

Getting It Right In Reading – GP LD Resource Pack

General Information about Reading Mencap and services

Reading Mencap run the 'Getting it Right in Reading' project which is a CCG commissioned service to help support improvements in health services for people with Learning Disability (LD).

As part of the project we have developed a resource pack for GP practices to help practice staff to make reasonable adjustments to services to better accommodate the needs of adults with LD.

The resources in the pack are based on the Royal Mencap Department of Health funded project 'Getting it Right from the Start' a three year project to 2015. The resources were developed by Royal Mencap experts in LD and people with LD working together.

We have also incorporated some of our own resources and those of the BHFT Primary Healthcare Lead Nurse for LD from her work with Wokingham GP practices.

At all times we have tried to consider how best to present the information in a most accessible way for busy Practice staff. In this work we have been advised by Dr. Rosemary Crofts, a Berkshire GP and ex LD lead for Reading and two friendly Hampshire GPs who wished to support our work.

Together with the Resource Pack Reading Mencap offers further support for patients with LD. Firstly, to register with their GP LD register and secondly, support to understand and attend their Annual Health Check. We further offer to take referrals to our Family Support Service for general support in health and social care. Family Support is an outreach service offering either simple information and advice or complex case work on health, social care, employment, hate crime, benefits and housing. We also run a 60 place Day Service and various clubs and activities taking 3rd party or self-referral.

Our office is open Monday to Friday, 9.30 to 1.30, on 0118 9662518 (answerphone at other times) and is based in 21 Alexandra Road near the Royal Berks Hospital.

Our 'Getting it Right in Reading' leaflet is contained in the Resource Pack.

List of resources for working with patients with Learning Disability (LD)

Contents

1. For Health Professionals

Quick Guides & Templates for GPs and Practice staff

1. Reading Mencap 'Getting it Right in Reading' tri-fold Leaflet
2. What is a Learning Disability
3. Understanding Autism
4. Making LD Friendly Practices
5. About the Health Passport
6. Communication top tips for LD
7. Top 10 tips for a good LD Patient consultation
8. Jargon Buster
9. Sample 1 of easy-read letters inviting patients for their Health Check
10. Sample 2 of easy-read letters inviting patients for their Health Check
11. Health Check Questions Form for Patients (send with the Health Check Appointment letter)
12. Body Map
13. Pain Scale
14. How to take your medicine Easy-read template
15. How to Complain leaflet that could be adapted for your Practice
16. Specialist LD Nurse Primary Healthcare, Mary Codling – contact details

Reference (for your GP Lead in Learning Disability)

- Disability Distress Assessment Tool
- RCGP, Step by Step Guide for GP Practices for Annual LD Health Checks
- RCN, Meeting the Health Needs of People with LD (Pages 15-16 especially useful)
- Understanding Autism leaflet for professionals

Link to downloadable resources

Foundation for People with Learning Disability: Help & Information: an A-Z guide to Learning Disability
<https://www.mentalhealth.org.uk/learning-disabilities/a-to-z>

2. For Patients – (Printable Resources)

1. Breast Screening Guide-Easy-read (8 pages)
2. Guide to Anxiety-Easy-read (20 pages)
3. Incontinence in Women Guide-Easy-read (14 pages)
4. Flu Leaflet-Easy-read LD (8 pages)
5. Health Check Booklet-Easy-read (11pages)
6. Health Check Leaflet-Easy read (6 pages)
7. What is a Health Action Plan? Leaflet -Easy-read (4 pages)
8. LD Patient's Health Identification Card

3. For Carers

(hard copies can be obtained from Reading Mencap: Tel: 0118 9662518 or Carers can drop in & collect)

1. Thinking Ahead, planning guide for parents and carers of people with LD
2. When someone you know has died (Carer's guide to explain bereavement to someone with LD)