

Using Artificial Intelligence (AI) to get information about your health

This resource helps people understand how AI can be used to find health information, services, and supports. It includes practical examples, safety tips, and guidance on asking clear questions.

The guide is useful for people with intellectual disability, families, support workers, and carers who want to learn about AI in a safe and accessible way.

Readers can learn how to:

- Use AI safely and responsibly to
 - find more information about health
 - find health services and supports
 - create simple guides or social stories
 - protect their privacy online

This resource explains the risks of AI and reminds users to check health information with a trusted health professional.

If you use a screen-reader, you can download this [screen reader friendly version](#)

We trust this resource

We trust this resource because it is:

- Made with people with intellectual disability
- 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](#).

Three young people are learning together while looking at a booklet about using artificial

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](#).

- [Visit website](#)

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I work for the National Centre of Excellence in Intellectual Disability as a lived experience project worker.