

## Who is **Reading Mencap**?

We have been providing services for children and adults with learning disabilities (including autism and Asperger Syndrome) and their families for over 50 years, and parents remain the driving force of our organisation. We have our own premises in Alexandra Road, Reading, where service users and carers can drop in and where our clubs for children, young people and adults meet (see our 'Clubs' leaflet). Our ME Day-Activity Service (Mencap Enables) is also based here.

Our unique Family Support Service provides information, advice and advocacy through outreach casework on a range of issues related to learning disability such as education, health and social care, employment, housing and benefits. We take referrals from all statutory and voluntary services and also self referrals.



Our new *Getting it Right in Reading* project is funded by the North and West and South Reading Clinical Commissioning Groups. We also work closely with Talkback, a local self advocacy organisation who have developed the Health Passport, the promotion of which is part of our work.

## Who do I contact?

### **Reading Mencap**

*Getting it Right in Reading*

21 Alexandra Road  
Reading  
RG1 5PE

**Office hours:** 9:30 to 1:30 Monday - Friday  
(answering machine at other times)

**Office phone:** 0118 966 2518

[www.readingmencap.org.uk/getting-it-right-in-reading](http://www.readingmencap.org.uk/getting-it-right-in-reading)

email: [LDHealth-carl@readingmencap.org.uk](mailto:LDHealth-carl@readingmencap.org.uk)

**Reading Mencap:** the voice of  
learning disability in Reading  
for more than 50 years



[www.facebook.com/readingmencap](http://www.facebook.com/readingmencap)



[@ReadingMencap](https://twitter.com/ReadingMencap)

*Reading Mencap is a registered charity No. 1118287 and a company limited by guarantee. It exists to inform, support and provide services for the families of children and adults with learning disabilities. We are affiliated to Royal Mencap, but remain an independent organisation, receiving no financial support from them.*

**Reading** **mencap**

The local voice of learning disability

# Getting it Right in Reading

A project working to address  
the health needs of people with  
learning disabilities



**NHS**  
South Reading  
Clinical Commissioning Group  
**NHS**  
North and West Reading  
Clinical Commissioning Group

## Project Aims

- Working together with local GP practices to help them make reasonable adjustments to their practice and premises with the support of the GP Resource Pack
- Supporting patients with LD to sign up to their GP practice's LD Register, ensuring their easier access to annual health checks and appointments
- Supporting individual service users with LD who have specific health issues through outreach casework in order to ensure a satisfactory outcome
- Promoting and facilitating the use of the Health Passport both to people with LD and health practitioners
- Providing small-group learning for people with LD on the importance of annual health checks

## Case Study

*Joan, a middle aged lady with learning disability and mental health problems, had been receiving invitations from the NHS to attend breast screening but had been throwing them away as she was so anxious about what would be involved. Our Health Family Adviser was able to support her and several others to attend an educational visit to the screening facility where she learned what was involved. She then felt confident enough to let our Health Family Adviser support her to her next appointment, which went well and had a successful outcome.*

## For GPs

We will provide an electronic resource pack of quick guides, with tips on how to best communicate with people with LD and autism, how LD/ASD presents, simple adjustments to make premises more accessible to LD patients, leaflets for carers and patients with LD/ASD, useful web links and more in-depth information from professional bodies for practice LD leads and those practitioners who need it.

## The Health Passport

Find out about the health passport, which contains a wealth of personal information about a patient's disability and the important things you need to know about helping them to best effect.

Find out about the Health Plan it contains so that everyone supporting the patient knows about the important aspects of the patient's care and medication.

Find out who is available to help your patient in the community.

## Getting it Right in Reading



## Casework

Our Project Caseworker is a qualified and experienced Family Adviser who also works as part of our Family Support Team supporting adults with learning disability.

From referrals we offer visits for service users in their own homes with specific health problems to ensure that they access the right support for their health issues. We can also support any paid or unpaid carers to better understand the kind of help the dependent person needs and how to get good information and advice.

We will also introduce the Health Passport and help the adult with LD to complete the health information it requires in cooperation with any carer available.

## Case Study

*Sam, a long-term Reading Mencap service user was visited at home to complete his Health Passport. During the process our Caseworker discovered that he used a CPAP machine to aid his sleep apnoea, but his elderly mother said it didn't work well as she constantly had to nudge him awake because his lips turned blue. On further investigation she discovered that the machine was not working and had not been checked since its installation some years before. She arranged to get it changed and the service user now says he feels better than he has in ages.*