



Children and Young People
with Disability Australia

CYDA's Lived X Papers

Healthcare Settings

Easy Read information

Summary



Children and Young People
with Disability Australia

CYDA wrote this paper.



CYDA is an organisation that stands up for people with disability who are 0-25 years old.



This paper is about **Healthcare**.

Healthcare means getting help from a doctor, the hospital or a physiotherapist.



It can also mean getting help with your mental health. Your mental health is your emotions and confidence.

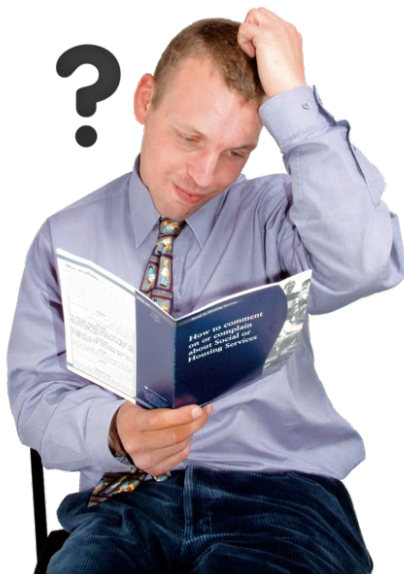
Some young people with disability are **LGBTQIA+**



LGBTQIA+ stands for Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, and Aromantic/Asexual.



These are words that can be used to describe the way people see themselves and how they love other people.



LGBTQIA+ young people sometimes have trouble getting healthcare.



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CYDA wanted to hear about young people's experiences of getting healthcare.

CYDA spoke with 9 young people with disability at **focus groups**.

Focus groups are a conversation to hear people's experiences.



The focus groups were **co-designed** by young people with disability.

Co-design means that young people decide how things work.

What young people said



LGBTIQA+ young people talked to CYDA about their experience of getting healthcare.



LGBTIQA+ young people want **healthcare providers** to understand their needs.

Healthcare providers are the doctors, hospital staff, and other people who give you healthcare.



People who are **transgender** want doctors to know more about their gender.



Transgender means that you do not feel like the same gender that people have called you since you were a baby.

Transgender can also be called gender diverse.



Neurodivergent people want doctors to be more confident giving them help.

Neurodivergent means that your brain thinks differently to other people's brains.



Young people don't want doctors to make guesses about what they want.



There are not enough **services** that help **LGBTQIA+** people with disability.

Services are places you go to when you want and need to find a doctor or a physiotherapist who can help you.

Recommendations



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After talking to young people, CYDA has **recommendations** to make.



Recommendations are things that CYDA will tell people to do.

They are about how to make sure **LGBTQIA+** young people with disability get the healthcare they need.



Australian Government

CYDA has 2 recommendations for the Australian Government:



1. The Australian Government should make a National Healthcare **Strategy**.

A strategy is a plan for what you will do in the future.



It should focus on gender diverse and neurodivergent people.



2. The Australian Government should give money to **researching** LGBTQIA+ peoples experiences.

Researching means looking and listening to learn about groups of people or things.



CYDA has 2 recommendations for healthcare staff.



1. Hospitals and other places you go for healthcare should make their buildings welcoming with flags and posters so people know they are safe.



2. Healthcare staff should listen to what young people said about making their services better.



This might be by making the building easy to get into and move around in.



They should also speak to young people through social media.



CYDA has 1 recommendation for healthcare **regulators**.

Regulators are the organisations that make the rules for healthcare providers.



1. Healthcare regulators should talk to LGBTIQ+ and disability organisations.

They should write **LGBTQIA+ training** for healthcare providers.

Training is lessons where you learn about something new.



- CYDA has 1 recommendation for **healthcare education providers**.



Healthcare education providers teach doctors and healthcare staff how to do their job.



1. Education providers should talk to LGBTIQ+ and disability organisations.

Together they should make training better.



They should also help LGBTIQ+ and disabled people get healthcare jobs.