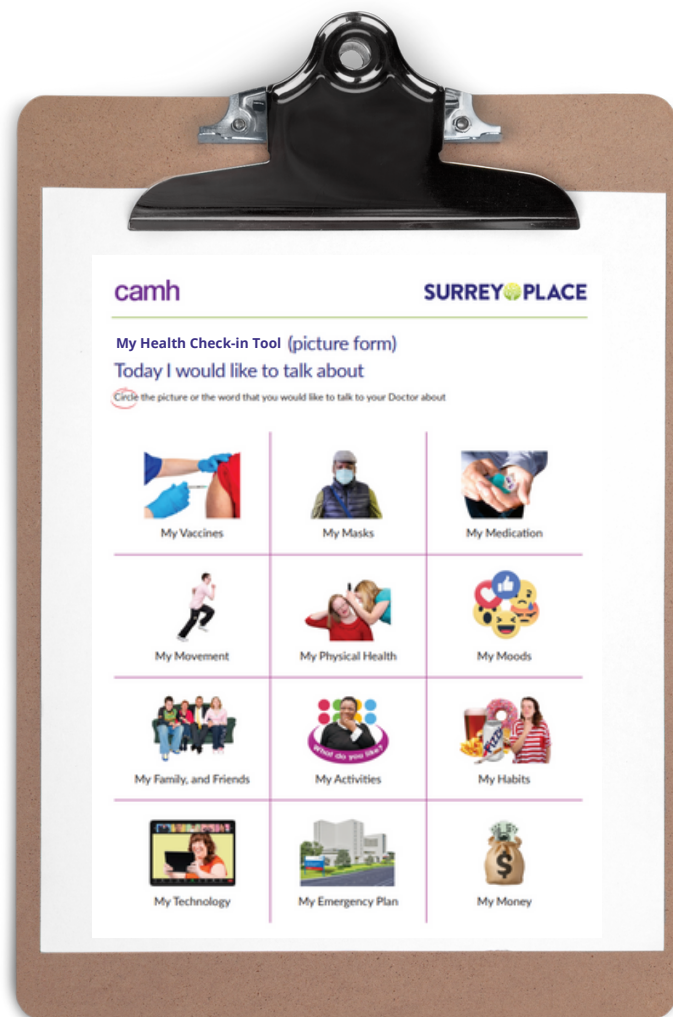


Research Study

What we learned about the Health Check-in

Teaching people with developmental disabilities
and their families about a tool for doctor visits



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

Why did we do this research?

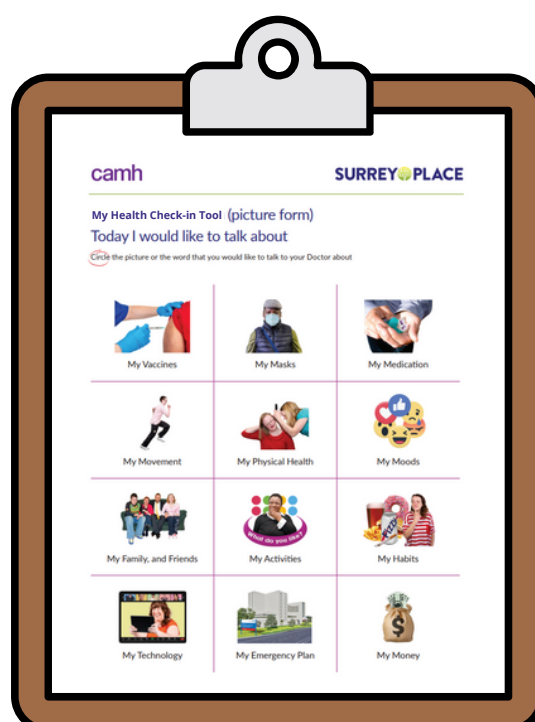


The COVID-19 pandemic changed many things for us. One big change was that lots of people **stopped going to see their doctors** during the pandemic.



We wanted to teach people that **it was important to see their doctors again** to talk about health topics that were important to them or to ask any questions.

So, we made a tool called the **Health Check-in Tool**.



What did we do?

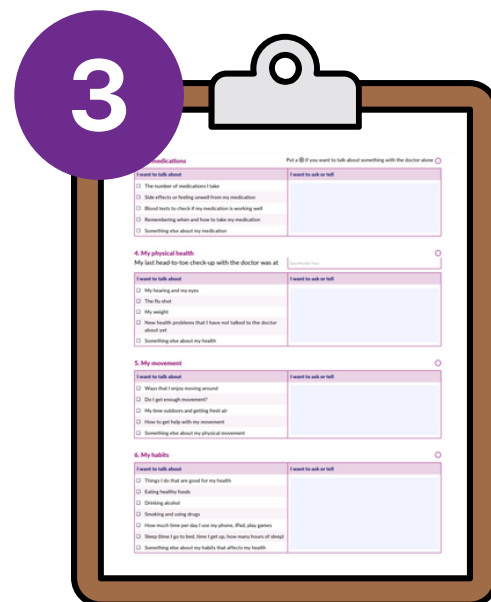
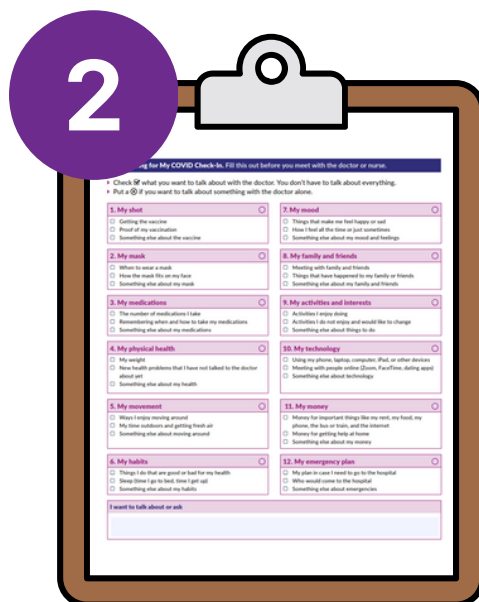
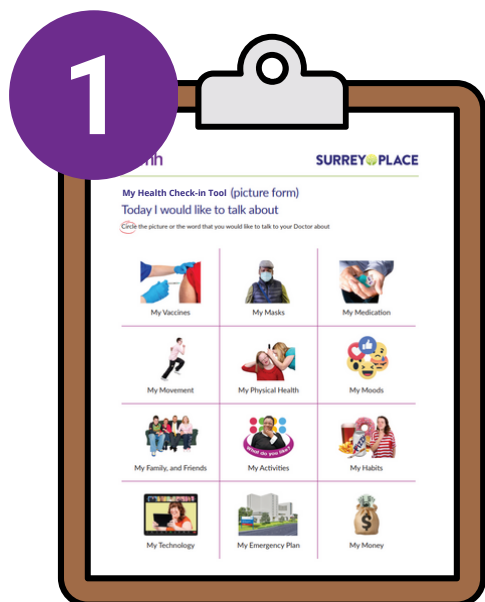


First, we worked together with **doctors and self-advocates** to make a **tool** called the Health Check-in.

The tool showed different topics people might want to talk about with their doctors.

We made **3 different kinds** - **one with pictures** and **two with just words and space** to write things down.

People could pick which tool they liked best.



What did we do?



We wanted to see if teaching about this tool helped people, so we offered a course about how to use the tool.



We wanted to know if the tool could help them figure out **what important things they wanted to talk about with their doctor.**



Before taking the course, people told us what health topics were important for them.

What did we do?



We taught one course to adults with developmental disabilities and another course to parents, brothers, and sisters.



This online 6-week course was **about taking care of their health during and after the pandemic.**

We also wanted to teach people **how to use the Health Check-in Tool.**



Here is how you can use this tool!



What did we do?



After the course was over, we asked the people who took it **if they had a Health Check-in appointment** with their doctor and **if they used the tool.**

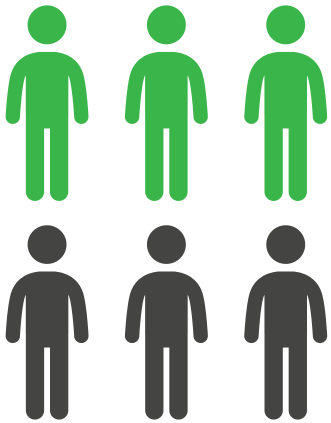
If they saw their doctor and used the tool, we asked **how the appointment went.**



If they didn't see their doctor or use the tool, we asked **what made it hard** to have the appointment or use the tool.



What did we learn?



Almost half of the people who took the course **used the Health Check-in Tool with their doctor.**

Most of them thought it was helpful.



The tool **helped them remember** what they wanted to talk to their doctor about.

It also made them **feel more confident** talking to their doctor about their health.

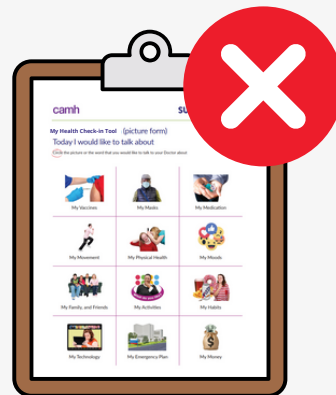


What did we learn?

Some people who took the course **did not see their doctor at all.**



Others **saw their doctor** but **did not use the Health Check-in Tool.**



Some of them **couldn't even get an appointment** with their doctor.

What did we learn?

People said they had **some problems** using the Health Check-in Tool:

1

They **forgot** to use the form when they had an appointment with their doctor.



2

Their **doctor did not give them time** to talk about it.



3

They were **confused** because there were too many forms that they learned about.



What does this mean?

Nothing about us without us!



We think it is important for **people with disabilities and families** to **be part of the team** that helps make tools like this.



They can explain **why these tools are important and helpful** and show others how to use them.

How can we make this tool work well?

1

During the course, there should be time to:

1. Get help filling out the tool
2. Ask questions



2

During the course, **invite someone to learn about and help fill out the tool.**



That person could also **go to the doctor** visit.

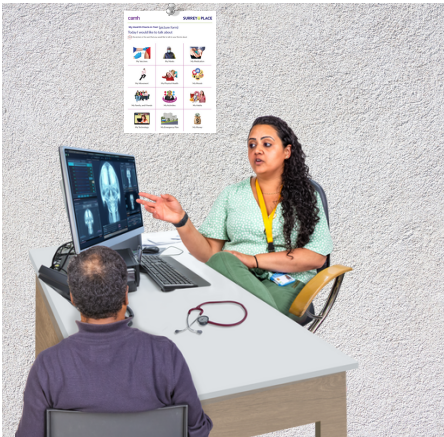
How can we make this tool work well?



Practice what you want to say to the doctor **before going**, especially if you feel nervous.



Have the tool in **different formats** - **paper** for people who like to write and **online** for people who like to use a computer or tablet.



Have **copies** of the tool **in the doctor's office**.



Help doctors and healthcare workers **understand why these tools are important** and **how to use them**.

Title: Evaluation of a co-designed Health Check-in for adults with IDD and family caregivers to support pandemic recovery

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