

ScreenEQUAL Support Person's Tool

For supporting people with intellectual disability about the **Cervical Screening Test (CST)**

About this tool

- In Australia, people with intellectual disability participate in cervical cancer screening less often than people without disability, despite having the same cancer risk.
- Support people play a key role in ensuring people with intellectual disability participate in cervical screening, but often do not know where to start.
- This tool is designed to assist support people to have a discussion with a person with intellectual disability about The Cervical Screening Test.
- You can learn more about cervical screening and how to use this resource at screnequal.org.au

Who should get a test?	How do people know when to test?	Where to get a test?	What are the test options?	More Information
People who have a cervix aged 25-74 should have a test every 5 years	• Invitation by letter from The Government • Check with GP • Check the <u>National Cancer Screening Register</u>	• Medical Centre • Family Planning Clinic • Women's Health Centre • Aboriginal Health Service • An appointment is needed for the test • Often, people can book in with a doctor OR a nurse	• People can do the test themselves with a self-swab of the vagina • The doctor or nurse can do the test with the swab of the vagina • The doctor or nurse can do the cervix test with a speculum and soft brush	• screnequal.org.au • <u>National Cervical Screening Program Australian Government Department of Health and Aged Care</u>

Prepare

Familiarise yourself with the Cervical Screening Test and accessible resources

Check the website to download resources screenequal.org.au

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.

Consent & Chat

Establish consent to have this conversation and explore the person's knowledge

Try asking: 'Can I talk with you about the cervical cancer screening test?'

Or 'What do you already know about the cervical screening test, it used to be called a Pap Smear'

Information

Provide information using accessible resources

Try asking: 'What would you like to know more about? You can choose which type of information about health tests (videos, Easy Read Booklet, Social Stories) suits you best.'

Or 'Can I show you some short videos that talk about the cervical screening test?'

Check In

Clarify understanding

Try asking: 'What do you understand from our talk about the cervical screening test?'

Or 'Can you tell me about the different test options? Do you have any thoughts or questions about the test options?'

Refer

Referral options

Try asking: I can see you understand why cervical cancer screening is so important. Would you like to talk about different places you can get a test?

Revisit

Prepare to park the discussion and revisit later

Sometimes people need multiple discussions to feel comfortable to make an informed decision about their healthcare. You may decide with the person you are supporting to revisit this discussion in an agreed-upon time in the future.