



Easy read newsletter



Hello



NHS England and NHS Improvement



We are NHS England and NHS Improvement and we help improve people's health and care.



Welcome to our newsletter.



It is for people with a learning disability and autistic people.



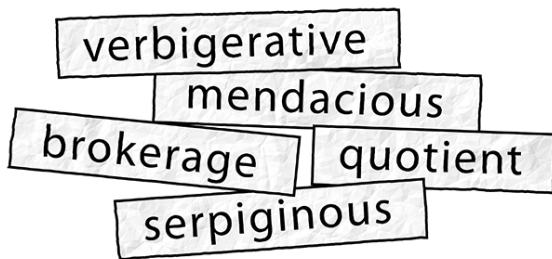
In this newsletter we just say people.

Spring 2019



There is lots of information in this newsletter.

We have tried to make it easy to read.



We put hard words in **bold**.



Sometimes you will see [blue web links](#) and emails to find out more. You can click these on your computer.



You can email us your ideas to make the newsletter better on engage@nhs.net

In this issue...



NHS Long Term Plan

6

What it says for people with a learning disability and autistic people.



NHS 111 helpline

12

How to get the right medical advice when you need help quickly but it is not an emergency.



Personalised care

13

Getting the care and support that is right for you.



Looking after your eyes

20

Find out about getting an eye test and about keeping your eyes healthy.



Getting medication right for children and young people

22

STOMP STAMP is about children getting the right support and only the medicine they need.



Learning from people's deaths

25

How to tell us when somebody that you know has died.



Summary Care Records

27

How to add **Additional Information** to your **Summary Care Record**.

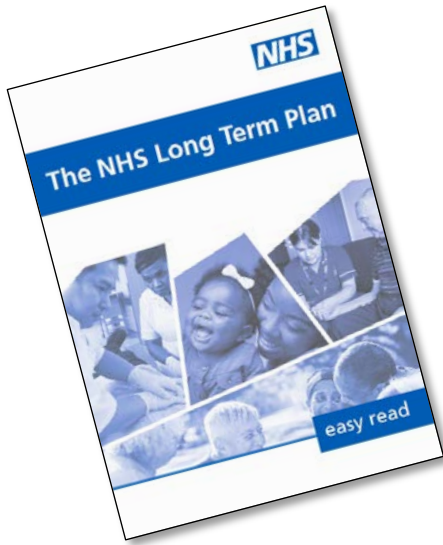


Getting support in the criminal justice system

33

Finding out about help with court, prison and locked hospitals.

NHS Long Term Plan



The NHS has published a plan for the next ten years.



The plan says what the NHS wants to improve between now and the year 2029.



One of the big things the plan says is that work will continue about improving things for people with a learning disability, autism or both.



The plan says people should have a healthy start in life.

This means giving good support for children and young people.



Children and young people in special and residential schools will be given better access to hearing tests, dental checks and eye tests.



Children and young people with the most need will have a keyworker.

The keyworker makes sure the person's care and support works well together.



It will be quicker for children and young people to get an autism diagnosis.



The plan says it is important for people to have good lives at home not in hospitals.



This means giving people the right support in their communities.



It means giving people and their families extra support when it is needed.



There has been lots of work done to stop people being given medicines they don't need.

This work will continue.

You can read about some of this work on **page 22**



The plan says there is work to be done in all of the NHS.



There will be training for all staff about learning disability and about autism.



There will be work to get even more people having Annual Health Checks.



The plan says the NHS will make sure people can have reasonable adjustments.

Reasonable adjustments are helpful changes to how services work with people.

For example:

- Accessible buildings
- Extra time in appointments
- Easy read information



The plan says the NHS needs to have more paid staff and volunteers who are people with a learning disability, autism or both.



Find out more

There is an easy read version of the plan

<https://tinyurl.com/LongTermPlanEasyRead>

This is about the whole plan, including the things for people with a learning disability, autism or both.



Have your say in how your local area makes changes to the NHS.

Tell Healthwatch with this easy read survey

<http://tinyurl.com/HealthwatchEasyRead>



Get the right medical help or advice when you really need it



Ring 111 on the phone to get you the right care fast when it is not an emergency.

You can ring at any time of day or night.



You can ask someone to help you call.



Find out more about NHS 111

Easy read information

<https://tinyurl.com/NHS111easyread>



A video

<https://tinyurl.com/NHS111video>

Personalised care



What is personalised care?

Personalised care means getting the care and support that is right for you.



It is about you having choice and control over your own health and wellbeing.



Everyone should have personalised care.

Why is personalised care important?

Everyone is different.

This means you want and need different things in your life.



Personalised care is about making sure care and support is right for every part of your life.



This includes the right health care.



And it includes any social care you need.



What is being planned

The NHS Long Term Plan says personalised care should be the main way health and care services work for everyone.



NHS England have written a plan to make personalised care happen.



You can read it here

<https://tinyurl.com/UPCeasyread>



The plan says you will have more choice about the support you get for your health.



You will be able to plan care and support based on what matters to you.



And you will be helped to find other ways of staying healthy rather than medicines and treatments if you don't need them.



If you have long-term health needs you will get extra support to know how to look after your own health.



If you have the most needs you might be given more control over how the money is spent on your health and care.



This will help you choose exactly what support you need to live in your own home or with your family.



There are stories about how personalised care has helped people to get the lives they want.

Johnathan's story

A personal health budget was used to help Johnathan move from residential care to his own home.





Johnathan had lived in residential care since he was 10 years old.



He is now in his fifties and enjoys his life and being close to his family.



You can see the video of Johnathan's story here:

vimeo.com/user39367216



Personalisation works when it is properly planned and everyone works towards your dreams for the future.



Lucy's story

Lucy and her mum describe how Lucy has been empowered to live the life she wants.



This includes choosing her own home and her own staff.



She is now learning to travel independently.



You can see the video of Lucy's story here:

tinyurl.com/storylucy



Find out more

There is more information about personalised care at

tinyurl.com/upcmodel

Looking after your eyes



We all need to look after our eyes.



To keep your eyes healthy, it is important to have an eye test.



Everyone can have an eye test.



Having an eye test can help make sure your eyes are healthy.

Find out more



Visit the SeeAbility website to find out more about ways to keep your eyes healthy

<https://tinyurl.com/SeeAbilitySite>



Scott Watkin works for SeeAbility. He has a learning disability and has written a blog about eye health.

Read his blog here:

<https://tinyurl.com/ScottWatkinBlog>



Here is easy read information about having an eye test:

<https://tinyurl.com/EyeTestEasyRead>

Getting medication right for children and young people



Making sure children and young people get the right medicine is very important.



Having too much medicine or the wrong medicine is bad for children's health



Children may not need all the medicine they are given.
You can get care in lots of other ways.



Getting the right support for each child or young person means they are more likely to be calm and happy.



We are doing this work to make sure children get the right support and only the medicine they need.



STOMP STAMP is about helping children and young people to stay well and have a good quality of life.

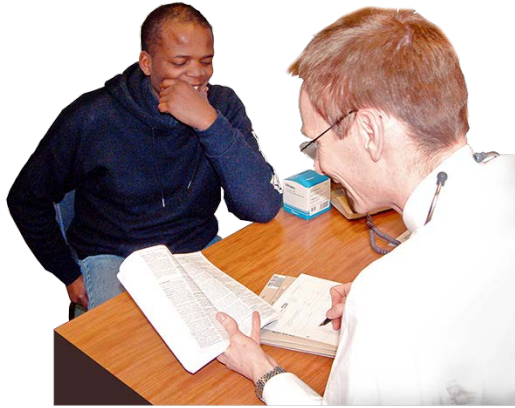


Supporting
Treatment and
Appropriate
Medication in
Paediatrics

STAMP stands for supporting treatment and appropriate medication in **paediatrics**.



Paediatrics means children's health care



It is important to talk to
the person who
prescribes the medicine
(this is the person who
tells you to take it).
Never just stop taking it.

Find out more - watch these videos about
getting medicines right for children and families



[https://tinyurl.com/
isabellegarnett](https://tinyurl.com/isabellegarnett)



[https://tinyurl.com/
sarahandowen](https://tinyurl.com/sarahandowen)



<https://tinyurl.com/philwills>



Visit the NHS England
website
[https://tinyurl.com/
StompStamp](https://tinyurl.com/StompStamp)

Learning from people's deaths



Sometimes people with a learning disability die earlier than they should.



We want to learn more about this to stop it from happening in the future.



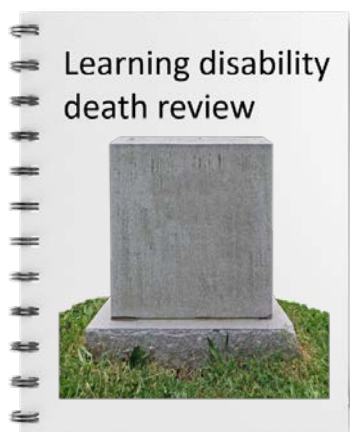
Anyone can tell us when a person with a learning disability has died.



We can then try to find out why.



We can find out what care and support the person got.



This is called a **learning disability death review**.



All these reviews together will help us know what to improve in health and social care.

If you know somebody who has a learning disability who has died you can email leder-team@bristol.ac.uk

You can also let us know by phone: **0117 331 0686**

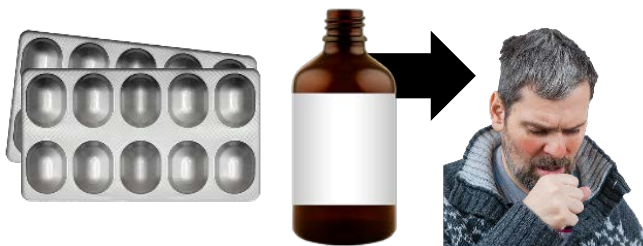
It's important to call 999 if it is an emergency

Your Summary Care Record



Most people have a **Summary Care Record**.

It is a bit of information about your health on the computer at the doctor's and at the hospital.



It has what medicines you take and any that make you unwell.



It has any allergies you have.

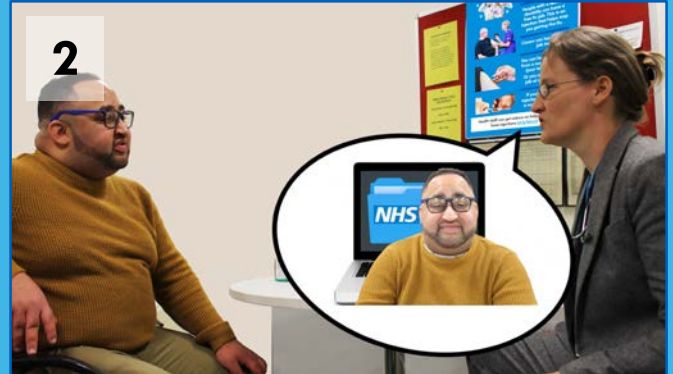


You can decide with your doctor to add extra information to your Summary Care Record.

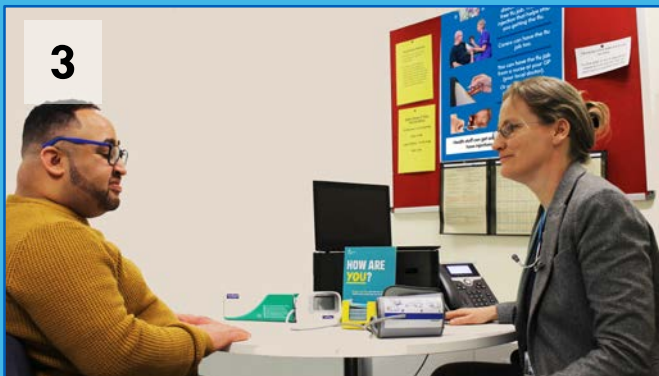
Lawrence's story



Lawrence goes to the doctor for his Annual Health Check.



The doctor tells Lawrence about his Summary Care Record.



The doctor and Lawrence talk about things that will help Lawrence get the care that is right for him.



Lawrence has had blood tests before and he doesn't like them.

Lawrence's story



He tells the doctor he is worried that the needle will hurt.



He also says that he likes his sister to be there if there is an emergency.



Lawrence tells the doctor how to contact his sister.



Lawrence's doctor adds these things to Lawrence's Summary Care Record.

Lawrence's story



...Six months later,
Lawrence has to go to
accident and
emergency (A+E)



Lawrence can't eat
and is holding his
chest.



Lawrence doesn't
want to have a blood
test.



The A+E staff can tell
from Lawrence's
Summary Care
Record that he
doesn't like needles.

Lawrence's story



They use numbing cream so that the blood test doesn't hurt.



They know that Lawrence likes his sister to be there in an emergency.



So they contact her and she comes to the hospital.



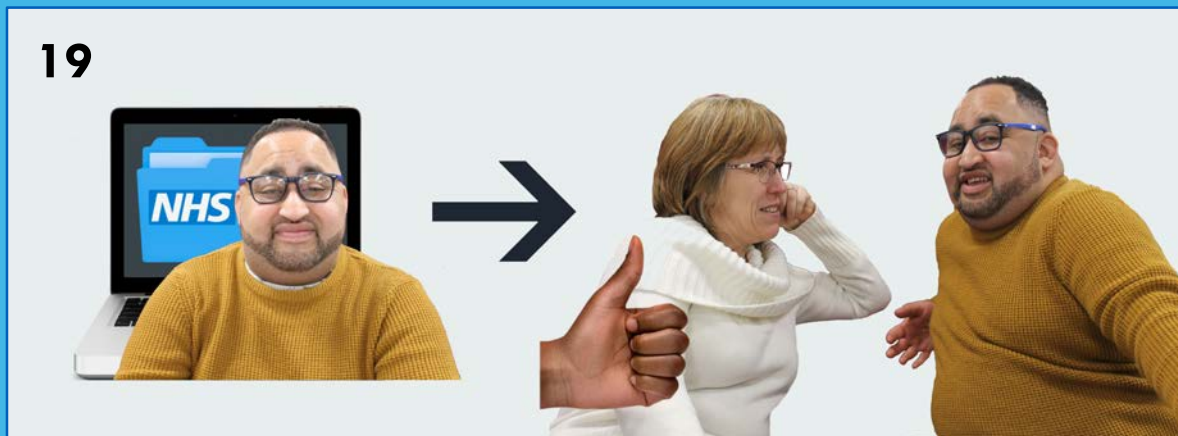
Having his sister there keeps Lawrence calm and he is able to have the tests he needs.



The doctors find out that Lawrence has a stomach problem.



Lawrence gets the right treatment and goes home.



Lawrence was given the support and treatment that was right for him because of the information his doctor added to his Summary Care Record.

What you can do

- Talk to staff at your GP practice if you would like to add **Additional Information** to your Summary Care Record
- Read this easy read about adding information
<https://tinyurl.com/SCReasyread>

Quiz



Getting support in the criminal justice system



If you are accused of a crime you might end up in the **criminal justice system**.

The main parts of the criminal justice system are:



- the police station



- court



- prison



- **probation –**

this is a set time where you must not commit any crimes or you will have to go to prison



- **locked hospital**

If you have a learning disability, autism or both, you have the right to extra support when you need it.



Prison is the right place for some people.

You should only be sent if you are mentally well enough to cope there.





We pay for the following:



1. Support services based at the police and courts, called **Liaison and Diversion** services.



These services help lots of people, including people with a learning disability, autism or both.



2. Doctors and nurses to look after prisoners' health.



You can **find out more** about the criminal justice system here <http://tinyurl.com/keyringCJS>



You can contact neisha.betts@nhs.net if you have more questions.

The last word



That's the end of our easy read newsletter.



Please get in touch if you would like a printed copy, or if you would like us to send you newsletters in the future



We would like to thank Northamptonshire People First – who told us what they think about the newsletter.



If you want to tell us about something that's important to you – please phone or email.

This newsletter was made with Photosymbols®

Contact us

The NHS England
learning disability and
autism engagement team



Web: <http://tinyurl.com/NHSGetInvolved>



Phone: 0113 824 9686

Email: engage@nhs.net



Facebook: [NHS England
learning disability and
autism engagement](#)

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