

This is about my health:

Researchers working with patients and families to help share what we learn in research.

Easy Read: A summary for everyone



Learn more about the research paper [here](#)

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Why did we do this research?



People with disabilities and their families are sometimes left out from important conversations about healthcare and research.



Sometimes healthcare workers make it hard for people with disabilities to understand healthcare and research.



We need to make conversations about healthcare and research easier to understand for **everyone**.

All about this research



This is about people with disabilities, families and health care providers working together to teach people about healthcare communication tools.

The tools are called: **About My Health** and **My Healthcare Visit**.



People with disabilities, families, researchers and health care workers met with many people to talk about health care communication.



We learned how to work together as a team to share information.



We learned how to include people with disabilities and families as part of the research team.

4 ways researchers can work better with patients and families



1. Be creative and flexible.

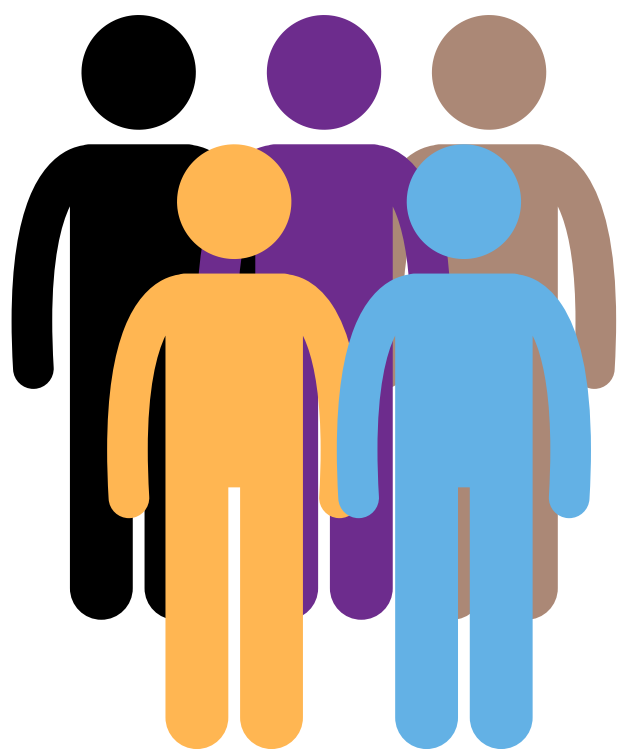
Everyone learns and tells information in different ways.



2. Sharing personal stories are important for learning.



3. People with disabilities and families are the teachers on what will work best.



4. Research teams need to include more than one person with a disability or one family.

This way, more people can learn and also they can help each other.

Why is this important for me?



Patients and families can share their stories with health care workers.

Sharing stories is **knowledge sharing**.

Knowledge sharing can make healthcare services better.



All healthcare workers need to share information in easy to understand ways.



We will keep working with patients and families to make it easier to talk about healthcare.



Good communication helps people with intellectual and developmental disabilities to stay healthy.

This guide was adapted by the Health Care Access Research and Developmental Disabilities Program (H-CARDD).

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