

## Project Overview

# Your Health, Your Way



Understanding health care barriers & improving health literacy.

Autism Queensland (AQ) is working with Brisbane South Primary Health Network (PHN) to learn more about autistic and neurodivergent people's experiences navigating and accessing local health care services in the Metro South district.

Your experiences in accessing health care matter. We want to hear about the challenges—and the wins! By sharing what you've faced and what's helped, you'll be part of creating more inclusive and accessible health care for everyone.

### Do you access health care in the Metro South area?

Scan the QR code to take part and improve local health care outcomes.



**Take our survey:** Tell us what's working and what's not.



**Join a one-on-one or group chat:** Phone call or online.



**Submit a creative expression:** Draw, write, or record a short video.



### How does your feedback help?

We want autistic and neurodivergent people to easily access and use local health care. Your feedback will help shape a report with recommendations for better access and resources.

**Autism Queensland is here to help—get in touch to learn more:**



**Email:** [communityinclusion@autismqld.com.au](mailto:communityinclusion@autismqld.com.au)



**Phone:** (07) 3273 0000



**Website:** [autismqld.com.au](http://autismqld.com.au)

**WIN 1 of 3**

**\$50 gift cards:**

Participants will go in the draw to win!

This activity is supported by funding from the Australian Government through Brisbane South PHN.