

Learning Together

Improving the care provided to patients with a learning disability when admitted to hospital

Things to consider when going to hospital



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See www.ncepod.org.uk for more information

Co-produced with DSA Our Voice. Our Voice is a team of people who have Down's Syndrome

Things to consider when going to hospital when you have a learning disability

1. TELL STAFF YOU HAVE A LEARNING DISABILITY








Hospital staff may not know you have a learning disability.

Always tell the doctors and nurses when you arrive at hospital.

2. ASK FOR REASONABLE ADJUSTMENTS

You can ask for changes to help you while you are in hospital.

-  **TIME** - More time to understand your treatment but also ask not to be kept waiting too long
-  **ENVIRONMENT** - A quieter space to wait or be seen
-  **ATTITUDE** - Involving you in care decisions
-  **COMMUNICATION** - Easy read information and leaflets
-  **HELP** - A carer or familiar person with you


REASONABLE ADJUSTMENTS



3. BRING YOUR HEALTH AND CARE PASSPORT

A health and care passport tells staff important information about you:

- Name you like to be called
- Things you like and dislike
- Your medical problems
- People who are important to you
- How and when to support you



The image shows a 'Health Passport' form. At the top, it says 'Health Passport' and 'Community and Mental Health Services'. Below that, there are fields for 'My name is', 'NHS Number:', and 'Date Completed:'. There are two red lines of text: 'This passport belongs to me. Please return it when I leave' and 'Please ensure my information is kept up to date'. Below this, there is a section with a traffic light icon (red, yellow, green) and three boxes: 'Things you must know about me', 'These things are important to me', and 'My likes and dislikes'. At the bottom, there is a small note: 'Please consider my capacity to give consent prior to any medical intervention - see Mental Capacity Act 2005' and 'This form will be used by a range of service users with different needs.'

Share it with doctors and nurses when you arrive in hospital.
If you do not have a hospital passport, ask for help to get one

4. ASK ABOUT THE LEARNING DISABILITY TEAM

Not all hospitals have a learning disability team available straight away.




Tell staff early on if you think you need extra support.

The sooner they know, the sooner they can help.



5. ASK BEFORE YOU GO HOME

Before leaving hospital, make sure you know:

-  What medicines you should be taking
-  Who to contact if you have any issues
-  When your follow-up appointment will be



If you are not sure, ask before you leave.