



Inclusion Australia

What is It's Doctor Time!





Inclusion Australia

It's Doctor Time is a campaign by Inclusion Australia.



Campaign means telling as many people as we can about **It's Doctor Time!**



The goal of **It's Doctor Time** is that more people with intellectual disability get a yearly health check with their GP.





The yearly health check is a special appointment with your **GP** once a year.

Your **GP** is your regular doctor.



You can choose what time each year you want to be **Doctor Time**.

Choose a time that is easy for you to remember.

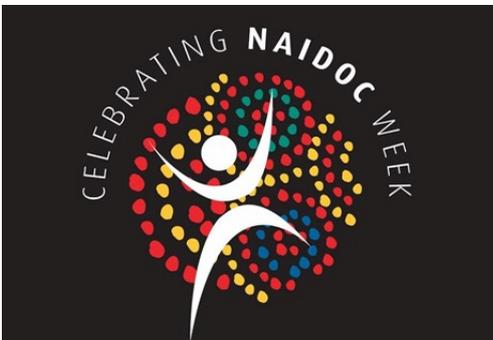


For example:

- around your birthday



- in Autumn



- during NAIDOC Week



- another time that is special to you

Like the Grand Final.



For example:

Sarah chooses to do her yearly health check around her birthday each year.

This makes it easy for her to remember when she needs to book in for her yearly health check.



Every person with intellectual disability should do a yearly health check.



Getting a yearly health check is important to stay healthy.



Inclusion Australia made the **It's Doctor Time** campaign because not enough people with intellectual disability get a yearly health check.



Inclusion Australia is talking to lots of different people about **It's Doctor Time**.



We are talking to

- people with intellectual disability
- GPs and clinics
- other service providers.



For more information about **It's Doctor Time** and yearly health checks go to



[www.inclusionaustralia.org.au/
health-checks](http://www.inclusionaustralia.org.au/health-checks)



Or scan the QR code with your phone.



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