

Making Reasonable Adjustments for People with Learning Disabilities

T.E.A.C.H.



Reasonable adjustments are ways that health care staff may need to change the way they usually see and talk to people to help you to get the same health outcomes. Think **TEACH**.



Time. - Do you find it hard going to health appointments at a specific time of day? Do you need extra time to relax for you to accept treatment? Do you need extra time to explain things?



Environment. - Are you more likely to be relaxed and accept health treatment if you are in a particular place? Do you hate certain noises, busy spaces or new places? What can be done to make this easier?



Attitude - if you are anxious what can the person do to help you calm down so that you are more likely to get the same treatment as someone else?



Communicate

Communication - How should the person talk to you? Are there things that would make you anxious if they said or did?

Are there favourite subjects that if you talk about help you feel relaxed? Are there things you like to show people or do to help you settle? Do you need things written down or drawn to help you?



Help -Who knows you well and can help you at health appointments? Or Do you need someone to be called after your appointment so they can help you remember and understand what was been discussed? Do you have a **Purple Folder or Purple Card** that says what reasonable adjustments you need in it? Do you need a Community Learning Disability Nurse to help you understand and accept a health treatment the doctors have recommended?

Created by Herts County Council Community Learning Disability Nursing Service for more information on help with health for people with learning disabilities go to

www.hertfordshire.gov.uk/ldmyhealth