



**NDIS Quality
and Safeguards
Commission**

Comprehensive health assessments

What you need to know

Easy Read fact sheet



How to use this fact sheet



The NDIS Quality and Safeguards Commission (NDIS Commission) wrote this fact sheet.

When you see the word 'we', it means the NDIS Commission.



We wrote this fact sheet in an easy to read way.

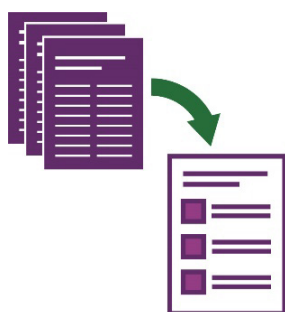
We use pictures to explain some ideas.

Not bold
Bold

We have written some words in **bold**.

This means the letters are thicker and darker.

We explain what these words mean.



This Easy Read fact sheet is a summary of some information in a video.

This means it only includes the most important information.



You can find the videos on our website.

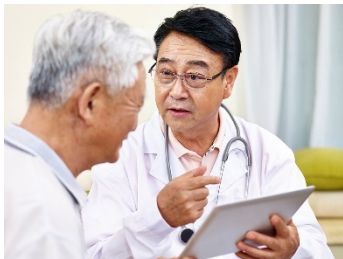
www.ndiscommission.gov.au/workerresources



You can ask for help to read this fact sheet.

A friend, family member or support person may be able to help you.

What is a comprehensive health assessment?



Comprehensive health assessments help doctors check your health.

We just call them health assessments.

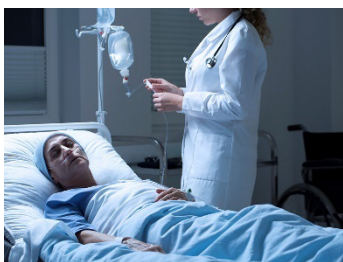


Health assessments can support people with disability.

Health assessments support people with disability at risk of:



- having bad health in the future



- diseases that last a long time

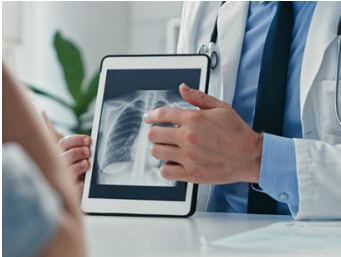


- not having treatments or tests that can stop you getting sick.



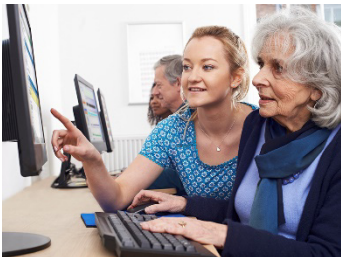
You should have a health assessment:

- each year
- with your doctor.



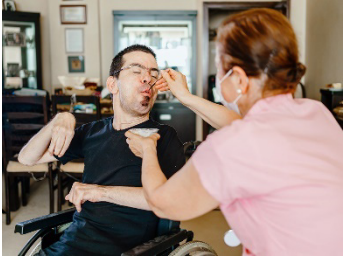
This can help doctors find any health problems you have:

- early
- before the health problem gets worse.



People who support you can help you find and use health services.

People who support you can be:



- NDIS workers



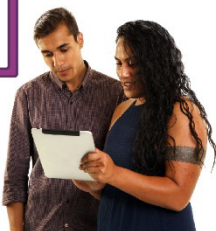
- health care workers



- family members or friends

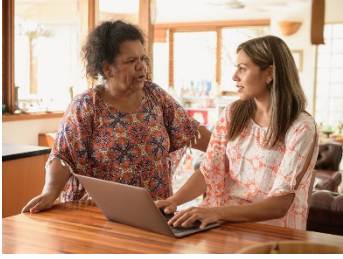


- other supports and services.



They can help you book a health assessment:

- with a doctor
- each year.



People who support you can help you to make a health care plan.



This can keep you:

- safe
- healthy.

More information for you



If you want more information about comprehensive health assessments, you can go to our website.



www.ndiscommission.gov.au/workerresources

Contact us



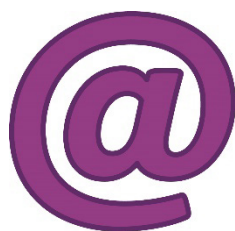
You can call us from 9am to 5pm,
Monday to Friday.



If you live in the Northern Territory, you can
call us from 9am to 4.30pm.



1800 035 544



You can send us an email.

contactcentre@ndiscommission.gov.au



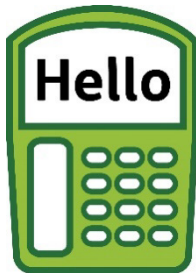
You can write to us.

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Penrith
NSW 2750



You can go to our website.

www.ndiscommission.gov.au



TTY

133 677



The National Relay Service

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