

# The Development of Accessible Educational Materials on Health Insurance and Regional Centers for People with Intellectual Disabilities

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## ABSTRACT

**Background and needs assessment:** People with intellectual disabilities experience significant barriers to healthcare. Research has shown that people with intellectual disabilities have lower rates of preventative health service utilization and higher rates of emergency room utilization compared to individuals without intellectual disabilities. People with intellectual disabilities are also more likely to self-report lower levels of health. Additionally, despite the strong association between health literacy and health outcomes, there is a lack of health-related educational materials that are accessible to people with intellectual disabilities. In speaking with relevant stakeholders, it became apparent that there was a lack of understanding around critical aspects of healthcare access.

**Approach:** This project focused on the development of health-related educational materials that are accessible to individuals with intellectual disabilities and their families, caretakers, and/or service providers.

**Outcomes:** Five infographics were created, including a one-page overview of health insurance and materials on Medi-Cal, Denti-Cal, Medicare, and Regional Centers. These infographics were pilot-tested and found to be extremely helpful to individuals with intellectual disabilities and their families/caretakers. Changes were made based on their feedback.

**Conclusions:** While working to decrease the health disparities faced by individuals with intellectual disabilities, it is vital to empower self-advocates and their families/caretakers to make informed decisions about their health. To do this, it is imperative to develop and distribute accessible health-related educational materials.

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