

## Better mental health care for people with intellectual disability

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People with intellectual disability have the same mental health needs as anyone else. But it can be harder for them to:

- know there is a problem
- get support
- get the right treatment.

This is an episode of a podcast called *Excellence in Practice: Voices for Better Health Care*.

The hosts Ricky Kremer and Raylene Griffiths speak to Rebecca Koncz and Rory Keyes.

Rebecca is the UNSW Chair of Intellectual Disability Mental Health in the National Centre of Excellence in Intellectual Disability Health (the Centre). She is a mental health clinician and researcher.

Rory is a self-advocate, Researcher and Project Worker at the Centre. Rory shares their lived experience of having mental health care.

Ricky Kremer is the Lived Experience Inclusion Lead at the Centre.

This podcast includes artwork by Emily Crockford at Studio A.

To contact the podcast please email: [podcast@downsyndrome.org.au](mailto:podcast@downsyndrome.org.au)

## **This resource is part of a series**

### **Excellence in Practice: Voices for Better Care**

People with intellectual disability can have different health needs. But many do not get the care and support they need and deserve.

This podcast is for health care professionals who want to provide better care for people with intellectual disability.

In each episode, hosts Ricky Kremer and Raylene Griffiths talk with experts, healthcare professionals, and people with lived experience. They share real stories and practical ideas to help you build your skills and confidence.

Each episode explores a key topic in health care. The hosts and guests talk about what good care looks like. They say what still needs to change.

Better care starts with better understanding. The podcasts brings together lived experience and expert insight. This supports health care professionals to offer more inclusive, respectful, and effective care.

The Excellence in Practice: Voices for Better Care Podcast is for health care professionals. It is made by the National Centre of Excellence in Intellectual Disability Health (the Centre).

The Centre works to improve health care for people with intellectual disability. The information shared in the podcast is general in nature. The views and opinions of the hosts and guests are their own. The things people say on the podcast might not be the same as the views of the Centre.

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## **This resource was made by**

**National Centre of Excellence in Intellectual Disability Health**

The [National Centre of Excellence in Intellectual Disability Health](#) (the Centre) works to improve health services and the health system so people with intellectual disability can live their best, healthiest lives.

The Centre was funded by the Australian Government. It is part of the [National Roadmap for Improving the Health of People with Intellectual Disability](#).

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