

Michael Scott's Guide to York Hospital



**An Easy Read Guide For People with Learning
Disabilities going to York Hospital.**

By Michael Scott and York People First, July 2024.



About this Guide



This guide is for people with learning disabilities at **York Hospital**.



It gives some information about the **Learning Disabilities team**.



It looks at **what to expect** if you have to come into the hospital.



It says why **easy read and accessible information** is important.



And things you can do to **stay healthy, safe and well**.

About Me



I'm Michael Scott. I'm a proud person with a learning disability.



I work in the Learning Disability Team at York Hospital.



I support other people with learning disabilities when they come into the hospital.



I **help** check that they are getting the right support and information.



I came to work at the hospital because **my friend Kate** died from some problems with her health.



Kate had learning disabilities and **she didn't always get the right support** for her health.



I want to help make sure people with learning disabilities **get good support** and information to help them with their health.

Health Issues for People with Learning Disabilities



People with learning disabilities are **more likely** to experience poorer health than others.



This includes issues with being overweight, heart disease and **mental health** issues.



Some people with learning disabilities might develop **dementia** at a younger age than others.



The NHS England report "Health and Care of People with Learning Disabilities" says people with learning disabilities **face a lot of health inequalities**.



Communication barriers are things like not being given information in an easy read format.

Or having to **book an appointment online**, if you find using the internet difficult.



This can make it hard to use a service and can cause **inequalities**.



Making sure people with learning disabilities get help early on, and do things to stay safe and well is **really important**.



The **NHS** wants to help **improve** the health people with learning disabilities.

The **NHS** provides **specialist** support through your **GP** or local learning disability team.

The Learning Disability Team at York Hospital



The team supports patients with learning disabilities and their families **when they come into the hospital.**



The team also help create **"hospital passports"** that show the persons needs and preferences of the person.



They help make sure there is clear and **easy to understand** communication between patients and staff.



The team help create a **comfortable experience** for people with learning disabilities while they are at the hospital.



The team work with other staff to make sure the person is **fully involved fully involved** in decisions about the healthcare.

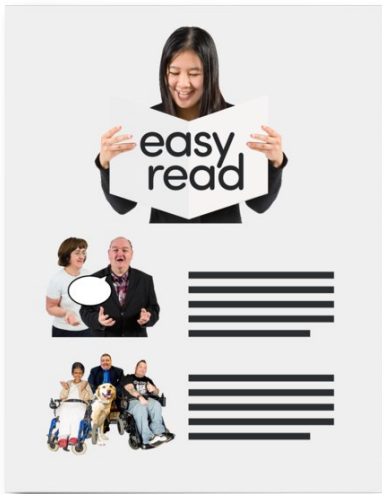


You can **contact the learning disability team** by phone or email.

Telephone - Jo - 07795 26473 or Georgina - 07917 184539

Email - jo.blades@york.nhs.uk or georgina.cherry2@nhs.net

Easy Read Information



Easy read information uses clear, **simple language** and pictures to explain important topics.

Please fill in this easy read form

Your name

Address

Phone

This can make it easier for people with learning disabilities to **understand their rights** and healthcare options.

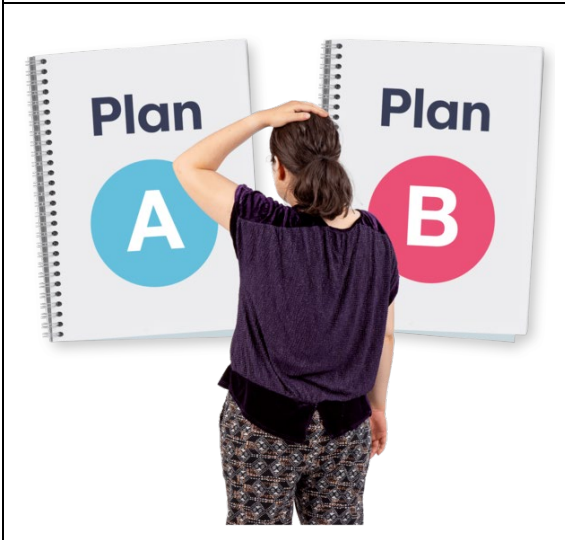


Accessible Information Standard

The NHS **Accessible Information Standard** ensures everyone can access the health information they need, in the way they need it.



It **guarantees people** with learning difficulties or visual impairments, receive information in formats they can understand, such as easy read or audio.



This can help them make **informed decisions** about their health and care.

What to expect at the hospital.



The NHS belongs to the **people**. It is based on a set of principles and values.

It is there to **improve our health and wellbeing**, supporting us to keep well, to get better when we are ill and, when we cannot fully recover, to stay as well as we can to the end of our lives.



This means that when you come into the hospital you have the right to be treated with **dignity and respect**, in accordance **dignity and respect**, with your human rights.



You have the **right to access NHS services**. You will not be refused access on unreasonable grounds.



If things are not right, you have the right to speak up and **make a complaint** to try and make things better.

Staying Safe, Healthy and Well



Staying **safe, healthy and well** is really important for people with learning disabilities.



The NHS offers **annual health checks** to people with learning disabilities.

This helps people learn about issues they may have and to do something about it.



Learning disabilities health checks can help people with learning disabilities to **use health services more easily**.



Staying active and eating a balanced diet can significantly improve health.



Support services like the local learning disability team and GPs can provide help on healthy living and good healthcare.

More Information



Learning Disability Services at York Hospital.

If you need hospital care and have a learning disability, the Learning Disability Liaison Nurses can support you and your family.



Easy Read Information

Information in easy read for people with a learning disability from the NHS.



How to make a complaint

Information about complaints and other ways to give feedback on NHS services.

GOOD LIVES
MANIFESTO
2024



Learning Disability England

Creating a movement for change where people with learning disabilities, families, friends and paid supporters come together on an equal basis.

About this Easy Read Summary.



Michael Scott's guide to York Hospital is for people with learning disabilities and their families.

By learning disabilities/ difficulties we mean, **people who have** been told they have, or self define with the terms of learning difficulties', 'learning disability', 'autism', 'aspergers', 'neurodiverse' or other labels.



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