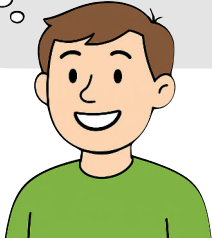


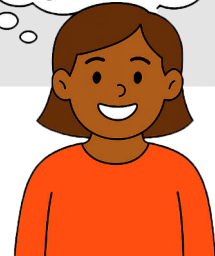
How to find health resources online

I want to learn about going to the doctor for a check up and what to expect when I have my appointment.



1. Decide what you want to find out or learn about.

I want to know more about my period.

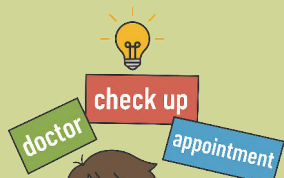


2. Come up with **key words** for your topic.

Key words are the main words that say what you want to learn.

For example, if you want to learn about going to the doctor, some key words might be

- Going to the doctor
- Doctor
- Check up
- Appointment
- GP



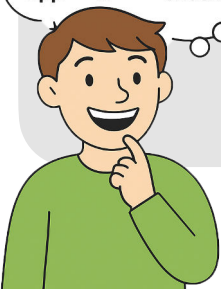
For example, if you want to learn about periods, some key words might be

- Periods
- Time of the month
- Pads
- Monthly cycle
- Tampons



3. Think about how you want the information.

Do you want it in a video, Easy Read, social story, app, guide, checklist or something else?



4. Combine your key words with how you want the information.

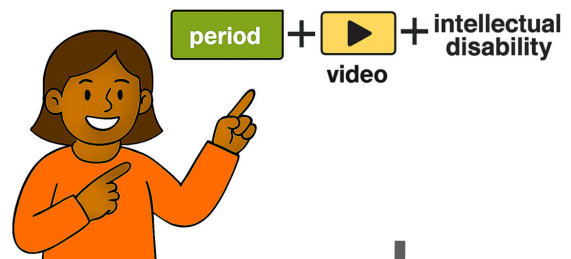
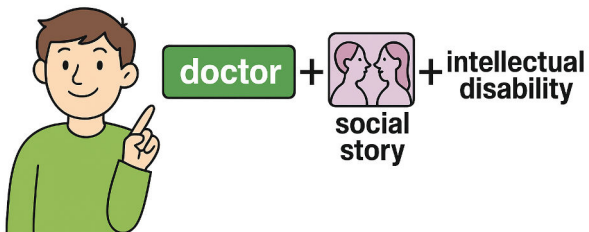
Add the words intellectual disability to the end.

For example

- Doctor social story intellectual disability
- Going to the doctor easy read intellectual disability

For example

- Period video intellectual disability
- Tampon social story intellectual disability



These are called your **search terms**.



5. If you have websites you like to go to for health information, go to those websites first.

For example, you might like the website of CID or Down syndrome Australia.



You can skip this step if you do not have websites that you use.

6. Look for sections called Resources, Hub or Library.

If there is a search bar enter your search terms.



7. Go to Google and put in your search terms.

If you are looking for a video you can also go to YouTube.



8. Select links that mention your topic.

Go back to the search page if it is not what you are looking for.





9. If you cannot find anything, try a different search term.

For example, you can search for tampon if you cannot find anything for period.



10. When you have found what you are looking for think about

- Can I trust it?
- Is it easy to understand

You can use this [checklist](#) to help you.

Online health information does not replace advice from a health worker. Always talk to a health worker for help with your health. Call 000 in an emergency.

This resource was made by the National Centre of Excellence in Intellectual Disability Health in December 2025. It was made together with people with intellectual disability.



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