

## **Getting It Right In Reading – GP LD Resource Pack**

### **General Information about Reading Mencap services & Contents of GP Resource Pack**

Reading Mencap ran the 'Getting it Right in Reading' project from 2016 to 2018, which was funded by the North West and South Reading CCGs, to help support improvements in health services for people with Learning Disability (LD).

As part of the project, we developed a resource pack for GP practices to help practice staff to make reasonable adjustments to services and to better understand 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' 2012-2015, a three-year project. 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 Reading GP and ex LD lead for Reading and two friendly Hampshire GPs who kindly supported our work.

The original project offered additional support for patients with LD. Firstly, to register with their GP LD register and secondly, support to understand and attend their Annual Health Check. This aspect of the work is currently discontinued as of 31<sup>st</sup> March 2018, with the ending of the funding, but we are still able to 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, benefits, and housing. We also run two 60 place Day Opportunity Services and various clubs and social activities taking 3<sup>rd</sup> party or self-referrals.

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. Diagnostic Overshadowing
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. Annual Health Check – Health Action Plan
16. Specialist LD Nurse Primary Healthcare, Mary Codling – contact details

#### Reference (for your GP Lead in Learning Disability)

- RCGP on-line guidance for Annual Health Checks
- Disability Distress Assessment Tool
- NHS Improving Identification of people with a learning disability guidance for General Practice: 2019-20
- 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)
- Royal Mencap 'Don't Miss Out' resources sheet and web links 2017
- Talking to People with a learning Disability about Diabetes

### 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 (11 pages)
6. Health Check Leaflet-Easy read (6 pages)
7. What is a Health Action Plan? Leaflet - Easy-read (4 pages)
8. What to do when you have Type 2 Diabetes - Easy Read Guide

### 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 (Guide to explain bereavement to someone with LD)
3. Constipation for Family & Carers