



An AHA! Moment: A CHAP in time is just sublime.

The What, Why, and How of Annual Health Assessments for People with Intellectual Disability



# Acknowledgements

- ▶ People with intellectual disability, their families & supporters
- ▶ Staff of QCIDD, Researchers, Supporters / Advocates
- ▶ NHMRC, MRFF, GPEP
- ▶ State & Federal Governments
- ▶ Colleagues in Dept. of Health & Aged Care
- ▶ Roadmap to Improve the Health of People with Intellectual Disability

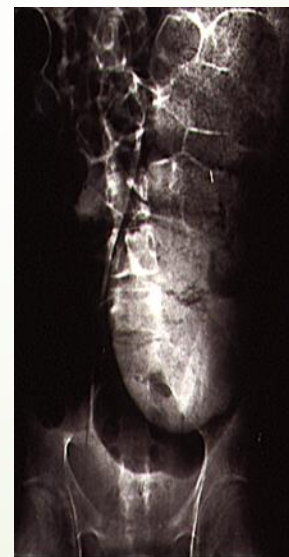


# Overview

- Why Annual Health Assessments & CHAP important for people with intellectual disability
- Where to find information about Annual Health Assessments and download the CHAP
- What the CHAP is
- How you can help

# Why Annual Health Assessments are important for people with intellectual disability

- High levels of unrecognised disease & when recognised poorly managed
- Avoidable morbidity & mortality



# Why

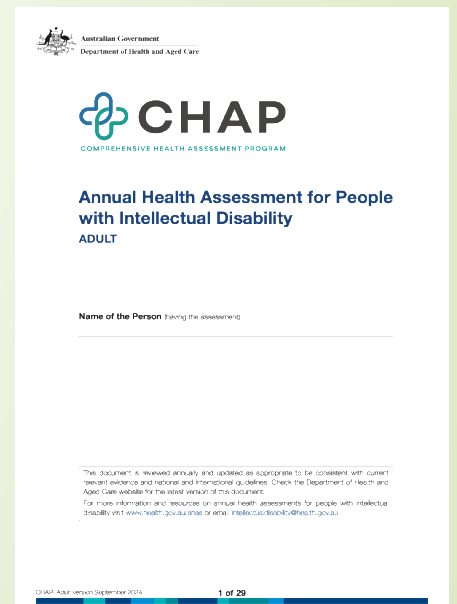
- Profound devaluing & complexity
- Poor health access – communication, speaking up & heard
- Poor healthcare and disability support – knowledge, skills & attributes
- Limited capacity of disability & health providers
- Poor integration between systems



# Why CHAP?



- Highest level of evidence i.e. RCTs
- Proven to work in Australia GP setting
  - **NO** other assessment tools / processes proven to improve health outcome in Australian context
- Freely available from Dept Health & Aged Care
- Up-dated yearly
- Two versions
  - Young Person 12–18-year-olds
  - Adult





# Where to find

- ▶ [Adult Comprehensive Health Assessment Program \(CHAP\) – Annual Health Assessment for People with Intellectual Disability | Australian Government Department of Health and](#)
- ▶ [Young Person \(12 to 18 years\) Comprehensive Health Assessment Program \(CHAP\) – Annual Health Assessment for People with Intellectual Disability | Australian Government Department of Health and Aged Care Aged Care](#)



## Annual Health Assessment for People with Intellectual Disability

### ADULT

**Name of the Person** (having the assessment)

This document is reviewed annually and updated as appropriate to be consistent with current relevant evidence and national and international guidelines. Check the Department of Health and Aged Care website for the latest version of this document.

For more information and resources on annual health assessments for people with intellectual disability visit [www.health.gov.au/ahas](http://www.health.gov.au/ahas) or email [Intellectualdisability@health.gov.au](mailto:Intellectualdisability@health.gov.au)



# Implementation

- Freely available
- Embed part 2 in GP software
- PHN & NDS resources
  - [Maximising use of the CHAP, a Comprehensive Annual Health Assessment Program: A Guide for the Disability Sector \(nds.org.au\)](#)
  - [Intellectual Disability | CESP HN](#)
  - [SPIDAH Project | Western Victoria Primary Health Network \(westvicphn.com.au\)](#)
- Inclusion Australia Dr Time project
  - It's Doctor Time! includes information and resources for people with intellectual disability, families, GPs and clinic staff, service providers and others.
  - [Annual Health Assessments – Inclusion Australia](#)




# What resources are people accessing on the webpage?

## Resources for people with intellectual disability

Home > Resources > [It's Doctor Time! for people with intellectual disability](#)

### It's Doctor Time! for people with intellectual disability

It's Doctor Time! is a campaign by Inclusion Australia to encourage more people with intellectual disability to see their GP for a yearly health check. GPs sometimes call these Annual Health Assessments.



As part of the It's Doctor Time! campaign, we have made some easy read factsheets, videos, conversation cards, and a social story to help people with intellectual disability get their yearly health check.

You can download the resources below.

#### Resources

Audio: [It's Doctor Time! jingle](#)

0:00 / 0:28

#### Documents:


- [Social story template \(Word\)](#)
- [Social story template \(PDF\)](#)
- [What is It's Doctor Time! - Easy Read Factsheet \(PDF\)](#)
- [What is a Yearly Health Check - Easy Read Factsheet \(PDF\)](#)
- The Easy Read factsheets have also been translated into [Arabic](#), [Vietnamese](#) and [Simplified Chinese](#).

#### Conversation Cards:


We have made a set of [Conversation Cards](#) to help people with intellectual disability, their supporters and service providers talk about yearly health checks and what happens during the appointment.

#### Videos:


How to get a yearly health check



## Conversation Cards




### True or False



The cost of my yearly health check is supported by Medicare.

True - Medicare will help pay for most or pay for all of my yearly health check.




## Resources for GPs and practice staff

Home > Resources > [It's Doctor Time! for General Practice staff and other medical professionals](#)

### It's Doctor Time! for General Practice staff and other medical professionals

It's Doctor Time! is a campaign by Inclusion Australia to encourage more people with intellectual disability to have a Medicare-supported Annual Health Assessment. GPs sometimes call these Annual Health Assessments.



As a GP, practice staff or other medical professional you can support people with intellectual disability to get their yearly health check.

As part of the [It's Doctor Time!](#) campaign, we have made the following resources for General Practice staff and other medical professionals treating people with intellectual disability.

#### Resources

#### Documents:

- [Social story template \(Word\)](#)
- [Social story template \(PDF\)](#)
- [GP It's Doctor Time! - Poster \(PDF\)](#)
- [General It's Doctor Time! - Poster \(PDF\)](#)
- [Footy It's Doctor Time! - Poster \(PDF\)](#)
- [GP Kit - Information for GPs and clinics \(PDF\)](#)
- [CHAP - A quick guide for GPs \(PDF\)](#)
- [Video scripts for GPs \(Word\)](#)

#### Media kit:

For a range of media kit resources to help you promote It's Doctor Time! on your social media channels and website, visit: [inclusionaustralia.org.au/resource/its-doctor-time-media-kit/](http://inclusionaustralia.org.au/resource/its-doctor-time-media-kit/)


We have also made resources for people with intellectual disability, families and supporters, service providers and others. For more information about the campaign visit: [inclusionaustralia.org.au/health-checks](http://inclusionaustralia.org.au/health-checks)

Previous: [It's Doctor Time! media kit](#)      Next: [It's Doctor Time! conversation cards](#)

## Resources for service providers and support workers

### It's Doctor Time! for Service providers and support workers

[It's Doctor Time!](#) is a campaign by Inclusion Australia to encourage more people with intellectual disability to have a Medicare-supported Annual Health Assessment. GPs sometimes call these Annual Health Assessments.



As a service provider, you can help the people you support to get their yearly health check.

As part of the [It's Doctor Time!](#) campaign we have made the following resources for service providers and support workers of people with intellectual disability.

#### Resources

#### Documents:

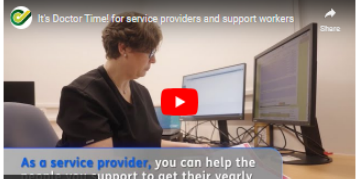
- [Social story template \(Word\)](#)
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- [What is a Yearly Health Check - Easy Read Factsheet \(PDF\)](#)
- The Easy Read factsheets have also been translated into [Arabic](#), [Vietnamese](#) and [Simplified Chinese](#).
- [General It's Doctor Time! - Poster \(PDF\)](#)
- [Footy It's Doctor Time! - Poster \(PDF\)](#)
- [Service provider policy statement \(Word\)](#)

#### Conversation Cards:

We have made a set of [Conversation Cards](#) to help people with intellectual disability, their supporters and service providers talk about yearly health checks and what happens during the appointment.

#### Videos:

It's Doctor Time! for service providers and support workers



As a service provider, you can help the support to get their yearly

[Home](#) > [Resources](#) > [It's Doctor Time! media kit](#)

## It's Doctor Time! media kit

It's Doctor Time! is a campaign by Inclusion Australia to encourage more people with intellectual disability to see their GP for a yearly health check. GPs sometimes call these Annual Health Assessments.

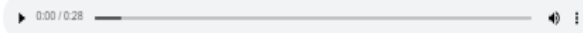


As part of the [It's Doctor Time!](#) campaign we have made the following media kit resources to promote It's Doctor Time! on your social media channels and website.

You can download the resources below.

### Resources

#### Audio: It's Doctor Time! jingle



Thank you to [Speak Out Advocacy](#) for making the It's Doctor Time! Jingle.

#### Images:

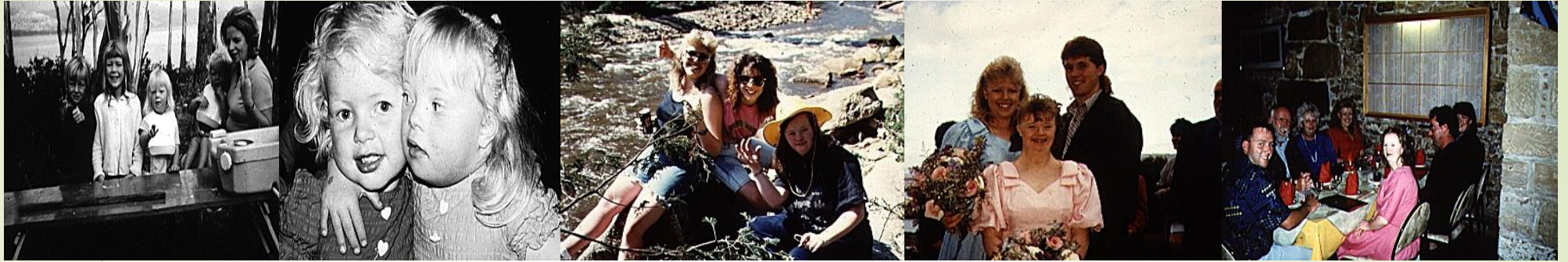
- [Social media tiles \(ZIP folder\)](#)

#### Documents:

- [Supporter social media posts and stories \(PDF\)](#)
- [Supporter Newsletter and website copy \(Word\)](#)
- [Supporter Newsletter and website copy \(PDF\)](#)

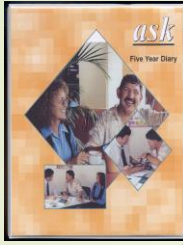
We have also made resources for people with intellectual disability, GPs and clinic staff, service providers and families and supporters. For more information about the campaign visit: [inclusionaustralia.org.au/health-checks](http://inclusionaustralia.org.au/health-checks)

# Media Kit



## How can you help?

- ▶ Your role - hands on care, education, support staff, advocacy in service & life.... All of the above!
  
- ▶ Experiences, Suggestions & Questions Please



# Research program

- Survey of GPs & Psychiatrists
- RCTs
  - 1999/2003 - CHAP health check - adults
  - 2000/2005 - A&H - Ask diary & CHAP - adults
  - 2006/2010 - Ask diary & CHAP - adolescents
  - 2023/2028 - Practice Nurse/Specialist Nurse

