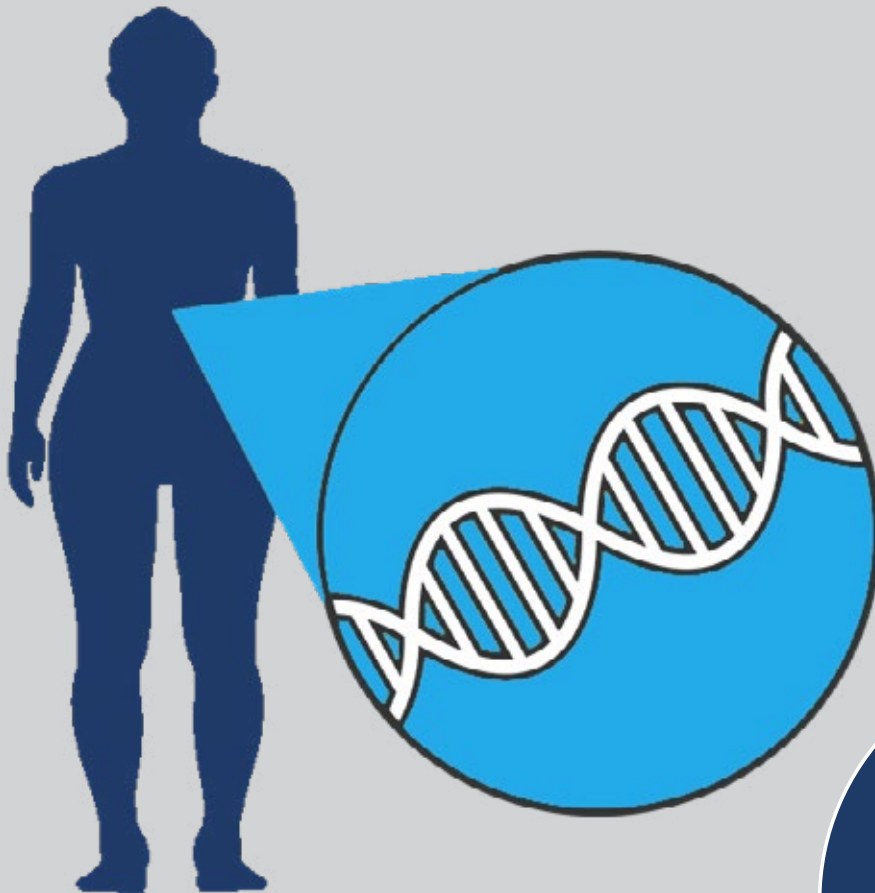




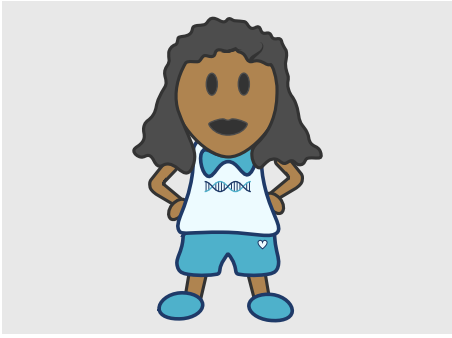
**UNSW**  
SYDNEY



# Making a genetic appointment

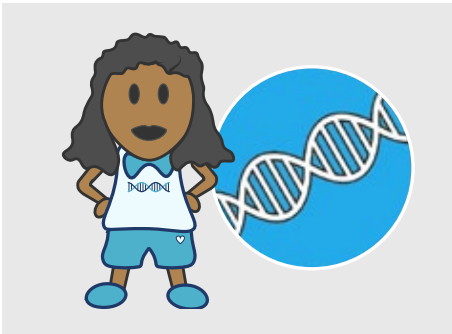


[www.geneequal.com](http://www.geneequal.com)



This is Gene.

Gene is on all of our booklets and our website.



When you see Gene you know this is information about genetic health care.



We made 5 booklets to help you learn about genetic health care.

1. About genetic health care
2. Genes and genetic conditions
3. How to make a genetic appointment
4. Get ready to go to the genetic clinic
5. Tips about genetic health care



Some things in the booklets might

- Be hard to understand
- Make you feel sad.

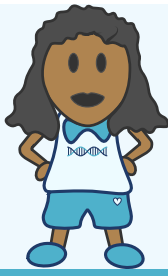


You can read them with someone you trust.



This might be

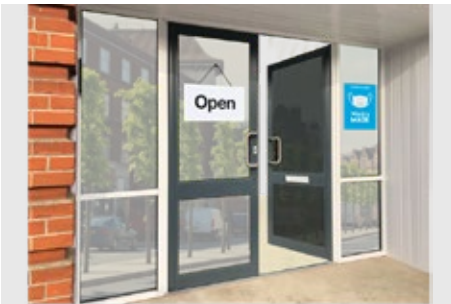
- Someone from your family
- A friend
- Your support worker.



## About this booklet



This booklet will help you make a **genetic appointment**.

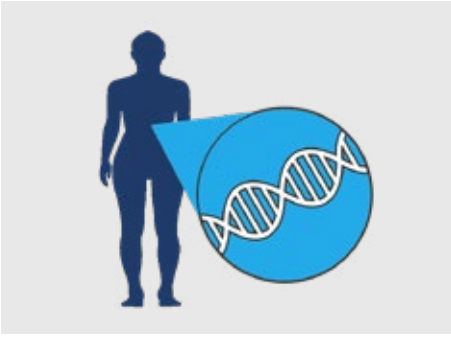


A **genetic appointment** is when you go to the **genetic clinic**.



A **genetic clinic** is where you can

- Try and find out if you have a **genetic condition**
- Learn more about genetic conditions.



A **genetic condition** is a health or learning issue.



Genetic conditions come from a change in your **genes**.



**Genes** are small things in your body that make you who you are.



## What is a genetic appointment

At a genetic appointment you will meet a

- Genetic doctor
- Genetic counsellor.



They are health care workers that know a lot about genetic conditions.



You do not have to pay money for a genetic appointment.





You need a **referral** from your doctor to make a genetic appointment.



A **referral** is a letter from your doctor that asks for you to be seen at a genetic clinic.



This website can help your doctor with the referral.

**[www.genetics.edu.au/SitePages/  
Genetic-Services-listing-NSW.aspx](http://www.genetics.edu.au/SitePages/Genetic-Services-listing-NSW.aspx)**



## Why think about a genetic appointment



A genetic appointment can help you find out more about your health or learning issues.



If you know that you have a genetic condition it can help you

- Get the right health care



- Get the right supports



- Try to get an NDIS plan.



It can be good to know if you have a genetic condition if you want to have a family.





This is because if you have a genetic condition your children can get the same one.



When you know more about your genetic condition you can find people with the same one.



You can support each other.



Knowing about your genetic condition also helps you understand your body better.



## What to ask your doctor



Talk to your doctor if you want to make a genetic appointment.



You can ask your doctor if a genetic appointment might help

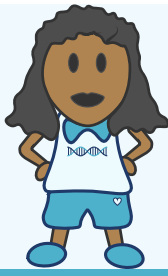
- You
- Your child.



You can ask your doctor about the good and bad things about going to the genetic clinic.



You can ask your doctor if there is a genetic clinic near you.



## Before your genetic appointment



You might get a call from the genetic clinic before your appointment.



The call is to find out more about

- You
- Your family
- What you want to talk about.

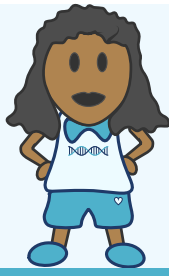


You can also ask questions when we call you.



You can have someone you trust support you when we call.

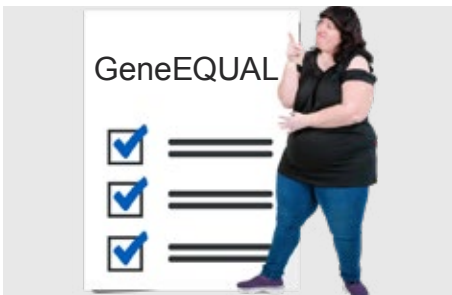




## Who made this booklet



The **GeneEQUAL** team made this booklet.



**GeneEQUAL** is a program to help people with intellectual disability get better health care.

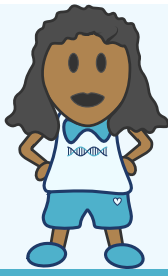


We got money from the **NSW Ministry of Health** to write this booklet.



**NSW Health**

The **NSW Ministry of Health** is the part of government that looks after people's health.



## More information



GeneEQUAL made other booklets about genetic health care.



To get our booklets you can

- Go to our website  
**[www.geneequal.com](http://www.geneequal.com)**

or



- Email the GeneEQUAL team on  
**[geneequal@unsw.edu.au](mailto:geneequal@unsw.edu.au)**

or



- Send us a letter with your address to

GeneEQUAL  
c/o Emma Palmer  
Centre for Clinical Genetics, Sydney  
Children's Hospital, Level 9  
The Bright Alliance Building  
NSW 2052, Australia

You can go to our website for more information



- Go to [www.geneequal.com](http://www.geneequal.com)

or

- Scan this QR code with your phone



NSW Council for Intellectual Disability has lots of health information in Easy Read.

To look at them go to

[www.cid.org.au/resource-tag/easy-read](http://www.cid.org.au/resource-tag/easy-read)

Council for Intellectual Disability made this document Easy Read. **CID** for short. You need to ask CID if you want to use any pictures in this document. You can contact CID at [business@cid.org.au](mailto:business@cid.org.au).

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