



dis**Ability**
Maternity Care

Different ways for you to be cared for when you are pregnant



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Key Points

There may be words in this information booklet that:



- are new to you
- you may not know what they mean or
- you may be unsure what they mean

We will make them **blue** the first time we use them.

This means we will explain what they mean.



This information booklet might still have some difficult words in it.

You might need to ask someone to help you read this it with you.

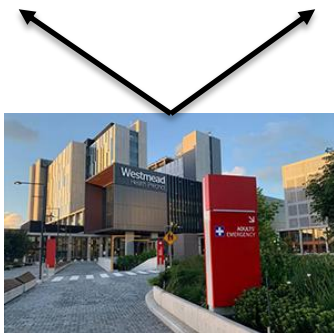
General information about the ways you can be cared for when you are pregnant



There are different ways you can have your pregnancy checkups or **antenatal care**.

Antenatal care is another way to say pregnancy checkups.

Public **Private**



You can choose to have your baby at a public or private hospital.

Your choices may be different if you are a public or private patient.



Your choices may be limited by:

- where you live
- your budget
- what options there are in your community
- or your medical history



When you first find out you are pregnant you should talk to your doctor about what types of care you can choose from.



You might be able to choose who will care for you during your pregnancy.

This could be a **GP**, a **midwife**, an **obstetrician** or a mix of these people.



GP is short for general practitioner. It is another way to say doctor.

A doctor is someone you talk to about your health. They might give you a script for medicines.

GPs who support people who are pregnant have extra training.



A midwife is a health worker who looks after you during pregnancy and birth.

They do your regular checks that you need in pregnancy.

They can answer your questions about pregnancy and birth.

They also are there to help you when you give birth to your baby.



An obstetrician is a doctor who looks after you during pregnancy and birth.

They might help to plan your care if you have any health problems.



You might be able to choose to have a GP, midwife or obstetrician care for you when you are pregnant.

Public



No cost



Closest to your house



Sometimes you can't choose



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Private



Costs money



You might have more choices



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Having your baby as a public patient

General Information

Public Hospital



A public patient means you will be helped by doctors and midwives at a public hospital.



If you decide to have your baby at a public hospital you usually will not be able to pick this hospital.



It will be the closest hospital to where you live.



If you decide to have your baby at a public hospital you don't need to pay. It is free.



The options you may have to choose from at a public hospital include:



Shared Care,



Antenatal Clinic,



Team Midwifery



or **Group Practice or Caseload Midwifery**

Having your baby as a public patient

Shared Care

What is Shared Care?



Shared care is when your local GP (doctor) and the hospital both care for you. They share your care.



You will have some of your **appointments** with your GP during your pregnancy.



An appointment means when you agree to meet someone at a place and time.

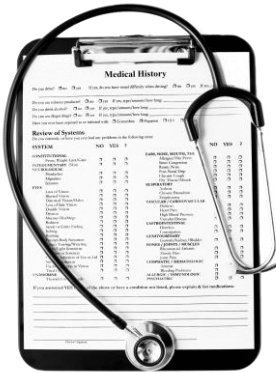


You will also have appointments at the hospital in the beginning and end of your pregnancy.

What is good about Shared Care?



You get to have most of your appointments with your regular GP (doctor).



Your regular GP (doctor) knows your medical history and your needs.



Your GP can care for you during pregnancy and then continue this care after your baby is born.

Having your baby as a public patient

Antenatal Clinic

What is an Antenatal Clinic?



Antenatal clinic is when the maternity unit at the local public hospital cares for you.



At the antenatal clinic you will have your appointments with one of midwives at the clinic.



You will usually see a different midwife each time you visit the clinic.



If you have any medical problems in your pregnancy, you might also see a doctor or another specialist at the antenatal clinic.

What is good about Antenatal Clinic?



You get to know the hospital where you will give birth.



If you have a medical problem in your pregnancy, you can be cared for by the antenatal clinic.



Doctors and other specialists at the hospital can care for you too.

Having your baby as a public patient

Team Midwifery

What is Team Midwifery?



Team Midwifery is when your care is shared by a group of midwives. When you come for a checkup you will see one of the midwives from the team.



You will have your appointments at the public hospital that is closest to your home.

After your baby is born you might have appointments in the hospital or in your home. Usually this is only for a short time after you have had your baby.



Team Midwifery is usually only available to people who don't have any other health problems.

What is good about Team Midwifery?



You get to know a group of midwives who will care for you:

- in pregnancy
- when your baby is being born
- and for a short time after your baby is born.

Having your baby as a public patient

Group Practice or Caseload Midwifery

What is Group Practice or Caseload Midwifery?



Group Practice or Caseload Midwifery is when you are cared for by 1 midwife during your pregnancy. This midwife usually works with 1 other midwife. You might also be cared for by this midwife.



You will have most of your appointments in your home or at the local public hospital during your pregnancy.



Group Practice or Caseload Midwifery is usually only available to pregnant people who don't have any other health problems.

What is good about Group Practice or Caseload Midwifery?



You get to know 1 or 2 midwives.

You are cared for by 1 or 2 midwives in pregnancy, when your baby is being born and shortly after.



The midwife (or 2 midwives) get to know you really well over your pregnancy.

Having your baby as a private patient

General Information

Private Hospital



A private patient means you can:

- Have your baby at a private hospital
- Choose your doctor at a public hospital
- Have your own room at a public hospital



You have to pay for having a baby as a private patient.



If you have private health insurance some costs might be covered by this insurance.



Other costs might not be covered by your private health insurance so you will need to pay this.



The options you may have to choose from as a private patient include:



Private Obstetrician Care or



Private Midwifery Care

Having your baby as a private patient

Private Obstetrician Care

What is Private Obstetrician Care?



Private obstetrician care is when you are cared for by a private obstetrician for the whole of your pregnancy.

Sometimes a midwife will help you too.

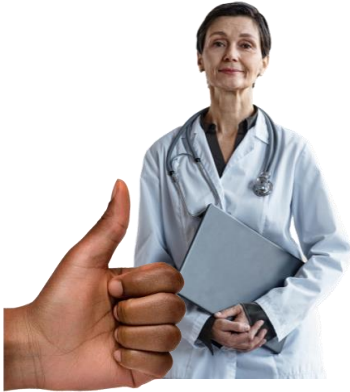


You will have your appointments at the obstetrician's office.



Your obstetrician may work at different hospitals. You may get to choose the hospital that the obstetrician will deliver your baby at. This could be a private or public hospital.

What is good about Private Obstetrician Care?



The private obstetrician will care for you for your whole pregnancy.



You can choose the obstetrician that you like the best.



The waiting times are usually shorter if you have a private obstetrician.

Having your baby as a private patient

Private Midwifery Care

What is Private Midwifery Care?



Private midwifery care is when you are cared for by a private midwife in your pregnancy so you can give birth at your own home.



The private midwife will get to know you during your whole pregnancy.



You will have your appointments at your home.

You might also have your appointments at a clinic if the private midwife has one.

What is good about Private Midwifery Care?



You can choose the midwife you like the best.



You can get to know the private midwife over your pregnancy.

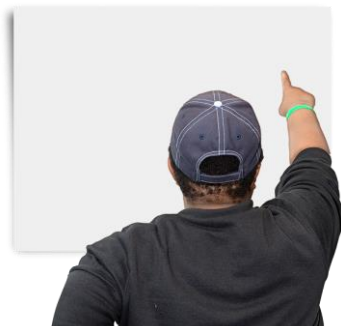


You have appointments at home.



The waiting times are shorter.

Key Points



There are a lot of decisions you can make about your care in pregnancy and giving birth to your baby.



Sometimes you might not get the choice you want the most.



This is because your choices may be limited by:

- where you live
- what options there are in your community
- or your medical history



It can be confusing to make these decisions.



You can talk to your friends and other parents about their experiences.



You can also talk to your doctor or another maternity clinic.

They can talk more about the options you might like to make.



dis**Ability**
Maternity Care



Who made this booklet?

Northcott Innovation and disAbility Maternity Care made this information booklet.

It is part of the 'Your Pregnancy, Your Choices' series.

Parents with intellectual disability told us what they wanted to put in this information booklet. Their names were Liz, Venessa, Sarah and Tiffany.

We got a grant from Council for Intellectual Disability to make this information booklet.

The grant is part of a project about supported decision making called My Rights Matter.



You can visit their website cid.org.au/issues/my-rights-matter

You can share this page with your doctor (GP), midwife or obstetrician.

This can help the people who are supporting your pregnancy learn about you.

Important things to know about me



- I can make my own decisions
- Talk to me about the different options
- Give me information the way I like
- Do not give me lots of information at once
- Give me time to think about my decision

I want you to give me information by (you can tick more than 1):

- Talking to me
- Writing it down
- Using pictures
- Using videos
- Using sign language