

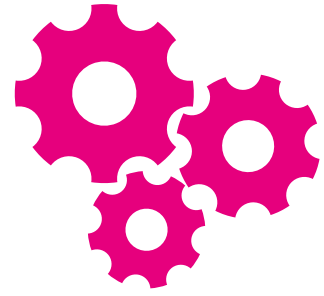
**Supporting the delivery of
good practice in maternity
services for parents with
learning disabilities.**



Resources

January 2023

Resources to Support Identifying Need



Training to Support Learning Disability Awareness



Oliver McGowan Mandatory Training in Learning Disability and Autism - coming soon



Core Capabilities Framework for Supporting People with a Learning Disability



A for Adjustment - adjusted care resources to support health and care workers, Health Education England



A module on personalised care in maternity services, supported by the Royal College of Midwives

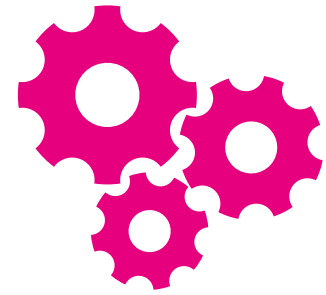
Many organisations including the Anna Craft Trust, Mencap and Disability Matters can provide bespoke training.

Examples of individual online training:

Exploring learning disabilities: supporting belonging. An eight session Open Learn (from the Open University) course. Free to access course (sign-up required). The first session explores what is a learning disability.



Resources to Support Identifying Need



Key questions to aid identifying need

The Together Project team suggest the following tips to help identify need:

- Refresh your understanding of what a 'learning disability' is and the differences between learning disabilities, neurological conditions, autism, mental health conditions and learning difficulties
- Allow time, don't rush and speak slowly
- Adopt a positive mindset, focus on the parents' strengths – consider capacity but don't assume it is lacking
- Always say who you are at the beginning, use your name and give your role
- Build trust – ask them what they have been up to today, share suitable experiences from your day
- Get to know the parent by asking questions and listening to their answers carefully
- Once rapport is built you can ask if they feel that they need extra support and if they identify as someone with learning disabilities, if not already identified as such
- Use positive and empowering language
- Highlight what they are doing well.

Some questions you might find useful.

Some of these have been suggested by our interviewees and some have come from checklists compiled by health and social care organisations.

Where did you go to school (was it a mainstream or a special school)?

Did you sit any exams? What grades did you achieve?

Did you learn to drive?

What did you do after leaving school?

Do you attend a day centre?

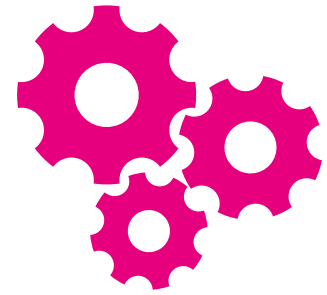
Do you receive any benefits?

Is there anybody supporting you?

Have you ever had a social worker?

(If a good rapport has been established)
– Have you got a diagnosed learning disability?

Resources to Support Identifying Need



Reasonable Adjustments

When making reasonable care adjustments - Consider:

Time – take time to work with the patient

Environment – alter the environment e.g. quieter areas, reduce lighting and waiting

Attitude – have a positive solution orientated focus

Communication – find out the best way to communicate with the patient and also communicate this to colleagues

Help – what help does the patient need and how can you meet their needs.

(TEACH mnemonic created by North Staffordshire Combined Healthcare NHS Trust, adapted from one created by Hertfordshire Community Learning Disability team)

Mencap - Treat me well top 10 reasonable adjustments:

1. Speak clearly with simple words
2. Take your time
3. Work with supporters
4. Be flexible with appointment times
5. Make sure people can get into and around the hospital
6. Provide a quiet place to wait
7. Listen to your learning disability liaison nurse
8. Use hospital passports
9. Provide written information in Easy Read format
10. Always ask the person what they need.



The Equality Act 2010:

This act states that reasonable adjustments are a statutory duty and health and social care providers must make reasonable adjustments to remove any barriers – physical or otherwise – that could make it difficult for disabled people to use their services.



Resources to Support Preparing for Parenthood and Beyond



Communication

Mencap guide to communication:



Royal College of Nursing guidance on Dignity in health care for people with learning disabilities

Recommends improvising communication by using simple everyday language, avoiding jargon, considering the use of photographs, pictures or symbols or using Makaton if appropriate.



Information

Baby Buddy App

A free app to support parents providing them with the knowledge, confidence and practical skills to look after themselves and their child.



Easy-read screening tests

Easy-read guides for people with learning disabilities to explain screening tests during and after pregnancy.



Ready for parenthood

Tips, advice and support for new parents.



Having a baby

Book to help parents-to-be with learning disabilities so they can think about what happens during pregnancy and childbirth.



CHANGE

Provides a wide catalogue of easy read and accessible resources for people with learning disabilities, some are free and some for purchase.



Easy Health

Easy read health leaflets and resources, including pregnancy.



The Together Project

[The Together Project](http://www.togetherproject.org.uk)

Examples of specialist antenatal courses

Parents can normally be referred to these through children's centres or local authorities.

Welcome to the World programme



The Parenting Puzzle workshop



The Working Together with Parents Network

This network supports professionals who work with parents who have learning disabilities. Its members include health and social care professionals, parents and carers. The Network aims to spread positive practice and to promote policy change, so that parents with learning disabilities/difficulties and their children are treated fairly and can get better support. Resources include easy read information for parents with learning disabilities parenting and child protection issues.



The British Institute of Learning Disabilities

This organisation aims to ensure people with learning disabilities are valued equally, participate fully in their communities and are treated with dignity and respect. They have a wide range of resources.



Advocacy services

Every local authority commissions advocacy services for people who need them. As an example, in Surrey, advocacy services are provided by Surrey Disabled People's Partnership (SDPP) in partnership with Matrix. For further details contact your local authority.

Organisations such as Mencap provide information on advocacy:



Elfrida Society Advocacy Services

Specialist Advocates for parents with Learning disabilities and or learning difficulties.



VoiceAbility

Providing people with advocacy in the UK.



Advocacy for All

Providing people with advocacy in the South East of England.



