A plan to help adults with a learning disability to stay healthy in Fife

This is an Easy Read version of: “Health Improvement Strategy for Adults with a Learning Disability Living in Fife.”
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About this booklet

This booklet tells you about the Health Improvement Strategy for adults with a learning disability in Fife.

The Health Improvement Strategy is a plan about how to help people with a learning disability to stay fit and healthy.

The plan has been written by NHS Fife using money from the Scottish Government.
**Why did we need this plan?**

People with a learning disability have more problems with their health.

People with a learning disability do not always get the right help with their health.

The plan will try to help people with a learning disability to be fit and healthy.

People who are fit and healthy can live longer lives.
How did we write this plan?

We asked people in Fife about the help they need to stay fit and healthy.

We talked to lots of people, like:

- People with a learning disability
- Family carers
- Health staff
How did we write this plan?

We talked to lots of people, like:

- Advocates
- Staff from other services.

For example housing, education and social work.

- We also read books and reports about health.
What did people in Fife tell us?

**Information about being healthy is not always accessible**

People need more information about how to live a healthy life.

Information needs to be easy to understand.

**Services are not always accessible**

People with a learning disability do not always get the help they need.

It is important to help carers.
What did people in Fife tell us?

**Services are not always accessible**

It is important to make sure people with mental health problems get help.

It is harder to get help as people get older.

It is important to help people with dementia. People with dementia find it hard to remember things.

Good transport is important but does not always work well.
What did people in Fife tell us?

**Training staff**

Staff from different services do not always know how to help people with a learning disability with their health.

Staff from different services need more training on:

- How to help people with a learning disability and their families to stay healthy.
- Knowing about services that can help.
What did people in Fife tell us?

We need more information to plan services

We need to find out:

- Where people with a learning disability live in Fife.
- How many people with a learning disability live in Fife.
- If people with a learning disability are using health services.
- This is to make sure health services are right for people with a learning disability.
What did people in Fife tell us?

Taking part in everyday life

People with a learning disability in Fife want to be “active citizens”.

This means taking part in everyday life.

They told us they want to go to:

- College
What did people in Fife tell us?

They told us they want to:

- Get a job
- Have relationships and friends
- Enjoy leisure activities
What we would like to do

Make information about health more accessible

Make sure people with a learning disability feel in charge of their lives.

Give people with a learning disability information about staying healthy.

Give people with a learning disability information on safe sex and relationships.

Make information easy to understand.
What we would like to do

Make information about health more accessible

Make sure people with a learning disability know how to ask for help with their health.

Teach staff how to make meals that are healthy for people with a learning disability.

Help staff to work together to help people with a learning disability.
What we would like to do

Making services more accessible

Make sure people with a learning disability can use services.

Services like:

- Services that help people to lose weight.

- Cancer screening - this means checking for cancer.

- Give health checks to people with a learning disability.
What we would like to do

Help people to take part in every day life

Help people with a learning disability to move on to different services as they get older.

Help parents with a learning disability.

Work with other staff to help people with a learning disability to get jobs.

Work with other staff to help people with a learning disability to get their own houses.
What we would like to do

Get more information to help plan services

Find the best way to get information about people with a learning disability living in Fife.

Training staff and carers

Teach staff and family carers how to help people with a learning disability to stay healthy.
How to get more information about the plan

Telephone or leave a message on:
01383 565497

Look at this website for more about the plan.
www.nhsfife.scot.nhs.uk

You can send an email to:
fife-uhb.enquiriesdwfchp@nhs.net

You can get easy read information on the Communication for Health website
www.nhsfife.scot.nhs.uk/easyread
How to get more information about the plan

You can ask for this booklet in other languages.

You can also get this on CD

Telephone or leave a message on:

01383 565142

The photos in this booklet are from:

Office for Disability Issues
(www.odi.gov.uk)