

Cards to help you talk about your health

My Health Cards are made for you, to help you talk about your health.

You can use the cards with:

- health professionals
- family members
- support workers.

You can use the cards to help get ready for a health appointment.

You can download the cards or have the cards posted to you. You can ask for the cards in different languages.

What makes My Health Cards easy to use?

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The cards:

- are in English and many other languages
- have pictures and easy words
- ask questions and give ideas.

How do My Health Cards help people talk about health?

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The cards can help people get to know you. The cards can help you talk about:

- what you want and don't want

- health and your body
- your thoughts and feelings.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

This resource was made by

Council for Intellectual Disability

A disability rights organisation led by people with intellectual disability.

- [Visit website](#)