

Assessing resources for LGBTIQ+ people with intellectual disability



How do you know if information you want to use is accessible and useable for LGBTIQ+ people with intellectual disability? This **Critical Appraisal Tool (CAT)** can help you to review information and make decisions about resources.

The CAT can help to inform evidence-based practice and identify resource quality for informed decision making in your work with LGBTIQ+ people with intellectual disability. Co-designed with people with intellectual disability, researchers and professionals in the disability and LGBTIQ+ health sectors, it provides a research-informed option for ascertaining the inclusiveness, accessibility and useability of information and resources for LGBTIQ+ people with intellectual disability.

You can use this tool to support your decision making and assessment of whether information is accessible, useable and appropriate for LGBTIQ+ people with intellectual disability.

Its role is to help you think about best practice – and your practice should hopefully evolve to incorporate an awareness of these principles over time. If you're thinking of making a resource, you can also use the CAT as a starting point.

We hope that the CAT will help build the capacity of organisations and communities to support LGBTIQ+ people with intellectual disability by increasing access to information and support.

How do I use the CAT?

No minimum number of key factors need to be met to make a determination or to reach a certain 'score', but rather, the guiding questions should prompt your thinking and ability to assess information and resources.

Please keep in mind that the CAT is intended to be used broadly, rather than address individual circumstances. It is intended as both a starting point and a prompt to get you thinking and considering various aspects and key principles.

This tool came about as part of the 'LGBTIQ+ Information and resources' project, funded through Information, Linkages and Capacity Building. The project was a collaborative project between Deakin University, Thorne Harbour Health and Inclusion Melbourne.

Critical Appraisal Checklist Tool

Key factor	Guiding questions	Yes	No	Partly	Not applicable
1 Images and rainbow flag	Are the images realistic?				
	Do the images appear to represent people with a disability who have a diversity of bodies, gender expressions, sexualities and relationships?				
	Do the images convey problematic or stereotypical representations of people with disabilities? ¹				
	Are the images of the target audience?				
	Is the rainbow flag at the front of the document?				
	Is there a statement of the commitment to the LGBTIQ+ community?				
2 Format and purpose	Is the information available in different formats (for example in Plain English, videos, etc.)?				
	Can the information be viewed using accessibility and communication software?				
	Is it clearly explained: <ul style="list-style-type: none"> • Who the information is for? • What is covered in the information? • Why is it important to know the specific information? 				
3 Language and length	Is the language sex-positive? ²				
	Is there an absence of jargon words, or over-repetition of words?				
	Is a summary of key points provided?				
	Is the information short in length?				
	Is the language inclusive of LGBTIQ+ people with intellectual disability? For example, the language used does not assume heterosexuality and uses inclusive words like 'relationship' and 'partner'.				
4 Lived experience	Is the information co-designed or co-developed?				
	Is there in-depth knowledge and understanding of LGBTIQ+ people with intellectual disability?				
5 Connection and support documents	Is information provided for support people and allies?				
	Are there contact details to talk to someone about the information? Does this information include how to make a complaint and the steps on how to provide feedback?				
	Is there information about ways you can connect with the LGBTIQ+ and/or intellectual disability community?				
	Is there information about rights and standards of care?				

What can I do when resources aren't accessible?

When resources aren't accessible, you can always contact the organisation and provide them with feedback. For example, you could request that resources be made available in Plain English or Easy English versions and other accessible formats.

Where to go next?

Below are some links to further information and resources for LGBTIQ+ people with intellectual disability.

Our Rainbow Lives inclusionmelbourne.org.au/designlab/our-rainbow-lives

An introduction to LGBTIQ+ identity, sexuality, gender and bodies for people with intellectual disability and their supporters, friends and advocates.

Women with Disabilities Australia our.wvda.org.au

A website by and for women and girls (15+) with disabilities has resources in Easy English on gender and sexuality, and the Easy English book – 'Sex and Your Body'.

Sexual Lives and Respectful Relationships slrr.com.au

A program for people with intellectual disability that focuses on talking and learning about sexuality and relationship rights, sexual health, and violence and abuse prevention.

Sexual Health Victoria shvic.org.au/for-you/resources/easy-english

Easy English Factsheets on sexual health and relationships.



Endnotes

- 1 Problematic representations of disability could include common stereotypes about people with disability. While the wheelchair symbol is commonly recognised as a universal symbol for 'disability', positive representations acknowledge the diversity of the disability community and individual people with disability.
- 2 'Sex positive' means a positive attitude towards consensual sex, sexual identity, sexual behaviours and practices. Sex positive language is non-judgemental, respectful and is language which acknowledges and embraces the diversity of sexuality, gendered expression and identity and avoids loaded terms and stigmatising language.

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From our hearts, we acknowledge the First People of Australia, Aboriginal and Torres Strait Islander people.

We show our respects to Elders past, present and future and to Mums and Dads, Aunties, Uncles, cousins, nieces and nephews and family. Brotherboys and Sistergirls are part of the rainbow flag.

For all the self advocates who are people with intellectual disability: Nothing about us without us.