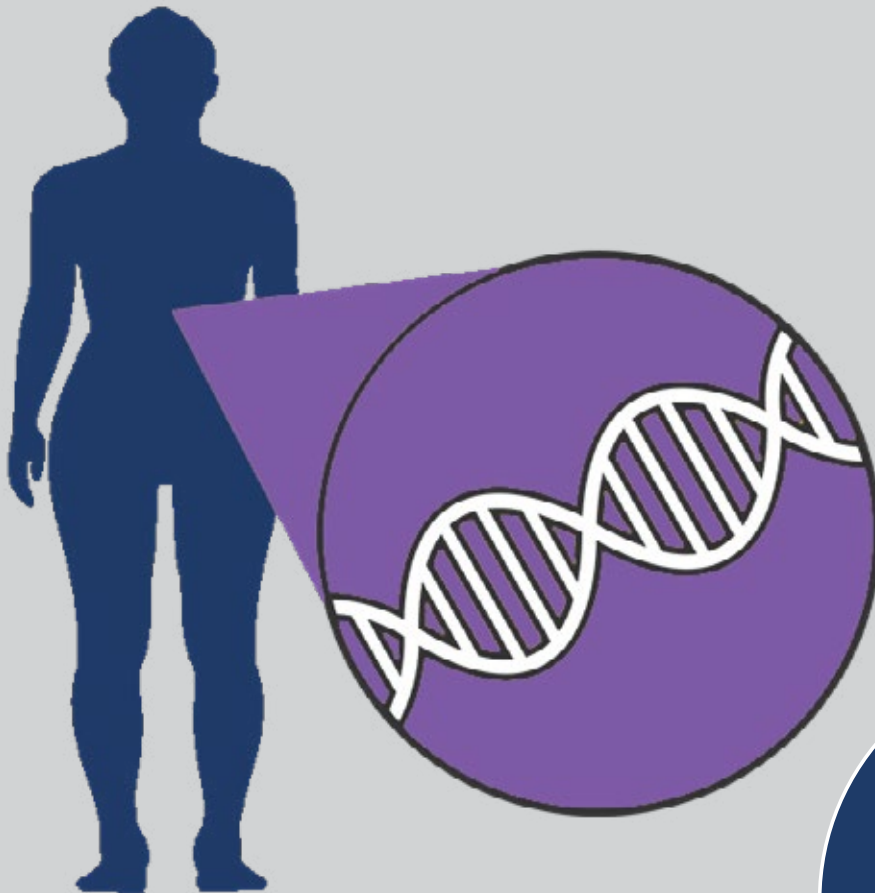




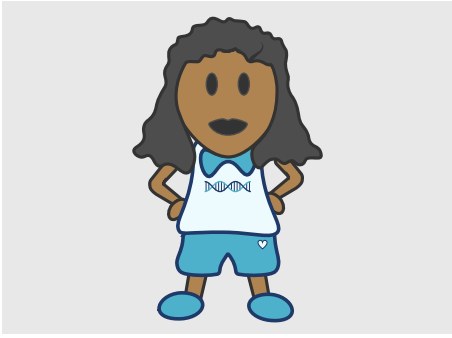
**UNSW**  
SYDNEY



# Genes and genetic conditions



[www.geneequal.com](http://www.geneequal.com)



This is Gene.

Gene is on all of our booklets and our website.



When you see Gene you know this is information about genetic health care.



We made 5 booklets to help you learn about genetic health care.

1. About genetic health care
2. Genes and genetic conditions
3. How to make a genetic appointment
4. Get ready to go to the genetic clinic
5. Tips about genetic health care



Some things in the booklets might

- Be hard to understand
- Make you feel sad.

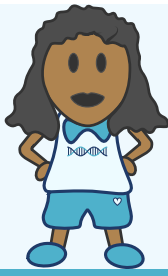


You can read them with someone you trust.



This might be

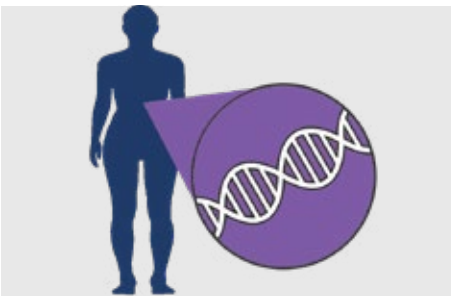
- Someone from your family
- A friend
- Your support worker.



## About this booklet



Many people with intellectual disability have a genetic condition.



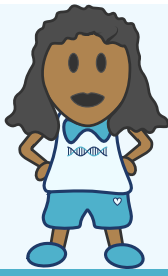
**Genetic condition** means that there is a change in your genes.



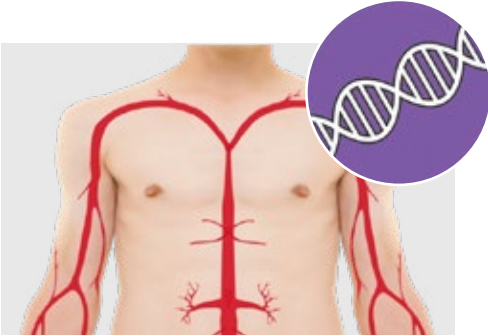
This booklet will help you understand more about things like genes.



It can help you understand better what happens in your body.



## Genes



We have many **genes** inside our bodies.



**Genes** are little bits of information.



Genes make us who we are.



Genes have information about what you look like.



Genes might say that you have blue eyes and brown hair.



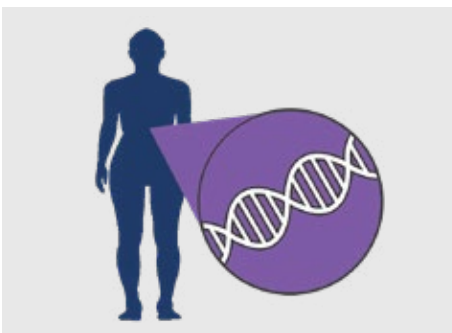
Genes also have information about

- How healthy you are
- How you learn



If there is a change in 1 gene it can mean that you have

- Health issues
- A disability



This is called a **genetic condition**.



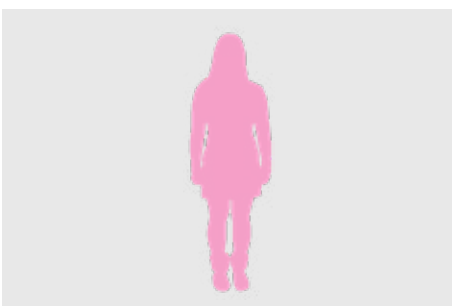
## Genetic conditions and families



This part talks about genetic conditions and families.



**Genes** come in pairs.



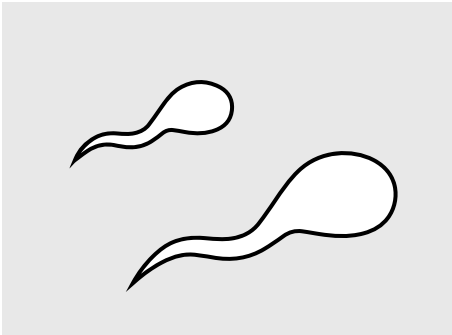
We get half of our genes from our **biological mum**.



**Biological mum** means the person who made the eggs that made you.



We get the other half of our genes from our **biological dad**.



Your **biological dad** is the person who made the sperm that made you.



All families are different.



Your biological parents might not be the same people that you call your parents.





Sometimes only 1 person in a family has a genetic condition.



Sometimes more people in a family can have the same genetic condition.



## Learn more about genetic conditions



It can be good to find out if you have a genetic condition.



It can help you understand things about yourself better.

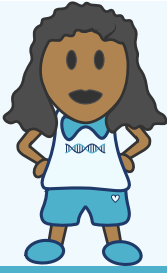


It can help if you are planning a family.



If you know that you have a genetic condition it can help you

- Get the right health care
- Get the right supports
- Try to get an NDIS plan.



## Notes



You can use this page to write things down.

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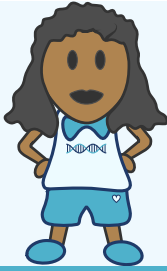
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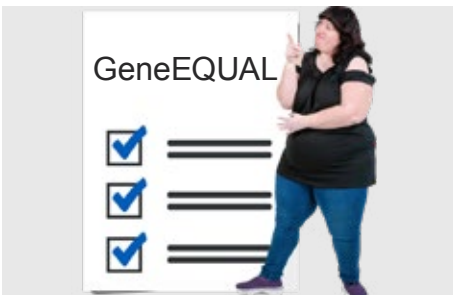
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## Who made this booklet



The **GeneEQUAL** team made this booklet.



**GeneEQUAL** is a program to help people with intellectual disability get better health care.



We got money from the **NSW Ministry of Health** to write this booklet.



**NSW Health**

The **NSW Ministry of Health** is the part of the government that looks after people's health.



## More information



GeneEQUAL made other booklets about genetic health care.



To get our booklets you can

- Go to our website  
**[www.geneequal.com](http://www.geneequal.com)**

or



- Send an email to  
**[geneequal@unsw.edu.au](mailto:geneequal@unsw.edu.au)**

or



- Send us a letter with your address to

GeneEQUAL

c/o Emma Palmer

Centre for Clinical Genetics, Sydney

Children's Hospital, Level 9

The Bright Alliance Building

NSW 2052, Australia

You can go to our website for more information



- Go to [www.geneequal.com](http://www.geneequal.com)

or

- Scan this QR code with your phone



NSW Council for Intellectual Disability has lots of health information in Easy Read.

To look at them go to

[www.cid.org.au/resource-tag/easy-read](http://www.cid.org.au/resource-tag/easy-read)

Council for Intellectual Disability made this document Easy Read. **CID** for short. You need to ask CID if you want to use any pictures in this document. You can contact CID at [business@cid.org.au](mailto:business@cid.org.au).

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