

Discrimination means someone is treated unfairly because of how people think about them.

## Our policy \*positions\*



Positions means what we believe.

We have 4 policy positions.



### 1. Each person with disability is an \*individual\*.

Individual means a person has their own

- experiences



- needs



- ideas of who they are.





## 2. People with disability have **\*human rights\***.

Human rights are things everyone should be able to get, have and do.



For example, access to quality health care.

## 3. People with disability must be **\*involved\***.

Involved means people with disability make plans and decisions about their lives.



## 4. Good **\*data collection\*** about disability and health will make things better.



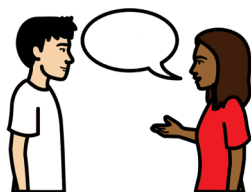
Data collection is the way information is recorded and used.

## Our \*principles\*



Principles are ideas that guide us.

We have 5 principles.



**1. People should use language that a person with disability likes.**



For example, some people choose **disabled person** and others choose **person with disability**.



**2. People with disability have the right to be as healthy as they can be.**



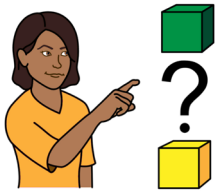
This is part of an important agreement between countries, including Australia.



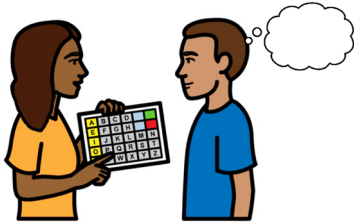
**3. People are disabled by society, not just because of their disability.**



For example, set ideas people have about disability.



4. People with disability must be able to make their own choices.



5. People with disability must have a say in plans that affect them.

## **\*Research\* about disability and health in Australia**



Research is a way to find more information about something.



Research helps us to understand

- problems
- how to make things better.



Research shows that



- there are about 1 in 5 people with disability in Australia



- only 1 out of 3 people with disability say their health is very good



- people with disability are about 3 times more likely to have lots of **\*mental distress\***
  - mental distress means you feel very sad and worried



- about half of adults with disability have experienced **\*violence\***
  - violence means someone hurts you



- women with disability are more likely to be **\*abused\*** than other women
  - abused means someone causes harm or mental distress.

Research also shows that



- people with disability do **not** have equal access to things they need in society
  - for example, education, jobs and health care



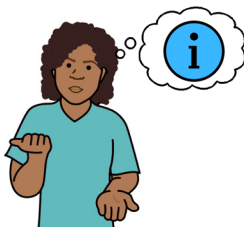
- people with disability face discrimination and other barriers when accessing health care



- some people with disability face extra barriers when accessing services
  - for example, older people, women and First Nations people



- lots of carers are people with disability



- there is **not** enough good information about disability and health.

## What we want



We want government, health services and other organisations to work together to make things better for people with disability.



We want to

- take away barriers and discrimination in health care and other services



- make sure people with disability have a say in plans that affect them



- make sure people who work in health have disability training



- take away barriers that make it hard for First Nations people with disability to get jobs



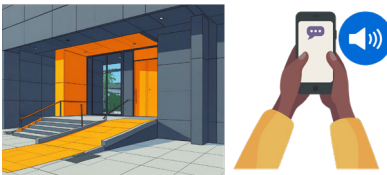
- get better information about disability across Australia.



We also want changes based on the **\*Australian Royal Commission\*** into violence against people with disability.



The Australian Royal Commission helped government learn more about the experiences of people with disability.

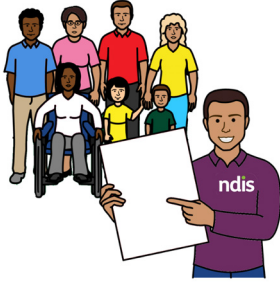


We want

- health services and equipment to be accessible for everyone with disability



- everyone who works with people with disability to respect their culture and experiences.



We also want

- barriers taken away so that more people with disability can access the National Disability Insurance Scheme or NDIS



- better support for people with disability who are in prison and after they leave prison



- a new **\*Australian Disability Rights Act\***
  - this is a set of laws to stop discrimination against people with disability



- to stop **\*restrictive practices\***
  - this is when people with disability do **not** have a say in what happens to them.

## What we will do



We will

- explain the problems to people who work in health and other services



- explain what everyone can do to make things better for people with disability



- work with people with disability, their families, carers and other groups to tell their stories



- work with government and decision makers to make important changes.



We will also treat people with disability with respect in everything we do.



## More information



Public Health Association  
AUSTRALIA

For more information contact the  
Public Health Association Australia.



### Website

[Diversity, Equity and Inclusion Special  
Interest Group web page](http://www.phaa.net.au/Web/Web/About/SIGs/Diversity-Equity-and-Inclusion.aspx)

[www.phaa.net.au/Web/Web/About/SIGs/  
Diversity-Equity-and-Inclusion.aspx](http://www.phaa.net.au/Web/Web/About/SIGs/Diversity-Equity-and-Inclusion.aspx)



**Email**      [deisig@phaa.net.au](mailto:deisig@phaa.net.au)



**Call**          02 6285 2373

# National Relay Service

## Help to speak and listen

If you need help to speak or listen, the National Relay Service can help you make a call.



**Call** 1800 555 660



**Website** [NRS Helpdesk](https://www.accesshub.gov.au/about-the-nrs/nrs-helpdesk)  
[www.accesshub.gov.au/about-the-nrs/nrs-helpdesk](https://www.accesshub.gov.au/about-the-nrs/nrs-helpdesk)

## Help in your language

If you need help with other languages, contact the Translating and Interpreting Service.



**Call** 131 450



**Website** [TIS National](https://www.tisnational.gov.au)  
[www.tisnational.gov.au](https://www.tisnational.gov.au)

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