

# How to find an Aboriginal Health Worker

## About Easy Read

Easier words with pictures to help explain some ideas.

## This guide is about Aboriginal Health Workers

The cover of the resource has the CID logo and two men walking together smiling.

It explains

- what they do
- how they can help you

Aboriginal Health Workers are from First Nations communities.

They can help you feel safe when you see doctors or health workers.

They can:

- support you at appointments
- help you speak up
- explain things in a clear way.

You can read this guide on your own or with someone you trust.

This guide shows what Aboriginal Health Workers do and how they can help you with health care.

Aboriginal Health Workers are people from First Nations communities. They understand culture, community and health. They can help you feel safe and

respected when you see doctors or other health workers.

First Nations people often face more barriers to care. It is important that health care feels safe, respectful and culturally right. Aboriginal Health Workers can help with this. They can:

- support you at appointments
- help you speak up
- explain things in a clear way.

This guide uses easy words and pictures. You can read it on your own or with someone you trust.

**This resource was made by**

**Council for Intellectual Disability**

A disability rights organisation led by people with intellectual disability.

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