

## Health Communication Needs

### Include “Low-Tech” Options to Share Health Information with People with Disabilities

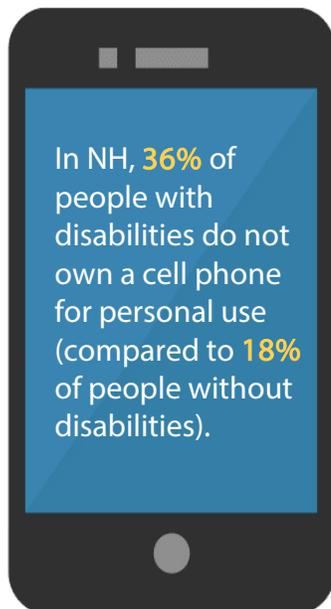
Health and medical information is commonly shared via web sites, social media, smart phone apps, and even text messaging. However, these high tech options are not accessible to all people.

Adults with disabilities in New Hampshire (NH) are significantly less likely than adults without disabilities to have access to information electronically. This can affect access to:

- Online communities that encourage healthy behaviors;
- Electronic health records & appointment reminders;
- Knowledge & strategies to maintain & improve health.

#### Policy Options:

- Ask people about their preferences for receiving health information.
- Offer health information in multiple formats, including audio, simple language, large print, & low-tech (e.g., mailings).
- Ensure high-tech communications (e.g., web pages) comply with ADA accessibility standards.



“I have a flip phone that I use for calls when I travel, but I do not text. I get health information through conversations with my doctor, research on the computer, and reminders in the mail.”

*John, experiences a visual impairment*

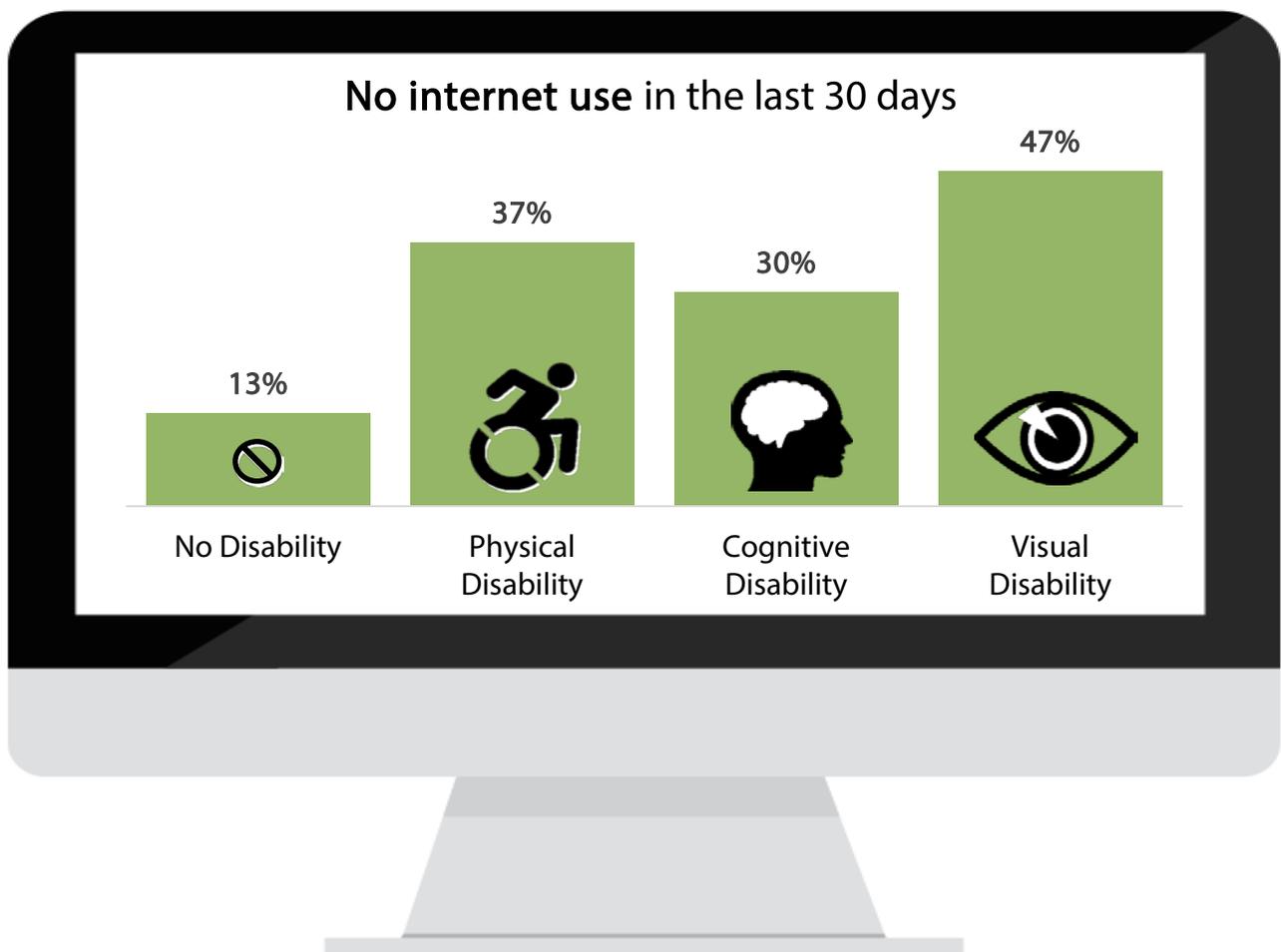
“I text a little, it’s very hard. I prefer face-to-face conversations with my doctor and having hard copies of health information.”

*Michelle, has a mobility impairment*

“I have a computer and iPhone... I am most comfortable receiving medical information that I can tape record so I can play it over and over to get the info I need.”

*Doug, has a developmental disability*

This issue of *Disability In Focus* reports weighted data from adults ages 18 to 64 who responded to the 2014 Health Care Access Module of the Behavioral Risk Factor Surveillance System (BRFSS).



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*Alternative formats available on request.*

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