NORTHERN ADELAIDE LOCAL HEALTH NETWORK

SA Intellectual Disability Health Service (SAIDHS)

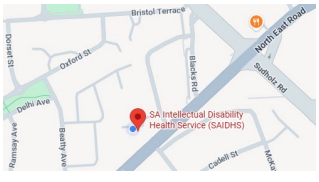
Service Information

The SA Intellectual Disability Health Service (SAIDHS) is a place for people with an intellectual disability or complex needs to go for medical support.

Government of South Australia
SA Health

SAIDHS gets money from SA Health.

SAIDHS is for people in South Australia.



SAIDHS is in Hillcrest. This is 20 minutes from the city.

SAIDHS is wheelchair accessible.

SAIDHS is in a quiet area.

Some words are written in **bold**. We write what that words means.

There is a lot of information in this book. It is a good idea to read it with family, a friend or support person.

WHO CAN GO TO SAIDHS?

SAIDHS sees adults with an intellectual or developmental disability. They must have **complex** needs. **Complex** means having a lot of different support needs.

This can be because of

- Mental illness
- Autism Spectrum Disorder
- Communication difficulties

- Behavioural support needs
- Other disabilities or health conditions

- Other things that make it hard to use services.

WHAT SAIDHS DOES

Clinical **assessment** and **consultation** services.

Clinical assessment is when someone asks questions to find out about your ability and needs.

They use this information to make a plan.

Consultation is when someone gets information from you to find out what you need.

WHAT SAIDHS DOES

In an assessment and consultation we might:

- Look at how other services in the community could support you

- work with you and your current service providers and carers to make a plan

- Give **follow up** support if it is needed. **Follow up** means checking with you to see how you are going

The assessment will be at Ingle Farm. If you cannot get to SAIDHS someone might be able to visit you in your home

WHAT SAIDHS DOES

Telephone support and **advice**.

Advice is when someone gives you ideas to help a problem or worry.

- When they can, SAIDHS workers can give you some support and advice
- This can be about health or your assessment
- You can ring SAIDHS to ask questions

WHAT SAIDHS DOES NOT DO

- Emergency or crisis services

- IQ assessments

- Case management

- Ongoing medical or psychiatric management. This means they can only see a patient for a short time, they cannot see them regularly.

GETTING A **REFERRAL**

SAIDHS is a **referral** service.

A **referral** is when your doctor writes a letter to SAIDHS saying you need to be seen there.

A referral letter from your doctor will have your

- **Medical history. Medical history** is anything that has happened to your health in your life
- **Treatments. Treatments** is any medical care that you get. This can be medication or appointments

Your doctor will send the letter to SAIDHS. SAIDHS might talk to you, your family, carer, support person or doctor to ask some questions.

SAIDHS will tell you if you are able to go there or not after 1 month of getting your referral letter.

SELF-REFERRAL

A **self-referral** means you call and ask for an appointment to see a doctor yourself.

You can refer yourself to SAIDHS if you do not have a regular doctor.

SAIDHS has a specialist doctor for self-referral appointments.

To refer yourself you will need to ring up to make an appointment with the specialist doctor.

WHAT HAPPENS AT SAIDHS

Your first assessment consultation will take 1 - 2 hours.

It is a good idea to take a support person. This person should be someone

- you know well
- you feel comfortable with

A full medical and psychiatric history will be done. They will ask you a lot of questions. They might do a physical check of your body.

A full **report** will be sent to your doctor. A **report** is something with everything written down that was seen, heard or done during the appointment.

SAIDHS might refer you to a different place with different doctors who **specialise** in other areas. **Specialise** is when a doctor knows a lot about one thing.

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SAIDHS **ENQUIRIES** OR **APPOINTMENTS**

Enquiries is when you have questions or want more information.

Appointments is when you make a time to meet with someone.

To enquire or book an appointment at SAIDHS you can

Phone: 08 7425 8900

Fax: 08 7425 8905

Email: HealthSAIDHS@sa.gov.au

SAIDHS is open Monday to Friday from **8:30am** to **4:30pm**

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GETTING TO SAIDHS

Address:

GP Plus Super Clinic Gillies Plains

1 Gillies Crescent

Hillcrest, SA 5086

I will go in the main doors. The staff at the front desk will say hello and ask my name. They may need to ask some other questions about me as well.

I will spend some time in the waiting room.

Someone will come to meet me and take me to a quiet room where we can talk.

MORE INFORMATION

If you want more information you can go to

- **SA Intellectual Disability Health Service**

Phone: 08 7425 8900

Website: www.sahealth.sa.gov.au/saidhs

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South Australian Council on Intellectual Disability

The South Australian Council on Intellectual Disability (SACID) made this Easy Read book in 2019.

made with photosymbols

FOR MORE INFORMATION
SA Intellectual Disability Health Service (SAIDHS)
GP Plus Super Clinic Gillies Plains
1 Gillies Crescent
Hillcrest 5086
(08) 7425 8900
sahealth.sa.gov.au/saidhs

Government of South Australia
Health
Northern Adelaide Local Health Network

Interpreter
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