



## **Advocating for healthcare rights for women with disabilities**

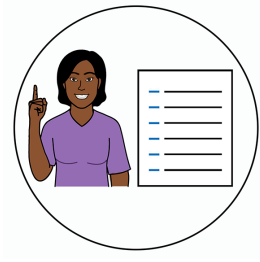
### **Experts in our health guide Part 3**

**Women with Disabilities Victoria**



**Easy English**

## Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

## You can get help with this book



You can get someone to help you

- read this book
- know what this book is about



- find more information.

We will write our contact information at the end of this book.

## About this book



This book is from Women with Disabilities Victoria.

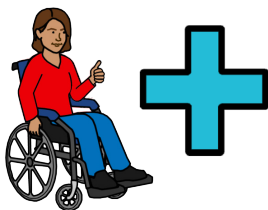


This book is about **advocating** for healthcare **rights** for women with disabilities.



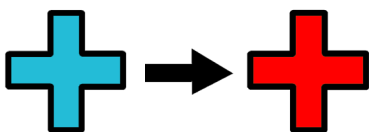
Advocating means to speak up for

- what you need
- what other people need
- what our community needs.



In healthcare settings you can advocate for

- yourself and your healthcare needs
- changes to healthcare that make it more accessible and inclusive for women with disabilities.



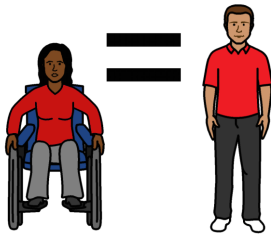


Rights are things everyone should

- get

- have

- do.



All women with disabilities have the right to access healthcare in the same ways that other people do.

## How to advocate for yourself



It is important to learn about your rights so you know what you can advocate for.



You can read our documents about healthcare rights for women with disabilities to learn more.



It is a good idea to know about your rights before you see a healthcare provider.

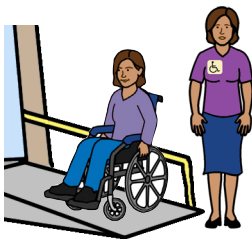


You can bring a **support person** with you to a healthcare provider.



Your support person could be there to

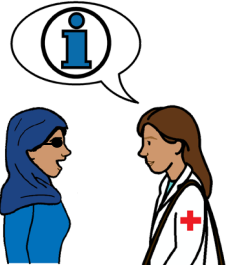
- give you confidence
- support your access needs.





To advocate for yourself you can

- look for healthcare providers who will answer all your questions properly



- look for healthcare providers who will give you all the information you need to make your own healthcare decisions

- ask for information in **formats** that are accessible for you.



Accessible formats could include

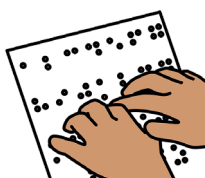
- Easy English documents



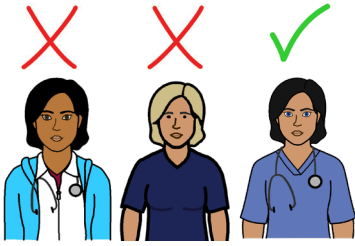
- documents in languages other than English



- audio described videos

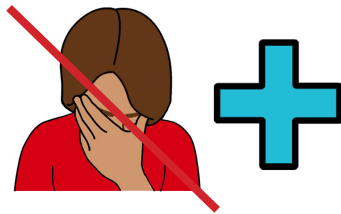


- braille.



It can take time to find healthcare professionals who will give you the healthcare you need.

It is important to keep looking for the right healthcare provider for you and **not** give up.



Other women with disabilities might have had similar things happen to them and can support you to

- **not** give up finding a healthcare provider that is right for you



- be confident to advocate for yourself.

# How to advocate for healthcare change



It is important that all healthcare services are accessible and inclusive.



To make healthcare services more accessible and inclusive you can

- tell your healthcare provider about your life as a woman with disability



- tell your healthcare provider about what accessible healthcare means for you



- join the board or advisory groups within healthcare services so you can help make decisions about the services they have.



You can also join advocacy groups who work to make our communities more accessible and inclusive.



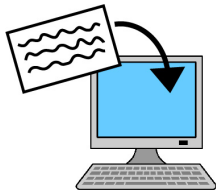
## More information



For more information contact  
Women with Disabilities Victoria.



Website [www.wdv.org.au](http://www.wdv.org.au)



Email [wdv@wdv.org.au](mailto:wdv@wdv.org.au)



Scan this QR code

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You can learn more at: [www.wdv.org.au](http://www.wdv.org.au)

The development of this resource was supported by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

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This resource was prepared by Women with Disabilities Victoria.

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