

What we want you to know



Dear doctor or medical staff member

We are LGBTQA+ people with intellectual disability.

This is what we would like you to know.

We want you to see all of who we are

When we see you, we do not want to hide that we are lesbian or gay, transgender, bisexual, or queer. We want our gender and sexuality to be seen by you and understood.

We want our disability and physical and mental health needs respected when we see you. We do not want to be treated badly when we tell you about them.

We want to be seen as whole people, just as we are. We want to ask questions and our questions to be taken seriously.

Clear communication is a must

Please talk to us and not our parent, support worker or other support person. Do not talk over us but listen.

Talk to us in lay terms, not in doctor jargon.

Let us use different communication tools when we want to.

Write down what you would like us to do.

Let us record the session.

Notice if we are overwhelmed. Then offer a break or a different way of communicating.

Support our gender and sexuality

We want to tell you who we are. We want that to be heard.

We want to talk to you about our gender and sexuality. But we need to feel comfortable with you to do this. We want our names, our genders, our pronouns, our sexualities, and our relationships to be seen and respected.

We are people who have relationships, we have sex, we know what sexual pleasure is, and we have people in our lives who are important to us.

Sometimes we want to have a partner in the room. Sometimes we want to have both our parents in the room, even if they are two mothers or two fathers.

We want to feel comfortable writing non-binary or transgender on a form.

Please do not ask insulting questions about our gender. Do not ask 'what is in your pants' if this is not relevant to you. If it is relevant, ask us first what terms we use - these may be different to the words usually used for the sex we were assigned at birth.

We are proud of who we are. We are not ashamed, even if other people say we should be.

We would like to choose the gender of our doctors.

Accessible and ongoing care

We would like our doctors, our mental health therapists, our gender clinics, to be accessible to wheelchair users and users of mobility aids.

We would like your services to be bulk billing. Having a disability can be expensive.

We would like to be able to see you often, for long appointments, and over time. We would like consistency.

We sometimes need a longer session. We have more issues to cover. We need longer time to communicate.

We have often experienced trauma. We would like trauma-sensitive doctors too.

Our bodies, our lives!

We want to know the side effects of medicine and treatment. We want a say in anything that happens to our bodies.

We want our intellectual and physical disability needs respected.

Do not assume we do not want children. Do not assume we do not have a partner.

Assume we know best about who we are and how we live our lives.

Do not assume things about us! This can be very hurtful. Ask us!

The difference you can make

When you use our correct name and pronouns, this makes us so happy!

You may be one of the few safe people in our lives to talk to about our gender and sexuality.

Thank you very much for our vaccinations.

It is very important to us that we can come out to who we want, and that we do not have other people do this for us. Ask us before telling someone else. This could be dangerous for us.

Finding a queer-friendly doctor who is also respectful of our disabilities and health issues, is such a bonus! It shouldn't be a bonus.

Signed

LGBTQA+ people with intellectual disability



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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.