

My Lived ID — Newsletter



Hello, and welcome to the My Lived iD newsletter.

My Lived iD is a digital hub for people with intellectual disability, their families, carers, supports and health care professionals. It is an initiative of the Centre for Developmental Disability Health.

This newsletter contains news about My Lived iD, and news, resources and training opportunities about health and wellbeing for people with intellectual disability.

We hope you find it useful!

A photograph of a man with a beard and short brown hair, wearing a dark blue polo shirt. He is looking slightly to the right and has his mouth open as if speaking. The background is a blurred outdoor setting with greenery and a wooden fence.

Living with an intellectual disability

New learning modules to mark International Day of People with Disability

This year, My Lived iD is excited to celebrate the International Day of People with Disability by launching the new “About Me, With Me” modules to build a disability confident healthcare workforce.

Developed by the Centre for Developmental Disability Health, these 4 new learning modules are designed to help clinicians implement the new National Safety and Quality Health Service (NSQHS) Standards. These standards aim to ensure that people with intellectual disabilities receive equitable and quality healthcare.

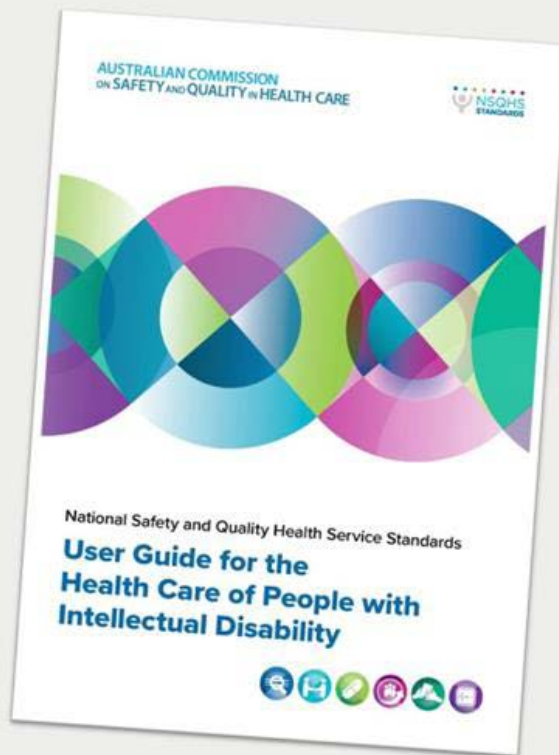
[Visit the learning modules on the My Lived iD website](#)



It's Doctor Time!

Inclusion Australia is encouraging more people with intellectual disabilities to see their GP for a yearly health check through the 'It's Doctor Time!' campaign. These checks are sometimes referred to as Annual Health Assessments. [Visit My Lived iD to watch the 'It's Doctor Time!' campaign videos.](#)

'It's Doctor Time!' includes Conversation Cards to help people with intellectual disabilities, their supporters, and service providers, discuss yearly health checks and what happens during the appointment. You can also find templates for social stories and easy-read version fact sheets in Arabic, Vietnamese, and Simplified Chinese. To find out more or download the User Guide, [visit the My Lived iD website.](#)



National Safety and Quality Health Service (NSQHS) Standards User Guide

The Australian Commission on National Safety and Quality in Health Care has developed the NSQHS Standards User Guide for the healthcare of people with intellectual disabilities. The guide was created in response to significant evidence of poor health outcomes for people with intellectual disabilities in Australia's health system.

To find out more or download the User Guide, [visit the My Lived iD website.](#)



Discover the biggest disability and NDIS event in Australia!

Navigating the NDIS and finding service providers can be daunting for participants, carers, family members, and guardians. [The Sydney Disability Connection Expo 2025](#) is designed to make that process easier by bringing together a wide range of service providers in one place.

Event Highlights:

- **Service Provider Expo:** Explore hundreds of service providers, all available to discuss your needs and answer your questions.
- **Ask an NDIS Expert – Support Hub:** Access free support from a variety of professionals who can provide guidance and assistance with NDIS-related queries.

Activities and Amenities:

- **Entertainment Zones:** Enjoy activities such as a jumping castle, hair braiding, face painting, balloon artistry, and photos with cosplayers.
- **Food and Refreshments:** Take a break and grab a meal from the various food vendors on site.
- **Free Magazine:** Receive a complimentary magazine to help you find some of the best service provider options available.

Stay tuned for more updates and detailed information about the event

[Visit the event website for more information](#)

Acknowledgement

We are excited to announce that Monash Health is a finalist in the Victoria Disability Awareness Awards for 'Leadership in Co-design' for the My Lived iD website. Monash Health would like to thank our patronship collaborators on this project, VALID, and Blick Creative, as well as the Steering Committee members from First Nations Disability Network, National Ethnic Disability Network, LGBTIQA+ Health, and Carers Victoria.

Most importantly, we want to thank the co-designers – those living with disability, and their families – for co-designing a website to support access to wellbeing and mental health support.

Your contributions truly embody the principle of 'nothing about you, without you!'

We'd love to hear from you!

Tell us how we are doing, or if you have something you would like to share.

[Email the team at mylivedid@monashhealth.org](mailto:mylivedid@monashhealth.org)

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