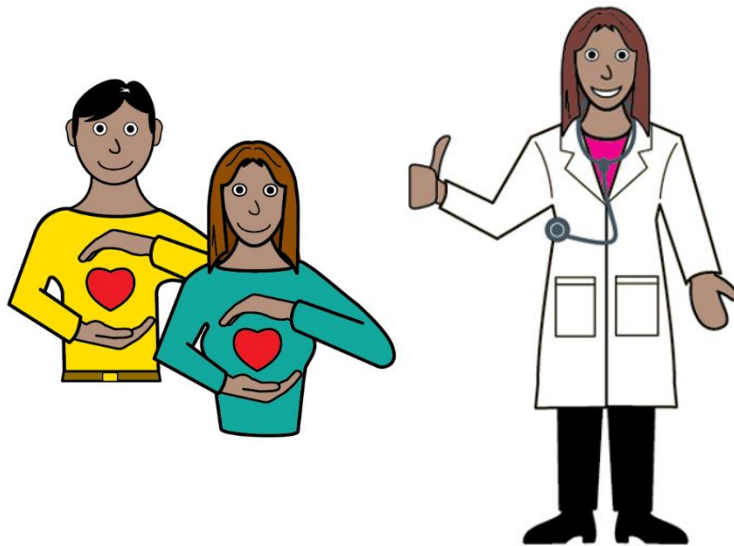# Helping People Stay Healthy
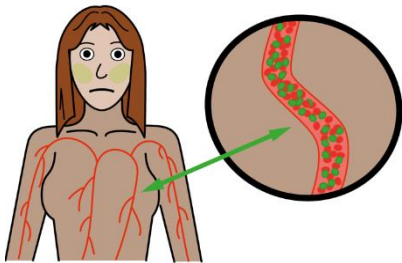
Know Me Support Me

Research Project

This document is written in Easy Read

Why we need this research

People with intellectual disability can get sick more often.

Sometimes they cannot let others know they feel unwell.

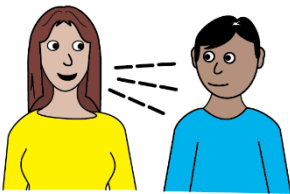Carers might not know when they need help.

We want to make a computer program that will tell carers when someone is not well and needs help.
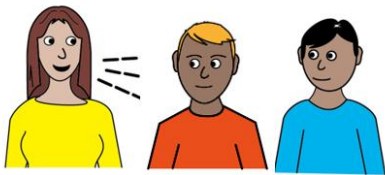
The computer program will help health staff to think about what is wrong and know what to do.
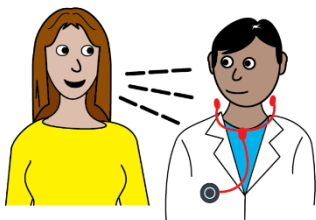
What we will do

We will talk to people with intellectual disability about their health.

We will talk to carers about how they help people with their health.

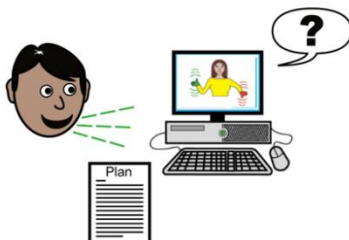We will talk to health staff about how they work out health problems.

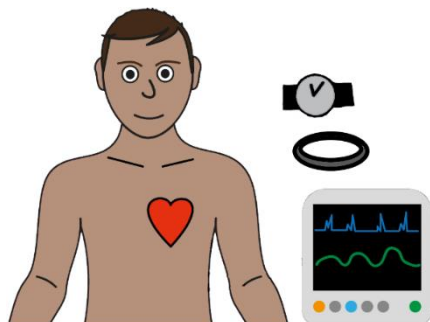We will talk to computer experts about how to make a good computer program.

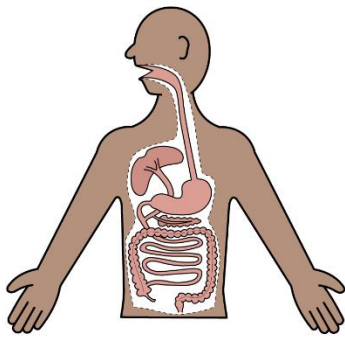We will work together to make a computer program called **EarlyCare AI**.

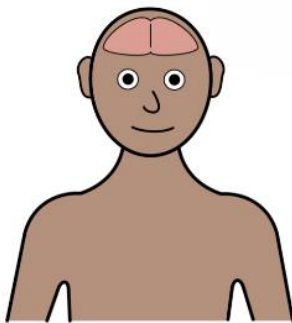AI is **artificial intelligence**. Computers are taught to think like people.

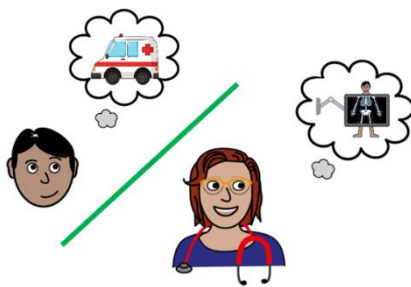**EarlyCare AI** will get to know what someone is like by reading their plans and asking questions.

EarlyCare AI will link to smart watches to check how someone is going.

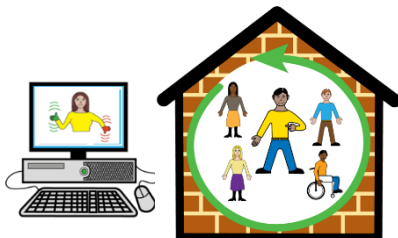**EarlyCare AI** will help carers think about body health.

EarlyCare AI will help carers to think about mental health.

EarlyCare AI will let carers know when a person needs help.

EarlyCare AI will help health staff to know what is wrong and how to help.

We will try **EarlyCare AI** with 100 adults with intellectual disability.

They will live with people with disability or with their families.

We will try **EarlyCare AI** in lots of different places in Australia.

We will see if **EarlyCare AI** makes it easier for people to have good health than people who do not use it.
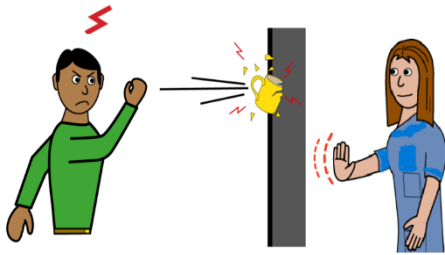
Later we will see how **EarlyCare AI** can help children and older people with their health.

EarlyCare AI might help people like John.
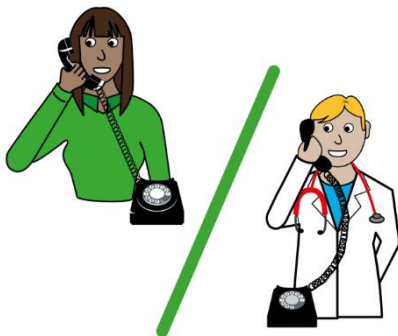
This is John.

John has a sore head.

John cannot tell Sally the carer about his sore head.

John throws his cup against the wall.

Sally does not know what is wrong.

Sally uses **EarlyCare AI** to think about what might be wrong.

EarlyCare AI helps Sally know that John might have a sore head.

Sally can now support John to get help from a doctor.

EarlyCare AI helps the doctor think about what is wrong and how to help.

Our research team

Our research team has health staff.

Our research team has people with intellectual disability.

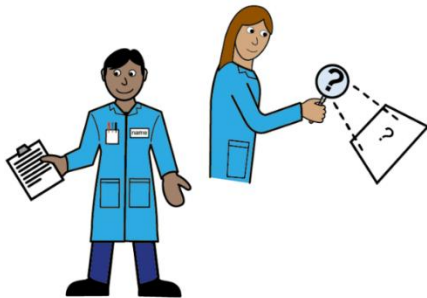Our research team has people from disability services.

Our research team has carers.

Our research team has computer experts.

We will do a good job.

We have done big research work before.

What might go wrong

Health information needs to be kept safe.

We will make sure people's health information is private.

Some people may not want to talk to us or try **EarlyCare AI**.

This is OK. People can say no if they do not want to help with our research.
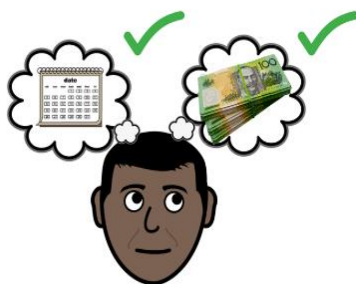
What is good about our research

Our research will make it easier for carers to know when people with intellectual disability need health care.

Our research will make it easier for health staff to give people the right health care.

The right health care will keep people safe and well.

The right health care will save time and money.