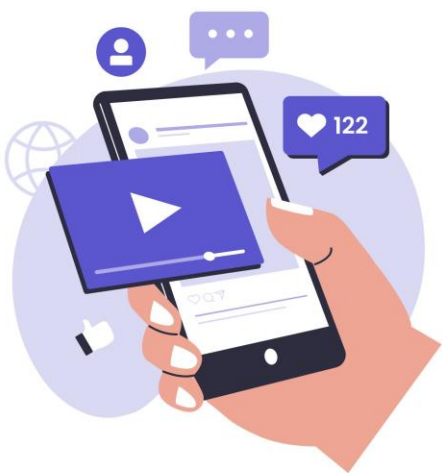




Our Say in Our Health:

**What People with Intellectual Disabilities
and their Supporters Say About Health
Access Around the World**



**Social media
toolkit**

About this toolkit.

Use our social media toolkit to share our global report - **Our Say in Our Health: What People with Intellectual Disabilities and their Supporters Say About Health Access Around the World** - and speak up to make healthcare fairer for people with intellectual disabilities.

Hashtags and handles:

Please use these hashtags in your social media posts to join our global conversation:

#HealthEquity

#ActionForEquity

#HealthForAll

Please tag us using our handles listed below so we see your posts:

	Down Syndrome International	Humanity and Inclusion
Facebook/ Instagram	@DownSyndromeInternational	@HumanityInclusionUK
LinkedIn	@Down-Syndrome-International	@HumanityInclusionUK
X	@DSiUpdate	@Hi_uk

For more information, please email contact@ds-int.org

Accessibility.

Follow the [UN Disability-inclusive communication guidelines](#) to make your social media content accessible.

Each platform is different, so please also refer to their guidance for tailored advice.

[X](#) | [Instagram](#) | [Facebook](#) | [LinkedIn](#)

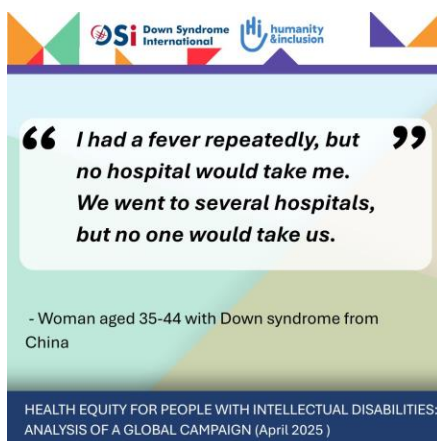
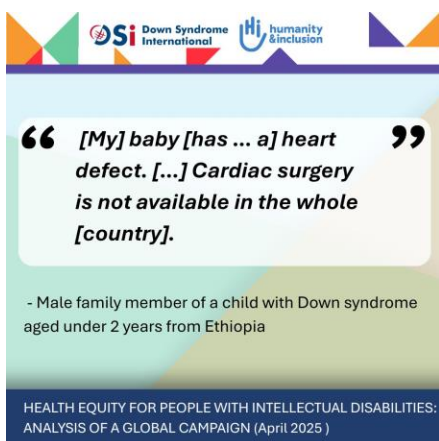
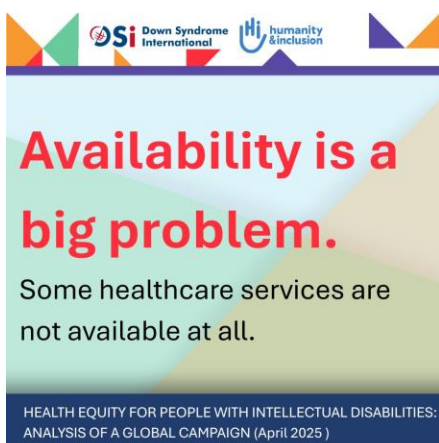
- Write in plain language.
- Insert alt text to all images so they can be accessed by persons with vision impairments. If alt text cannot be attached to an image, include alt text in the caption or post details.
- Hashtags should use 'CamelCase'. Capitalize the first letter of each word (eg #ActionForEquity or #HealthForAll) so screen readers read the hashtag correctly.
- Avoid long URL strings in hyperlinks.

Share a key result [1 of 8].

Availability is a big problem. Some healthcare services are not available at all.

Learn more in our report 🖱️ <https://ds-int.org/health-equity-global-report/>

#HealthEquity #ActionForEquity #HealthForAll



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Share a key result [2 of 8].

People with Down syndrome and intellectual disabilities have worse access to healthcare than others.

Some people were denied healthcare completely.

Learn more in our report 🖱️ <https://ds-int.org/health-equity-global-report/>

#HealthEquity #ActionForEquity #HealthForAll



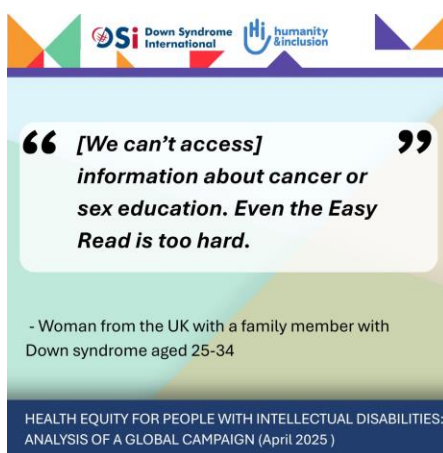
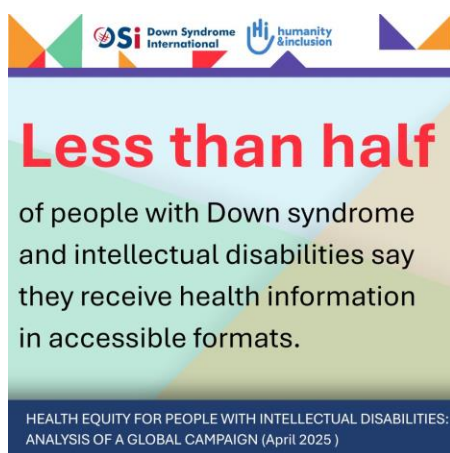
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Share a key result [3 of 8].

Less than half of people with Down syndrome and intellectual disabilities say they receive health information in accessible formats.

Learn more in our report 🖱️ <https://ds-int.org/health-equity-global-report/>

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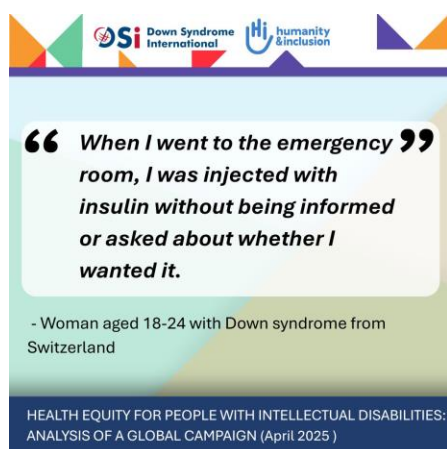
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Share a key result [4 of 8].

Over 45% of people with Down syndrome and intellectual disabilities always or sometimes face unfair treatment by healthcare workers.

Learn more in our report 🖱️ <https://ds-int.org/health-equity-global-report/>

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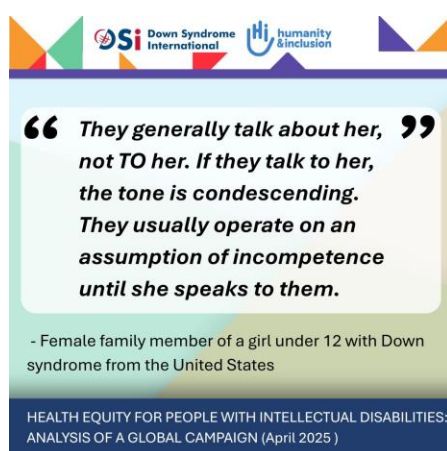
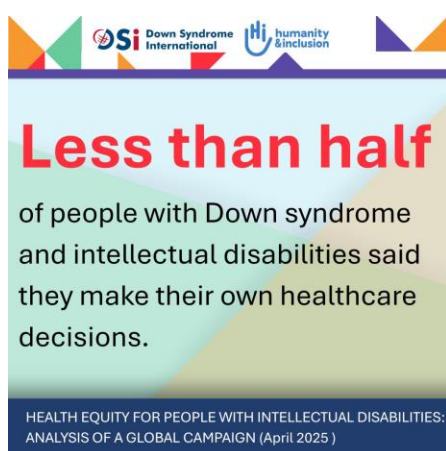
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Share a key result [5 of 8].

Less than half of people with Down syndrome and intellectual disabilities said they make their own healthcare decisions.

Learn more in our report 🖱️ <https://ds-int.org/health-equity-global-report/>

#HealthEquity #ActionForEquity #HealthForAll



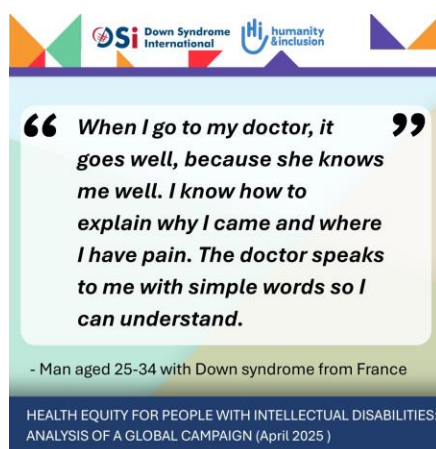
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Share a key result [6 of 8].

Only 29% of people with Down syndrome and intellectual disabilities said healthcare workers always speak in ways they can understand.

Learn more in our report 🖱️ <https://ds-int.org/health-equity-global-report/>

#HealthEquity #ActionForEquity #HealthForAll



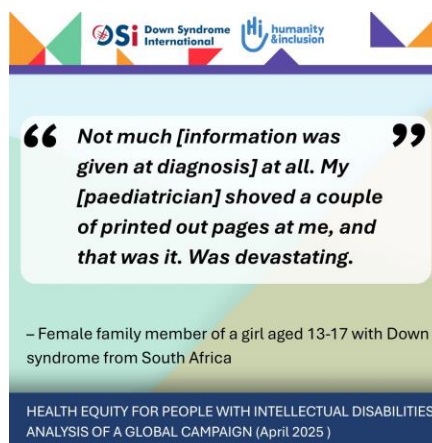
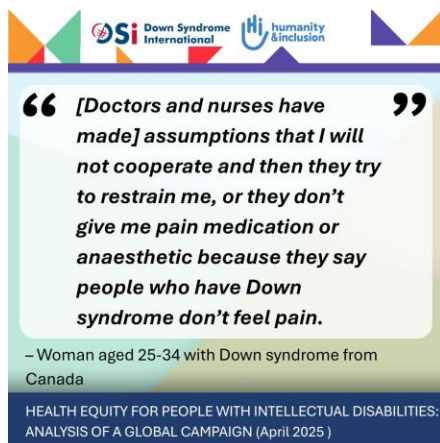
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Share a key result [7 of 8].

Less than a quarter of people said they are satisfied with the quality of their healthcare. This was worse in lower income countries.

Learn more in our report 🖱️ <https://ds-int.org/health-equity-global-report/>

#HealthEquity #ActionForEquity #HealthForAll



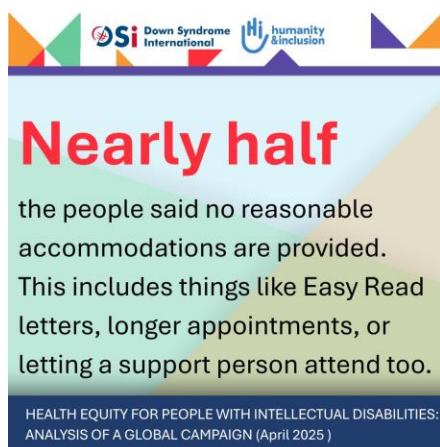
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Share a key result [8 of 8].

Nearly half the people said no reasonable accommodations are provided. This includes things like Easy Read letters, longer appointments, or letting a support person attend too.

Learn more in our report 🖱️ <https://ds-int.org/health-equity-global-report/>

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