



Easy read newsletter

Number 17 - June 2024

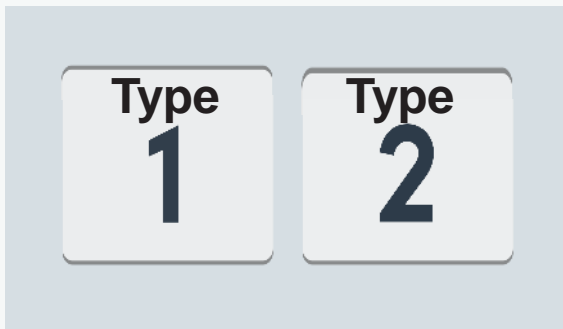
This newsletter includes information about:



The Reasonable Adjustment Digital Flag



National guide for acute mental health inpatient services for adults



What is Diabetes?



How to get support and speak up - people who can help you

About this newsletter



This newsletter is for:

- people with a learning disability and autistic people, their families, carers and advocates



- community groups and charities



There is lots of information in this newsletter. We have tried to make it easy to read.



We make hard words **bold and purple**. We explain the hard words.

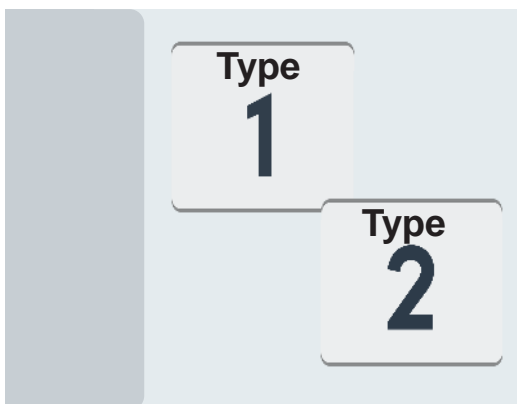
In this newsletter



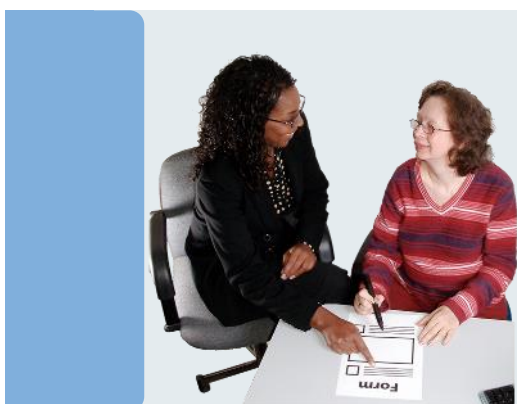
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The importance of reasonable adjustments and the Reasonable Adjustment Digital Flag



The NHS says that if people have a disability, there should be a **flag** on their health record.



A **flag** is a note on someone's health record which tells staff to look at the record for more information.



The flag tells staff the person needs **reasonable adjustments** for their care, if they have a disability.



The flag explains the different reasonable adjustments someone needs.

The importance of reasonable adjustments and the Reasonable Adjustment Digital Flag



A **reasonable adjustment** is a change that a service can make, to help someone with a disability.



Reasonable adjustments help people get good, **person-centred** health and care.



Person-centred means making sure things are put in place to meet your individual needs if this is possible.



In the future, a reasonable adjustment digital flag will be used across all health and social care services, which are paid for by the NHS or local councils.

The importance of reasonable adjustments and the Reasonable Adjustment Digital Flag



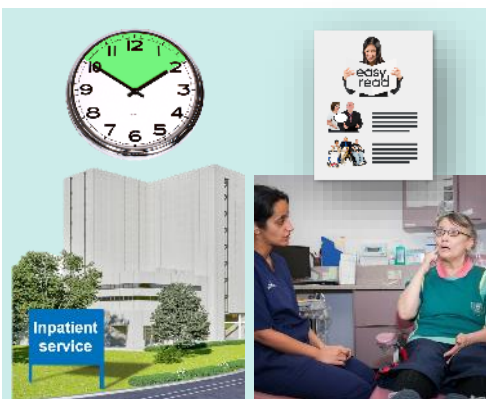
Information will only be added to the Reasonable Adjustment Digital Flag, if you agree.



You may need services like a hospital, the doctors, a pharmacy or physiotherapy services.



In all these places, staff will be able to see what your reasonable adjustments are, and share, if you agree.



Remember, you may need different reasonable adjustments in different places. For more information [click here](#)

The importance of reasonable adjustments and the Reasonable Adjustment Digital Flag

Some reasonable adjustments you might need:



- getting information in easy read and making sure clear, simple language is used



- Someone who can sign using British Sign Language (BSL) and explain to the person what is being said



- extra time for appointments



- a carer/friend/family member to go to the appointment with you

The importance of reasonable adjustments and the Reasonable Adjustment Digital Flag

Some reasonable adjustments you might need:



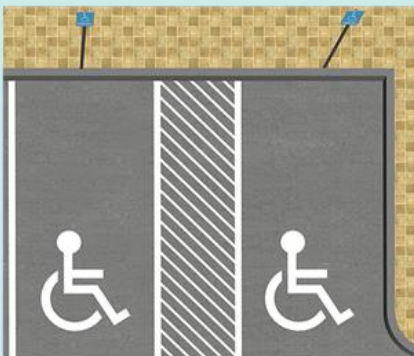
- an access ramp



- hospital transport to appointments



- space for a wheelchair



- disabled parking

The importance of reasonable adjustments and the Reasonable Adjustment Digital Flag

Reasonable adjustments for people's sensory needs:



- a quiet place to wait or less busy appointment times



- lights dimmed



- someone to call your name when the service is ready to see you for your appointment



If you have a disability and you think you need reasonable adjustments, please talk to staff about these.

[Watch this video](#) to find out more about the Reasonable Adjustment Digital Flag.

National guide for acute mental health inpatient services for adults



We are going to tell you about a national guide NHS England has made.



It is about **acute mental health inpatient services** for adults.



Acute mental health services means supporting people who are experiencing a serious, short period of mental illness.



Acute **mental health inpatient services** are for people with a serious mental health condition who need to be in hospital.

National guide for acute mental health inpatient services for adults



The guide will help to make mental health hospitals work better for people.



The guide is for health staff.



If you are in a hospital or may need to go into hospital because of your mental health, you may find it helpful to read this guidance.



It is in [easy read](#) because some people find it helpful to have easy words, and pictures.

National guide for acute mental health inpatient services for adults



You may go into a mental health hospital, if you are having a serious mental health problem and you cannot be safely supported at home.



Or hospital is the best or only place for you to get the care you need.



Autistic people and people who have a learning disability may need to go into hospital.

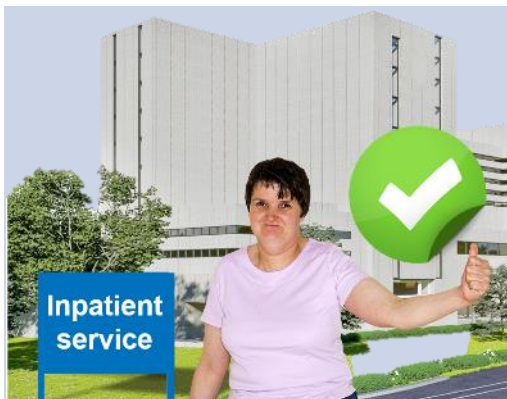


People who are both autistic and who also have a learning disability may also need to go into hospital.

National guide for acute mental health inpatient services for adults



You can agree to go to a mental health hospital and stay there.



This is called a **voluntary admission**.



The law on mental health says that you can also be taken to a mental health hospital and be kept there.



This can happen even if you don't choose to go into hospital.

National guide for acute mental health inpatient services for adults



Under the law, this is called being **detained** or **sectioned**.



Being **detained** or **sectioned** means that you must stay in hospital for assessment or treatment.



This is decided when a group of professionals agree that hospital is the best place to keep you and other people safe.



This can happen if you are at risk of hurting yourself or other people.

National guide for acute mental health inpatient services for adults

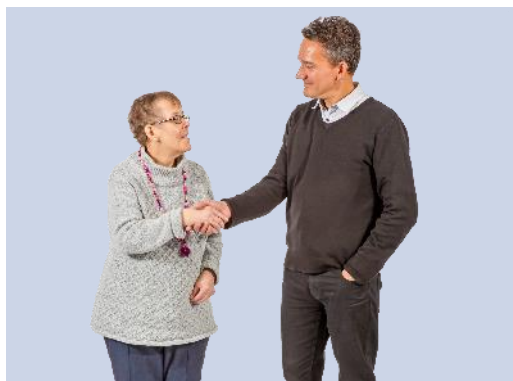
4 key points in the guide



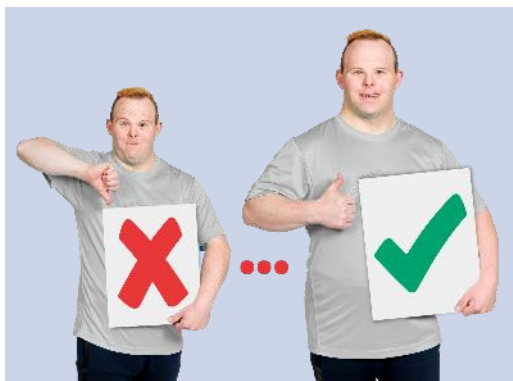
- people should only go to hospital when they need



- services should work together



- people should be supported in general acute mental health hospitals where possible



- a hospital stay should make people get better

National guide for acute mental health inpatient services for adults

People you might meet in a mental hospital



- professionals who help your mental health like psychiatrists and psychologists



- therapists such as physiotherapists and speech and language therapists



- nurses and nursing assistants



- advocates, social workers, and support workers

National guide for acute mental health inpatient services for adults



The national guide will also tell you what help you should be having like **care and treatment reviews** (CTRs).



A care and treatment review is for adults with a learning disability or autistic adults or people who have both, who might have to go into a mental health hospital.



This helps look at the care, help and support they need. To read more about CTRs read [edition 16](#) on page 15.



The national guide also tells you how the person should be supported when they leave hospital. This is called being **discharged**.

National guide for acute mental health inpatient services for adults



You should also have a plan in place to make sure you get the care and support you need in the community where you live.



Here is the [easy read](#) link to the national guide



We suggest you read it in sections, not all at once.



You may want someone to read this with you.

What is diabetes?



Diabetes is a serious health condition.



When we eat food, some of that food turns into sugar and we need sugar for energy.

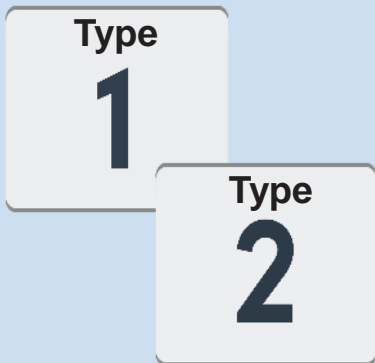


If you have diabetes, your body cannot turn sugar into energy, so it stays in your blood.



This causes problems and your sugar levels in your blood (sometimes referred to as **blood sugar level**) will need to be reduced.

Types of diabetes



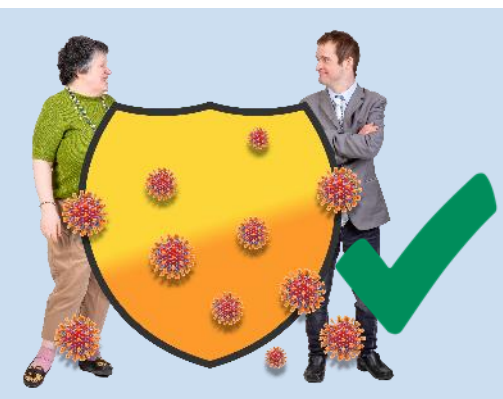
There are two types of diabetes, Type 1, and Type 2 diabetes.



Type 1 diabetes is usually diagnosed in childhood or when you are a young adult. You have it for all your life.



It is caused by a problem with your **immune system**. It is not connected to your lifestyle or being overweight.

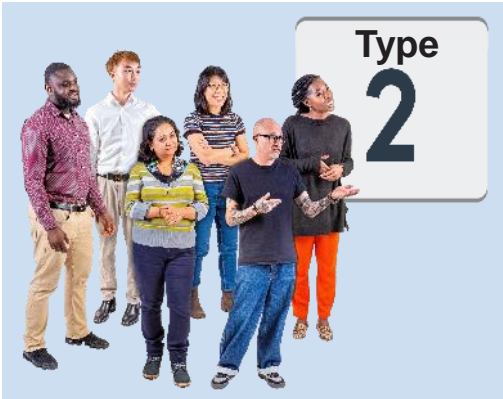


Your **immune system** helps you fight germs and viruses, if it is working well.

Types of diabetes



We will talk more about Type 1 diabetes in our next edition.



Most people who have diabetes, have Type 2 diabetes.



People with Type 2 diabetes can do things to help their diabetes.

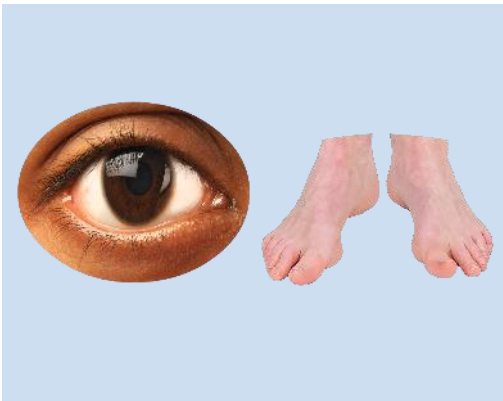


You need to do the right things to look after yourself, so it doesn't lead to problems.

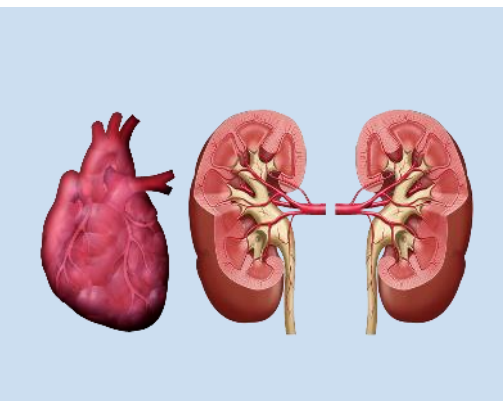
Problems diabetes can cause



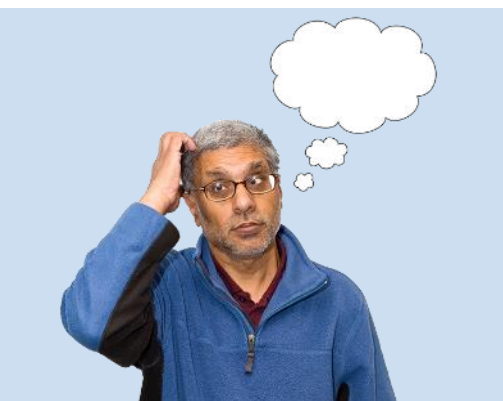
If you don't do anything, diabetes can cause problems to your:



- eyes and feet



- heart and kidneys



- brain and thinking

Not getting diabetes



Type 2 diabetes can often be prevented by:



- keeping physically active and exercising regularly



- reducing your weight if you are overweight



Type
2

- but people who are not overweight can also get diabetes

Diabetes and food

It is important to eat food that keeps you healthy.



For most people, it's good to eat fruit, vegetables, beans and lentils.



Some meat, fish and dairy (milk) products.



If you can eat these types of foods.
For more information see [edition 13](#), page 18.



Speak to a health professional if you have any concerns or need more advice.

Diabetes and food



Reduce the amount of sugary and unhealthy foods you eat, such as:



- cakes, biscuits and chocolate



- white bread and white rice



- fizzy drinks

Developing diabetes

Type 2

2

You **might** be more at risk of developing Type 2 diabetes, if you:



- are over 40 years old



- are overweight or obese (such as having lots of weight around your tummy)



- or are not physically active

Developing diabetes



Some groups of people are more likely to develop Type 2 diabetes, if they:

- have a close relative with diabetes, such as a parent, brother or sister



- are from an Asian, Black African or Black Caribbean ethnic background



- have a learning disability



But anyone can develop Type 2 diabetes.

Symptoms of Type 2 diabetes



Some symptoms of Type 2 diabetes can include:



- feeling thirsty all the time



- needing to pee more than usual

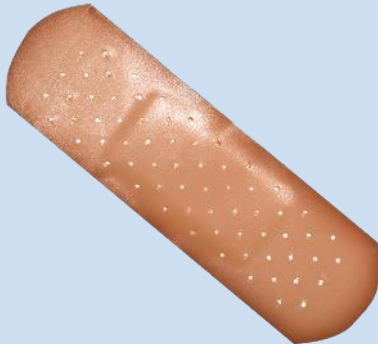


- feeling very tired

Symptoms of Type 2 diabetes



- losing weight without trying to



- cuts or wounds not healing



- itching around your vagina or penis



Thrush is an infection that can affect your private parts like the vagina, penis and skin and can make you feel itchy.

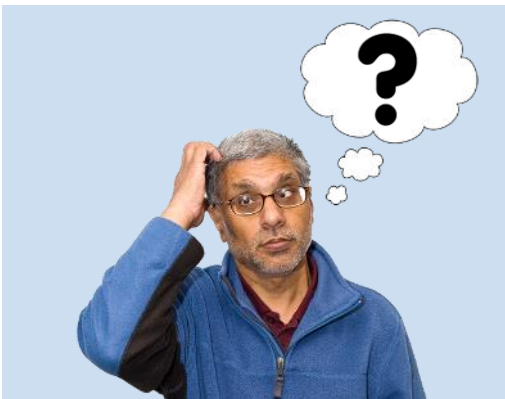
Symptoms of Type 2 diabetes



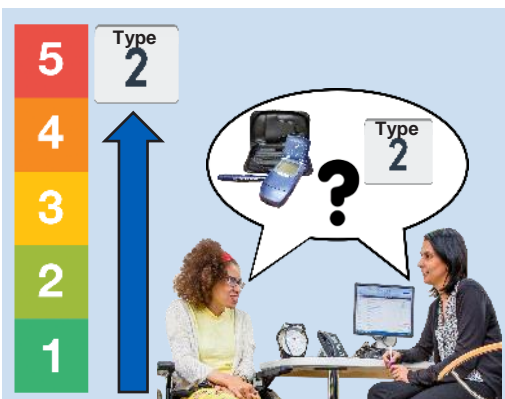
- having **blurred vision**



Blurred vision means things you see will not look sharp and clear.



If you have some of these symptoms, it does not mean you have diabetes, as these can be signs of other health problems.



But if you have any of the symptoms, you may be at higher risk of developing Type 2 diabetes.

Diabetes

If you need more information



If you are worried, you should see your doctor (GP).



Talk to your doctor (GP) or nurse and they may ask you to have a pee (urine) and blood test.



The earlier diabetes is found, and treatment started, the better.



If you do have diabetes, it is important that you keep up to date with all your checks, including diabetic checks, when invited.

How to get support and speak up

People who can help you



If you are worried about the care and treatment the NHS is giving you, tell someone you trust straight away.

An 'easy read' form titled 'Please fill in this easy read form'. It has three sections: 'Your name' with a person icon, 'Address' with a house icon, and 'Phone' with a mobile phone icon.

The NHS has made an [easy read form](#). It helps you tell staff or a service what you think could be done better.



Read the booklet and find [more information](#) by clicking here and scroll down the page.



Ask someone to help you fill in the form if you need to.

How to get support and speak up

People who can help you



Advocates can help you with writing letters, attending meetings, or explaining your options.



Find out more about advocates on the NHS website.



The NHS Patient Advice and Liaison Service (PALS) can help with any queries or problems if you are in hospital. Ask staff how to get in touch with PALS.



Click www.nhs.uk and search for PALS to find your nearest PALS office.

How to get support and speak up

People who can help you



healthwatch

Your local [Healthwatch](#) can help with questions about different services you might need.



Services such as your GP, hospitals, dentists, pharmacies, care homes or other support services.



National Network of Parent Carer Forums
'Our Strength Is Our Shared Experience'

If you are a parent carer, you can contact your [local parent carer forum](#). Parent carer forums try to make sure that services in their area meet the needs of disabled children and their families.



To find your local parent carer forum visit www.contact.co.uk and search for “parent carer forum.”

Keep updated



This newsletter was produced by the NHS England Learning Disability and Autism Engagement team and the wider programme, together with members from the Learning Disability and Autism Advisory Group.



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Get in touch if you have any feedback on this newsletter.



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