

# A Guide to Using Health Tools

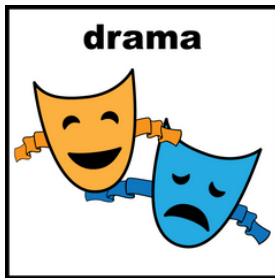
**easy read**



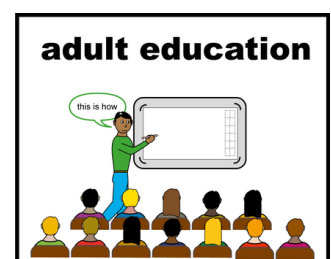
# Who are we?



We are The Baked Bean Charity. We are a charity for people with learning disabilities.



At The Baked Bean Charity, we teach drama, singing, dance classes.



We also teach arts and crafts, cookery and adult education classes.

# What are these tools about?



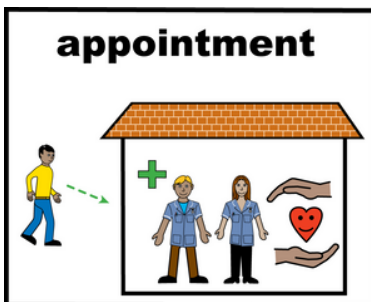
At The Baked Bean Charity, we promote inclusion and love to find new ways of supporting people with learning disabilities.



We have teamed up with the South West CCG to create some brand new tools.



The new tools will help doctors, nurses and other healthcare staff understand people with learning disabilities better.



Appointments in hospitals, dentists and other health care places should be less stressful with these tools.

# M.I. CARD

## My Information Card



This is the **My Information Card**, or *M.I. Card* for short. It is the size of a bank card and can fit in your wallet.



The back of the card has 3 spaces where you can put what your most important needs are.



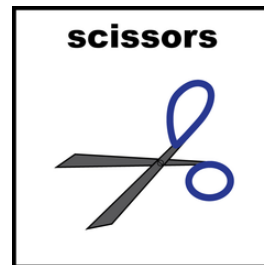
This card can be shown to people you meet in healthcare places to quickly tell them what you need.

# M.I. CARD

## How do I use it?



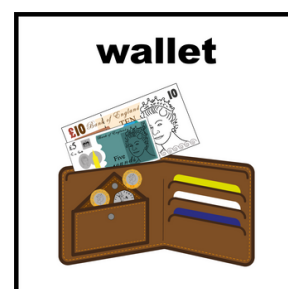
1) Write your name on the black line on the front of your M.I. Card.



2) Use scissors to cut out the tokens from the sticker set that are most relevant to you.



3) Stick your chosen needs onto the 3 spaces on the back of your M.I. Card.



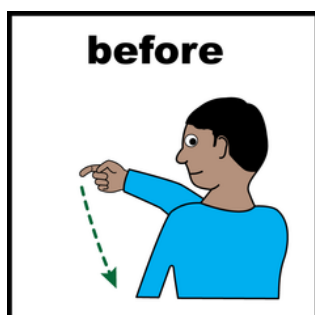
4) Your M.I. Card is finished! Put it in your wallet or purse and use whenever you like.

# MY APPOINTMENT SHEET

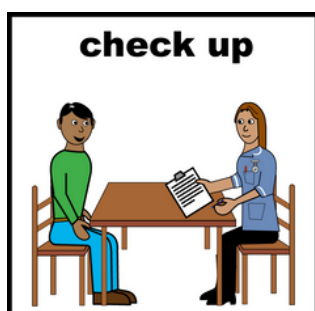
This is a **My Appointment Sheet** for people with learning disabilities.



This sheet is to help people understand what might happen in an appointment.



It should be filled out **before** the appointment to give people time to process.



The sheet can also be useful to show staff so that they can see a person's understanding.

# MY APPOINTMENT CARD

## How do I use it?



1) Write your name on the black line.



2) Tick or circle the words/pictures that are most relevant to you.

3) Use the traffic lights to share your needs quickly.



The red light is to flag things that you do not like.

The yellow light is to flag things that you are worried about.

The green light is to flag things that you are ok with.

**MY APPOINTMENT**

NAME: \_\_\_\_\_

**WHO AM I VISITING TODAY?**

 DOCTOR	 DENTIST	 NURSE
 THERAPIST	 DIETITIAN	 PHYSIO

**WHY AM I HERE TODAY?**

 CHECK UP	 EMERGENCY	 TO TALK
 SURGERY	 AS A VISITOR	 OTHER

**MY APPOINTMENT**

**WHAT IS GOING TO HAPPEN?**

 WE WILL TALK	 I WILL BE TOUCHED	 THEY WILL LOOK
 I MAY FEEL PAIN	 THEY WILL TEST	 I WILL STAY OVER

**WHAT I NEED TODAY**

PLEASE DO NOT _____
I AM WORRIED ABOUT _____
I AM OK WITH _____


This sheet also comes in an Easy Read version.

# COVID IMPACT SHEET

## How do I use it?

This sheet is to help explain how Covid might have impacted people with learning disabilities. It is to be used however the person likes.

### HOW COVID HAS IMPACTED ME

BEFORE	NOW
	

Please draw/write any important changes in your life pre and post Covid. This will help us to get to know you better.



The sheet can be shown to healthcare staff to help explain how Covid might have impacted a person.



Words can be written on the sheet to explain how Covid has impacted a person.



Drawings can be made on the sheet to explain how Covid has impacted a person.



Using support can also help a person to complete this sheet.



The  
**Baked  
Bean  
Charity**

**With thanks to NHS South West London CCG/ICB for  
working in collaboration with us.**



**South West  
Clinical Networks**

Easy Read designed by Charlotte Bell

Tools designed by Beans in Education, Charlotte Bell and Hannah Wescombe

