

In partnership with

MACMILLAN
CANCER SUPPORT

easy
read

How to get equal healthcare





About this easy read booklet



This booklet is about how to get equal healthcare when you have a learning disability.



You can learn about what you can do to get equal healthcare.

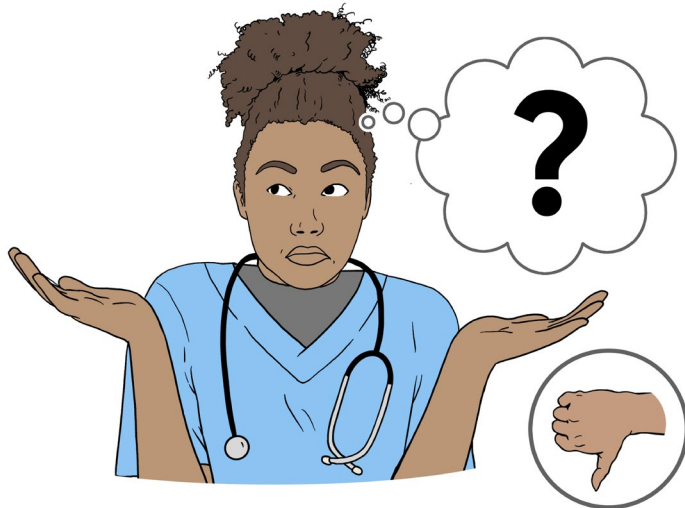


If you are worried about your health, you should talk to a doctor or nurse.

How your healthcare staff can help you



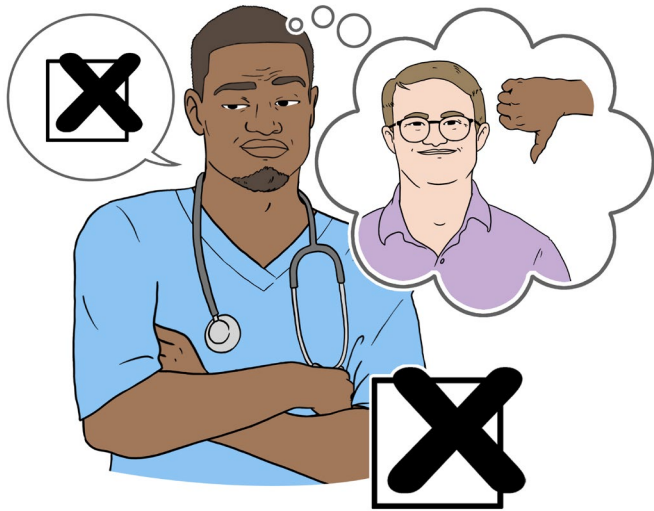
The doctors, nurses and other people in your cancer team are there to give you the best possible care.



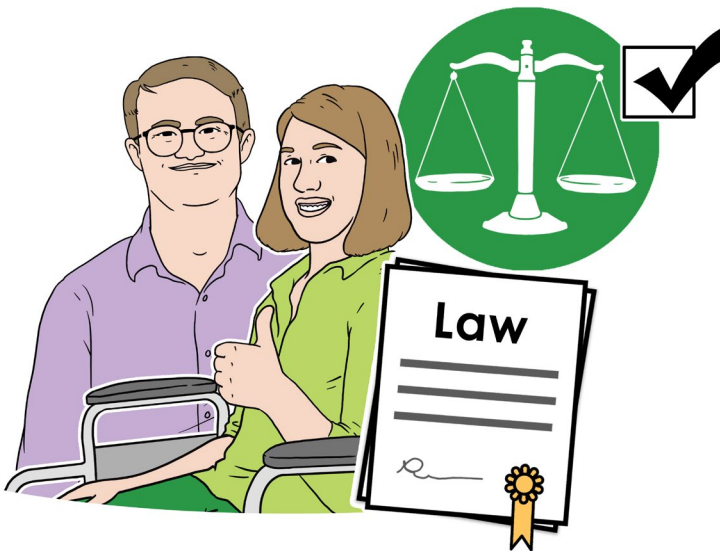
Sometimes doctors and nurses may not understand what is important to you. This can make it harder for them to give you treatment.



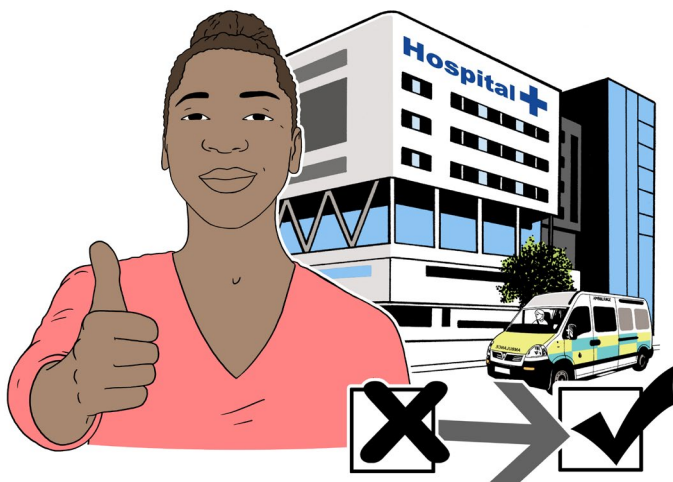
Treatment is not always possible for everyone. There can be many reasons why a person may not be able to have a treatment.



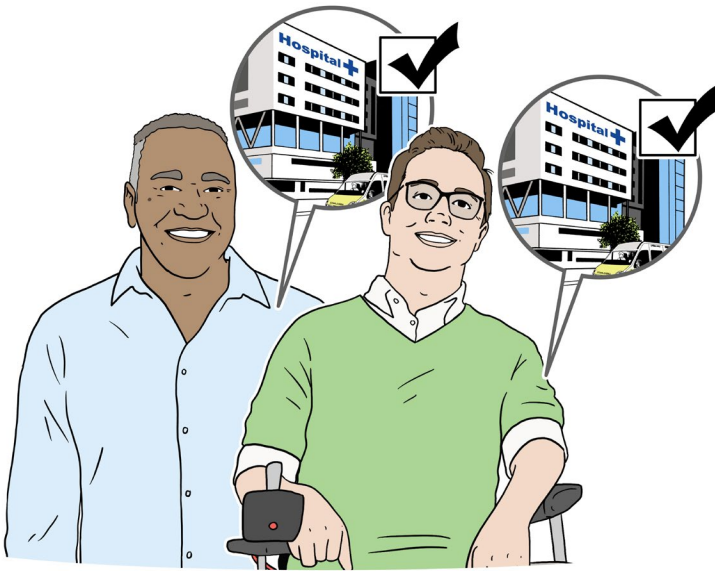
Doctors should not say you can not have treatment because you have a learning disability.



In the UK there are laws that protect people who have any type of disability. The law says you must be treated fairly.

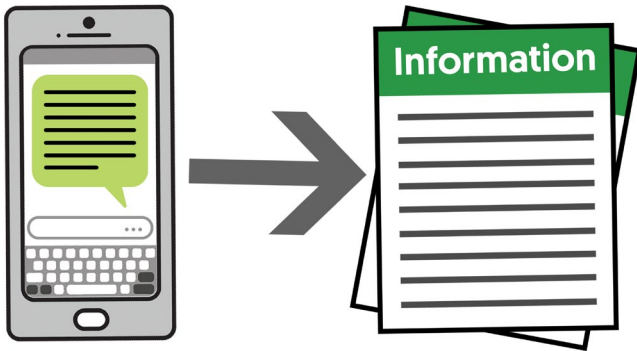


Doctors and hospitals must make **reasonable adjustments** to help you.



A **reasonable adjustment** is a change that helps you get the same care as everybody else.

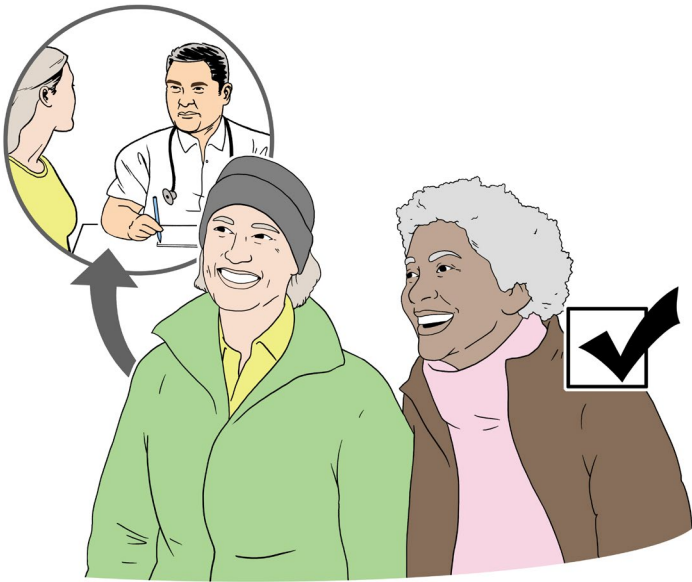
This could be a change like:



- getting information on paper instead of by email or text



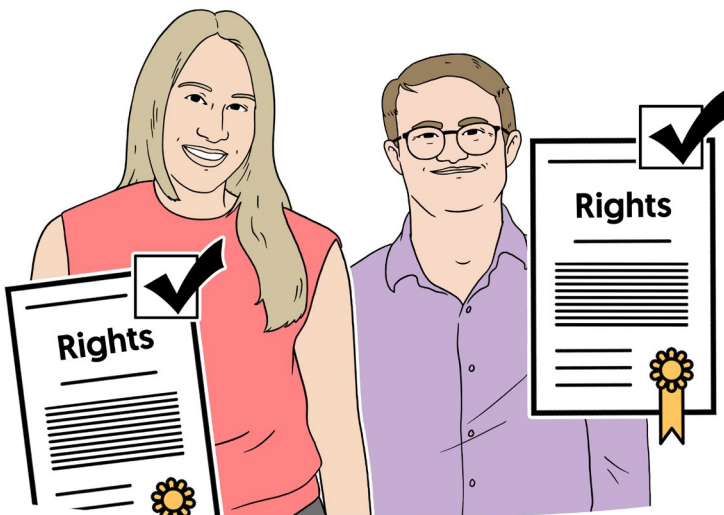
- having a longer appointment so you have time to ask questions if you want to



- having a friend or **interpreter** at your appointment.



An **interpreter** is a person that helps people who use different languages to understand each other, including British Sign Language (BSL).



You have the same right to treatment as everyone else.



Doctors and nurses can help you more if they understand what you need.



In this booklet we give you a list of 6 things you might want to tell them about, and examples of what you might like to say.



You can take this booklet with you to show your doctors and nurses.

This can help you remember what you want to tell them.



1. How you like to communicate



Tell your doctors or nurses how you like to communicate. They should always find a way to understand and help you.



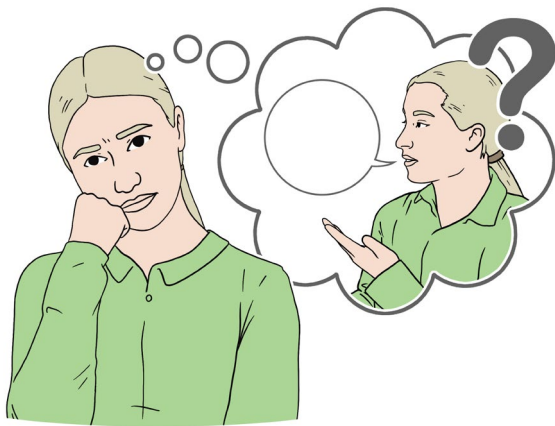
If you have filled out Macmillan's **All about me - notes for my healthcare team** booklet, you could share this with them.



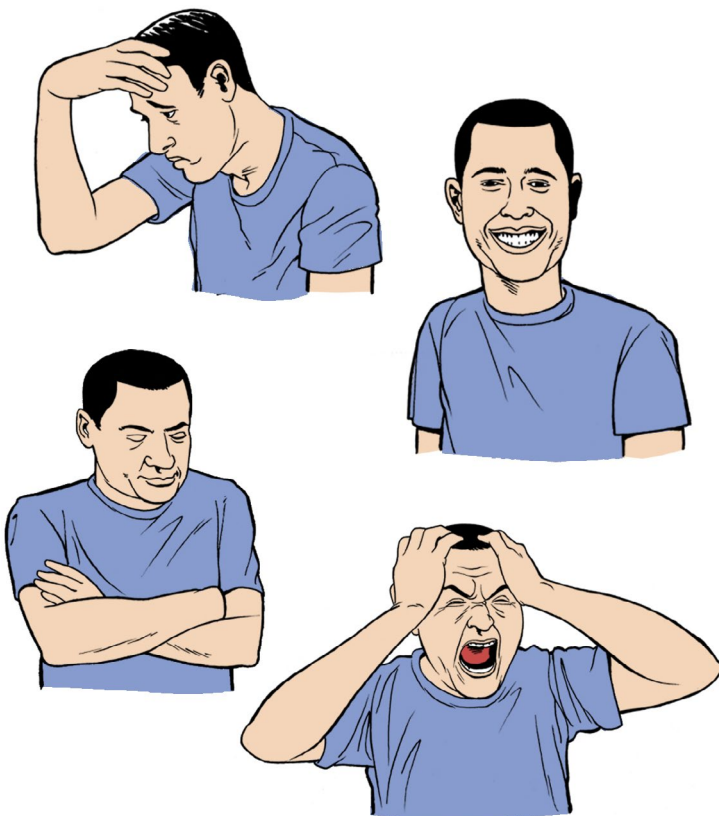
You could also ask a person you trust to explain the best way to communicate with you.



Some people use words to show how they feel and some do not. Both are OK.



Even if you use words, you might not be able to think of the right words to explain how you feel.



If you want to, you can use your face or body to tell the doctor or nurse how you are feeling.



2. How you feel at the doctors or at hospital



Being at the doctors or hospital can sometimes make you feel uncomfortable.



You may feel upset because it is too hot, too cold, too loud or too busy.



Feeling unhappy can sometimes stop you from getting the treatment and care that you need.



You can tell your doctor or nurse if you are feeling bad, or ask someone you trust to tell them.



Your doctors and nurses may be able to change things to make your visit easier for you.



3. How you are feeling



Tell your doctor how you are feeling and why you need their help.



You might be feeling:

- in pain



- unwell



- scared



- alone



- confused.



4. Things that can change how you feel



Tell your doctor or nurse about things that can change how you feel. This can help them to make things easier for you.

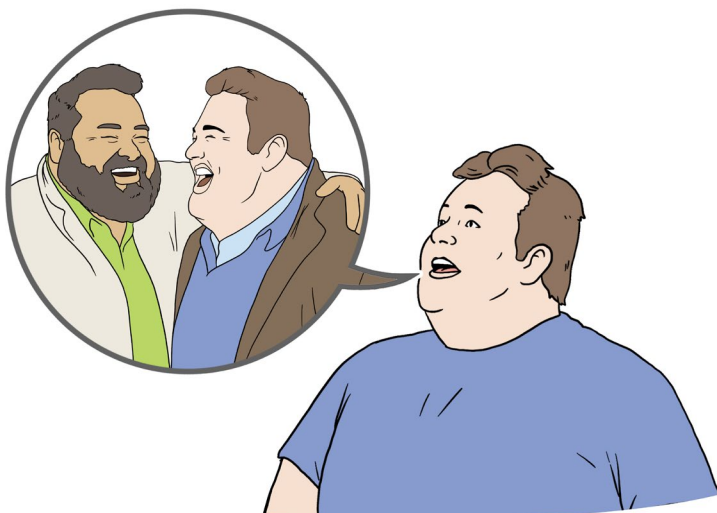


You could tell staff:

- what helps you relax



- what makes you stressed or unhappy



- which people you feel most comfortable with.



5. Your information needs



When you go to the doctor or the hospital, they might give you information about what is happening.



Your doctor or nurse should tell you what you need to know in a way that you can understand.



You can also ask someone you trust to help your doctors or nurses explain things to you.



The doctors or nurses might use words to tell you about your care.



Or they might give you some written information.

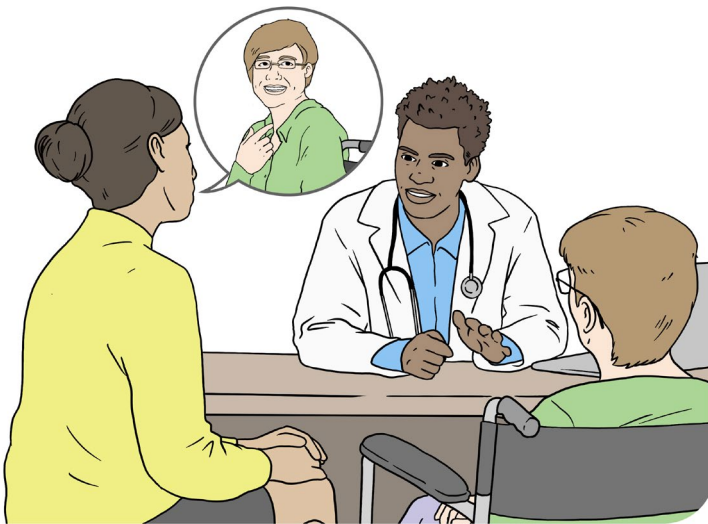


If there is anything you do not understand, ask them to tell you again in a different way.

6. The people in your life who can help



Tell the doctors and nurses about the people who are important to you.

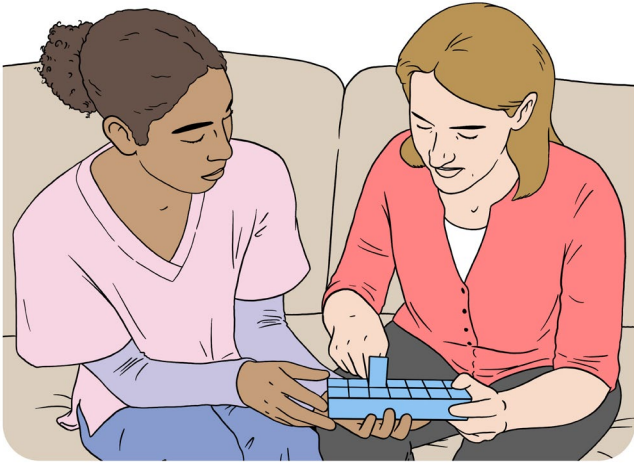


Your important people can help doctors and nurses to understand the best ways to care for you.

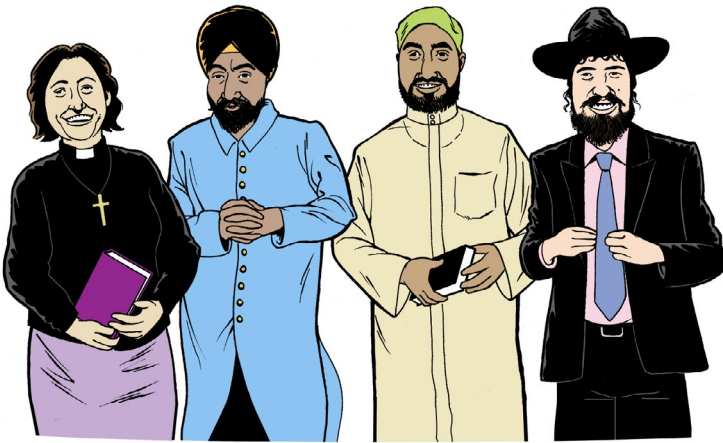


Your important people could be:

- family or friends



- carers



- someone from a religious group



- support or social workers



- people you work with



- a learning disability nurse.



Your doctors and nurses should only talk to these people if you want them to.



Getting support

Here are some other ways you can get support:



- Visit the **Mencap website**. Mencap is a charity that offers support to people with a learning disability.



In England, Wales and Northern Ireland you can also call Mencap's free helpline:

England: **0808 808 1111**

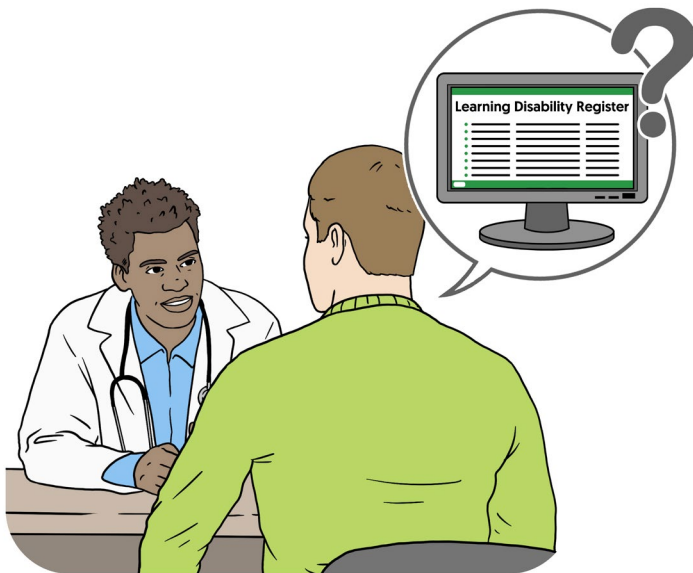
Wales: **0808 8000 300**

Northern Ireland:

0808 808 1111



- Ask your healthcare team for a **learning disability nurse**. This is a qualified nurse who has special skills to help people with learning disabilities.



- Ask your local doctor if your name can go on the **Learning Disability Register**.



The Learning Disability Register is a list that tells your healthcare team you have a learning disability and might need reasonable adjustments during your care.



How Macmillan can help you



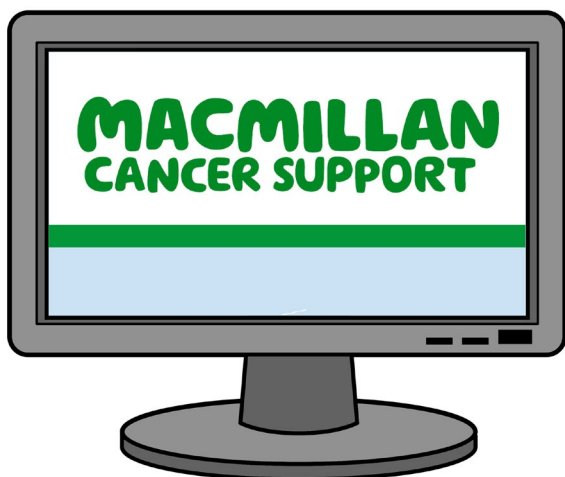
You can get support from:

The Macmillan Support Line

Call **0808 808 00 00** 7 days a week, 8am to 8pm.

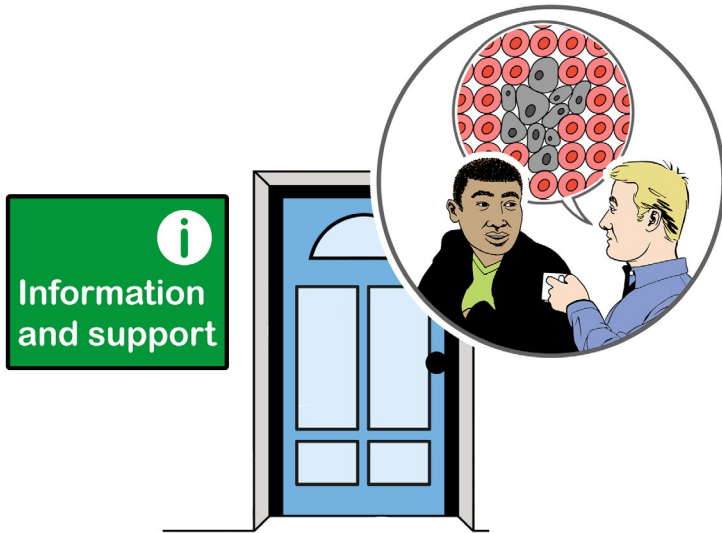


You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.



The Macmillan website

Visit [macmillan.org.uk](https://www.macmillan.org.uk) for information about cancer. You can also use our web chat to ask questions at [macmillan.org.uk/talktous](https://www.macmillan.org.uk/talktous)



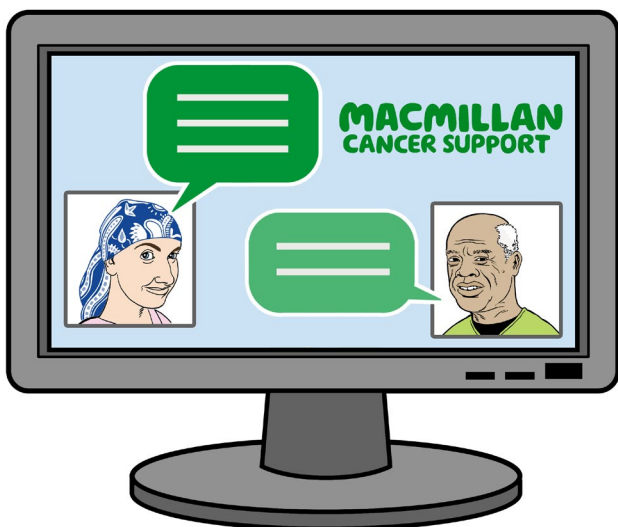
Information centres

You can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us.



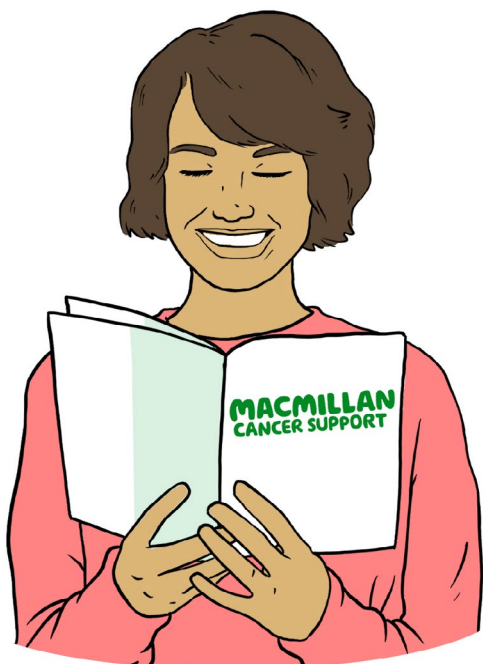
Local support groups

Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



Macmillan Online Community

You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



Macmillan can give you information in different ways:

Booklets about cancer

You can order booklets about cancer from

be.macmillan.org.uk



Videos

You can watch videos about cancer at

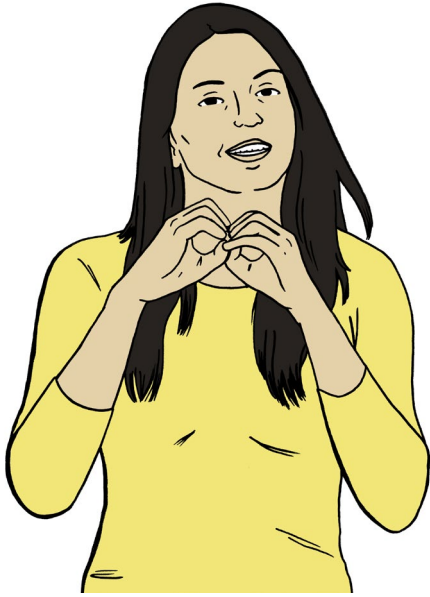
macmillan.org.uk/videos



Audio

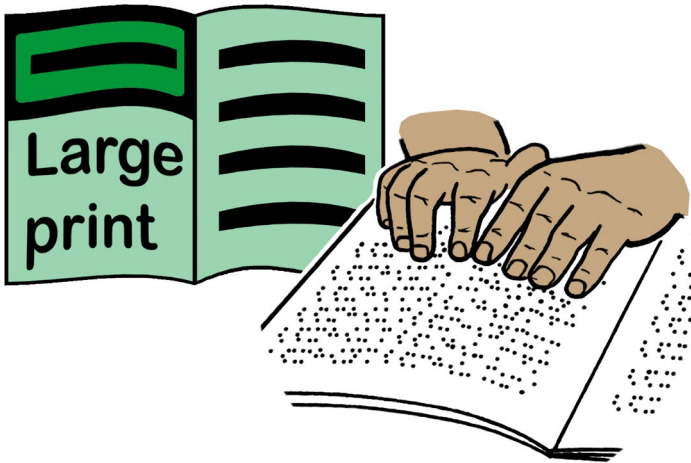
You can listen to information about cancer and order CDs from

macmillan.org.uk/audio



British Sign Language (BSL)

You can watch information in BSL at macmillan.org.uk/bsl



Large print or Braille

Tell us if you need information in large print or Braille.

Email: informationproductionteam@macmillan.org.uk



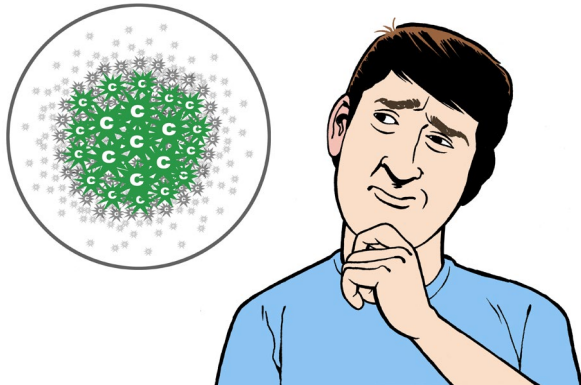
Translations

Tell us if you need information in another language.

Email: informationproductionteam@macmillan.org.uk



More easy read booklets



Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

There are booklets on lots of topics:

About Macmillan

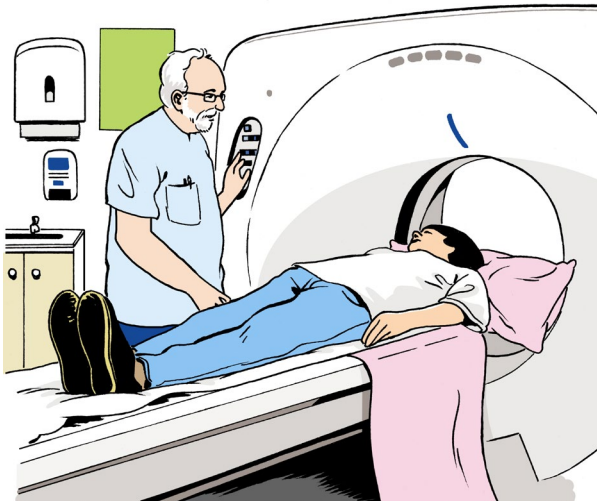
- How Macmillan Cancer Support can help you
- Holistic Needs Assessment (HNA)

About cancer

- Lung cancer
- What is cancer?

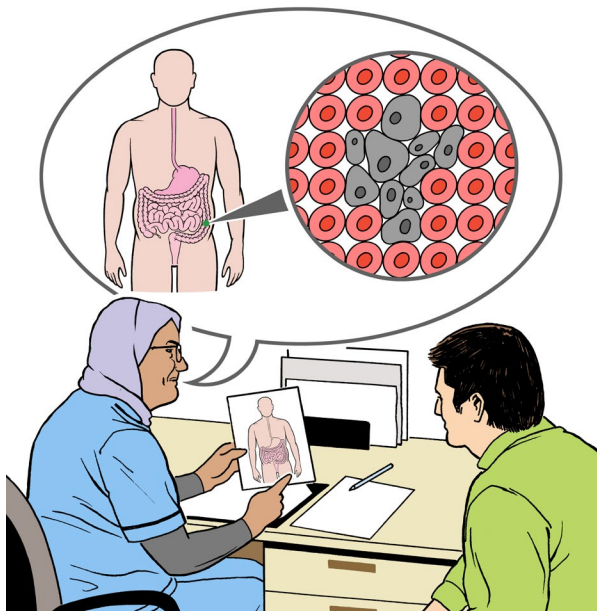
Signs and symptoms

- Breast care and screening
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



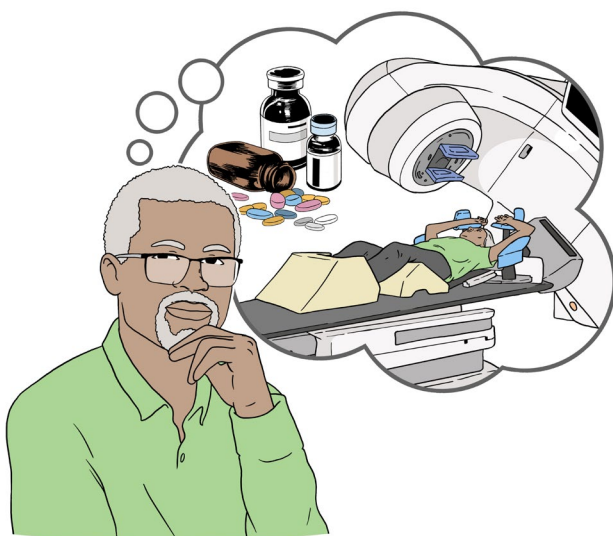
Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



Deciding on your treatment

- All about me – notes for my healthcare team
- Deciding about treatment
- How to get equal healthcare
- If you are unhappy with your care



Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safer sex



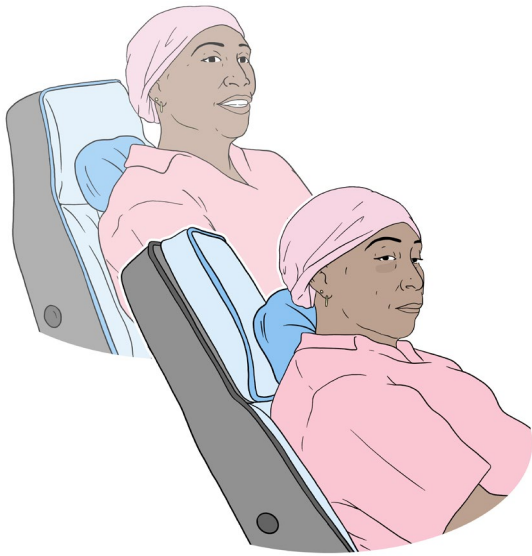
Living with cancer

- Cancer and covid
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Talking about cancer and your feelings



Living with cancer

- Things that are important to me
- What happens after cancer treatment ends
- Work and cancer
- Your sex life and cancer
- Your social life and cancer



End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Thinking about your funeral
- Who can help if you are dying
- Your feelings when you are dying



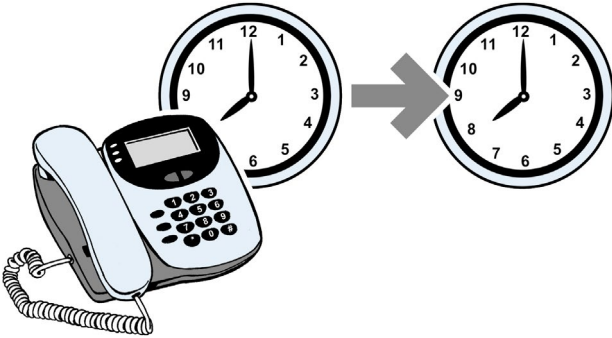
After someone dies

- Going to a funeral when someone dies
- Your feelings when someone dies and what can help

To order easy read booklets like this one go to the website macmillan.org.uk/easyread or call us on **0808 808 00 00**

This booklet is about how to get equal healthcare.

It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:
0808 808 00 00
7 days a week from 8am to 8pm.



- If you use a textphone, you can call: **18001 0808 808 00 00**



- Or go to the website
macmillan.org.uk

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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