



Making health services better for people with learning disabilities

The Health Self Assessment Framework

Some things to consider for the getting ready meetings Getting the right room and feeling comfortable-

It is important that everybody feels comfortable enough to take part in the meetings.

These are some of the issues that may need to be considered. They may seem basic but are incredibly important.

- Is the room warm/large enough.
- Are the timings for the meetings ok? Some people may need to support family members in the morning so a 9.00am start might not work for everyone.
- Is the room 'private' enough and are we disturbing anyone else?

Some useful tools

Ground rules

Ground rules are a really useful but forgotten tool for running affective meetings. In this context they might be used to:

- Determine every body's role i.e. supporters are present to support
- Confidentiality (or four walls rule) this can re-assure people that the exercise is not about telling tales and that the meeting is confidential. Some people reveal personal issues during these meetings and may not want their information made public.

Warm ups

This is a great way to involve people from the start. As these meetings are about health services it might be useful to link the warm up to this.

A run round of what people do on the weekend might reveal a wealth of healthy (or unhealthy) activities. People's answers can be used to involve them later in the meeting particularly if they are not having a say (you could record this graphically as a memory aid).

For example: If Sally said she spends her weekend in the pub in the run round you might later ask her whether she was directly affected by the smoking ban?

If the answer is yes you may also ask whether she has ever been offered help to quit smoking by her G.P and so on.

Safe space

Some of the issues covered in the self assessment may raise personal issues which some people might find upsetting. Having a quiet area for people to take time out should be available.

Language

Keeping it local Example- Some of the people may not know what a campus is however, they may know what 'Eastwood Park' is. Using services/places real (possibly colloquial) names may prove easier to understand i.e. is there anybody still living at 'Ivy House Hospital'?

Language

Keeping it personal Example- It is sometimes necessary to move the language even closer to the individual.

Example: Do you have a health action plan? May become... 'can you remember your meeting with David (otherwise known as Health facilitator) etc

Language

Keeping it concrete Example- It can be useful to turn these questions into a journey. Using a G.P might become

- Has anybody been to the doctors lately?
- Who booked your appointment
- What was it like when you got there
- Did the Doctor spend enough time with you
- Did the Doctor ask you about stopping smoking or keeping fit etc?

The role of supporters

Supporters roles are crucial in the self assessment particularly as they may know how to make the questions 'make sense for individuals'.

They can also be useful for people who need a lot of support to have their say.

However their role is to support people to have their say and not make their own points. This can be clarified in both the ground rules and introductory run round.

