

# JUST CHECKING - Support Person's Tool

For supporting adults with intellectual disability about cancer screening

## About this tool

- In Australia, adults with intellectual disability are screened for cervical, breast and bowel cancer less often than adults without disability despite having the same cancer risk.
- Support people play a key role in ensuring adults with intellectual disability are screened for these cancers, but often they don't know where to start.
- This tool is designed to assist support people to have a discussion with a person with intellectual disability about cancer screening.
- It contains information on cervical screening, breast screening and bowel screening. It also has some tips and strategies for how to start the conversation.
- You can learn more about cancer screening and how to use this resource through our online learning program at [www.fpnsw.org.au/justchecking](http://www.fpnsw.org.au/justchecking)



**JUST CHECKING**

It's time to have a chat about cancer prevention for people with intellectual disability.

# JUST CHECKING

[www.fpnsw.org.au/justchecking](http://www.fpnsw.org.au/justchecking)



| SCREENING TEST                 | WHO   | HOW   | WHERE   | MORE INFORMATION   |
|--------------------------------|---|---|---|--|
| <b>Cervical Screening Test</b> | Women aged 25 - 74 years old, have a cervix and have ever been sexually active, should have a Cervical Screening Test every 5 years | Invitation by letter  | General Practitioner, Family Planning NSW or Women's Health Centre  | Family Planning NSW Talkline - <b>1300 658 886</b> or <b><a href="http://www.fpnsw.org.au/talkline">www.fpnsw.org.au/talkline</a></b><br><b><a href="http://www.fpnsw.org.au/cervicalscreening">www.fpnsw.org.au/cervicalscreening</a></b> |
| <b>Mammogram</b>               | Women aged 50 - 74 years old, without breast symptoms, should have a mammogram every 2 years  | Invitation by letter  | BreastScreen NSW  | BreastScreen NSW – 13 20 50 for an appointment. No referral needed.<br><b><a href="http://www.breastscreen.nsw.gov.au">www.breastscreen.nsw.gov.au</a></b>   |
| <b>Bowel screening test</b>    | When fully implemented in 2020, all people aged 50 – 74 years old, will offered a free bowel screening test every 2 years           | A pre-invitation letter is sent followed by a bowel screening kit | The bowel screening test is done at home<br>The kit contains instructions on how to use it and where to go if you need help | National Bowel Cancer Screening Program Test Kit Helpline on <b>1800 930 998</b><br><b><a href="http://www.cancerscreening.gov.au">www.cancerscreening.gov.au</a></b> (click on National Bowel Cancer Screening Program)                   |

## PREPARE

*Familiarise yourself with the cancer screening tests and support resources below.*

Check the website to download resources [www.fpnsw.org.au/justchecking](http://www.fpnsw.org.au/justchecking)

## CONSENT & CHAT

*Establish consent and explore the person's knowledge*

### Try asking:

'Can I talk with you about how to prevent cancer?'

**Or**

'What do you already know about how to prevent cancer?'

## INFORMATION

*Provide information using easy-to-read resources*

### Try asking:

'What would you like to know more about?'

**Or**

'Can I show you a video that talks about ways to prevent cancer?'

## CHECK IN

*Clarify understanding*

### Try asking:

'What do you understand from our discussion about cancer screening tests?'

## REFER

*Referral options*

### Try asking:

'I can see you understand why cancer screening is so important. Would you like to talk about the different places you can get tested? This information might be helpful for you to decide what you want to do next.'

## RESPECT

*Decision making and choice*

It is your role to support the person to make an informed decision about their health. The person may choose to be screened. They may also choose not to be screened.

## RESOURCES

Family Planning NSW has a series of resources on cancer screening for people with intellectual disability. You can find the resources in this series on our website [www.fpnsw.org.au/justchecking](http://www.fpnsw.org.au/justchecking)

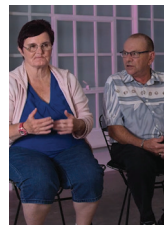
### JUST CHECKING videos



Cervical cancer screening

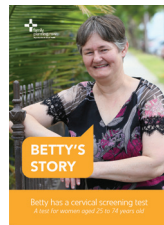


Breast cancer screening



Bowel cancer screening

### JUST CHECKING social stories



Betty has a Cervical Screening Test



Lisa has a Mammogram



Bob has a Bowel Screening Test

### More information

#### Family Planning NSW Talkline

1300 658 886 or [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)

#### Family Planning NSW Shop

[www.fpnsw.org.au/shop](http://www.fpnsw.org.au/shop)

#### Other resources

[www.fpnsw.org.au/disability](http://www.fpnsw.org.au/disability)