

Resources for people with learning difficulties

Booklets/leaflets

Breast Cancer Care

www.breastcancercare.org.uk

Your breasts, your health. Supporting people with learning difficulties

February 2010. 40pp. ISBN 978-1-907001-07-9. Free.

This pack contains two resources; a leaflet (12pp) for people supporting someone with learning difficulties, **and a spiral-bound booklet (18pp) for people with learning difficulties**. The leaflet describes why it is important to be breast aware, how to help someone be breast aware, the changes to look and feel for (illustrated), seeing the doctor, going to the breast clinic, and breast screening. The booklet uses illustrations and simple language to describe the breasts, how they may look, how to get to know what they feel like, when to check them, what to do if there is a change, seeing the doctor, having a mammogram, who can get breast cancer and how to be healthy.

Also available on the Breast Cancer Care website:

www.breastcancercare.org.uk/upload/pdf/Taking_care_of_your_breasts_for_web.pdf
www.breastcancercare.org.uk/upload/pdf/Guide_for_supporters.pdf

CHANGE

The following booklets are free from Macmillan Cancer Support
(www.be.macmillan.org.uk)

Diagnosis and treatment (Easy read)

2010. 188pp. Accessible Book 2.

Diagnosis and treatment. For carers who support people with learning disabilities through cancer

2010. 108pp. Carers Book 2.

Palliative care, end of life care and bereavement (Easy read)

2010. 136pp. Accessible Book 3.

Palliative care, end of life care and bereavement. For carers who support people with learning disabilities through cancer

Symptoms, screening and staying healthy (Easy read)

2010. 98pp. Accessible Book 1.

Symptoms, screening and staying healthy. For carers who support people with learning disabilities through cancer.

2010. 74pp. Carers Book 1.

Department of Health

Questions to ask [easy read]

2007. 12pp. Free. (Quote reference 279234/ER)

A series of questions for people to ask their doctor to make sure they get the most out of their appointment. The questions cover what might be wrong, other tests and investigations available, the treatment options, what happens next, and who to contact. The leaflet also has tips on what to do before, during and after the appointment.

Also available on the Department of Health website:

www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_079531?IdcService=GET_FILE&dID=151474&Rendition=Web

FAIR (Family Advice and Information)

www.fairadvice.org.uk

Do I need a smear test?

2010. 12pp. Keep yourself healthy series. £1.

Illustrated booklet for women with learning difficulties. It explains what a smear test is, who should have one and when, and what the smear test will show.

Also available on the NHS Health Scotland website:

www.healthscotland.com/uploads/documents/11839-DoINeedASmearTest.pdf

A guide to examining your breasts

2010. 8pp. Keep yourself healthy series. £1.

This illustrated booklet is aimed at women with learning difficulties. It describes why and how to examine the breasts and what to do if a change is noticed. Includes tips on staying healthy.

Also available on the NHS Health Scotland website:

www.healthscotland.com/uploads/documents/12055-AGuideToExaminingYourBreasts.pdf

A guide to examining your breasts. [Multimedia pack]

2008. Keep yourself healthy series. £5.

This interactive CD uses sound, pictures and animation to help women check their breasts regularly for early signs of cancer. Includes the 'Guide to examining your breasts' leaflet.

A guide to examining your testicles

2009. 12pp. Keep yourself healthy series. £1.

Illustrated booklet aimed at men with learning difficulties. It explains how and when to examine the testicles and what to do if a change is noticed. Includes tips on general health.

Also available on the NHS Health Scotland website:

www.healthscotland.com/uploads/documents/12057-AGuideToExaminingYourTesticles.pdf.

A guide to examining your testicles [Multimedia pack]

2008. 12pp. Keep yourself healthy series. £5.

This interactive CD helps men check their testicles for early signs of cancer. The pack also includes the "guide to examining your testicles" booklet.

A guide to examining your testicles [Polish]

2003. 12pp. Keep yourself healthy series. Free.

Illustrated booklet aimed at men with learning difficulties. It explains how and when to examine the testicles and what to do if a change is noticed. Includes tips on general health.

Available only on the NHS Health Scotland website:

www.healthscotland.com/uploads/documents/3069-KeepYourselfHealthytesticles_LR_Polish_Sep03_pdf.pdf

A guide to having a smear test

2010. 12pp. Keep yourself healthy series. £1.

Illustrated booklet for women with learning difficulties. It explains what a smear test is, why it is important to have one, and what happens during the examination.

Also available on the NHS Health Scotland website:

www.healthscotland.com/uploads/documents/12059-AGuideToHavingASmearTest.pdf

Living with cancer. 1: What is cancer?

2004. 16pp. Keep yourself healthy series. £1.

This illustrated booklet is aimed at people with learning difficulties. It explains what cancer is, when to go to the doctor, and what will happen at each stage of the process, including the tests that might be needed in hospital, the test results, and what happens if cancer is diagnosed. It briefly mentions treatment options. Concludes with a list of tips on keeping healthy. Also available with an accompanying read-along audio CD for £2.50.

Living with cancer. 2: Someone I know has cancer. What does it mean for me?

2005. 12pp. Keep yourself healthy series. £1.

This illustrated booklet for people with learning difficulties describes what might happen if a relative, friend or carer is diagnosed with cancer. It looks at feelings, going to the hospital, treatments, and how to help. Also available with an accompanying read-along audio CD for £2.50.

Living with cancer. 3: Colorectal (bowel) cancer

2006. 14pp. Keep yourself healthy series. £1.

This illustrated booklet is for people with learning difficulties. It outlines the purpose of the bowel, what might cause bowel cancer, the changes to look out for, having a check-up at the doctor's, tests at the hospital, and how to keep the bowel healthy. Also available with an accompanying read-along audio CD for £2.50.

Living with cancer. 4: Skin cancer

2007. 12pp. Keep yourself healthy. £1.

This illustrated booklet has been produced for people with learning difficulties. It describes some things that may cause skin cancer, the changes to look out for, having a check-up at the doctor's, and how to reduce the risk of skin cancer. Briefly mentions the treatment options. Also available with an accompanying read-along audio CD for £2.50.

Living with cancer. 5: Breast cancer

2007. 16pp. Keep yourself healthy series. £1.

This booklet is for people with learning difficulties. Using illustrations and simple language, it describes how to check the breasts, what to look out for, the tests that may be carried out by the doctor, treatments, and going home after an operation. It also has guidance on staying healthy. Also available with an accompanying read-along audio CD for £2.50.

NHS Cancer Screening Programmes

www.cancerscreening.nhs.uk

An easy guide to bowel cancer

12pp. Free.

A picture leaflet about bowel cancer screening by and for people with learning disabilities.

Also available on the NHS Cancer Screening Programmes website.

www.cancerscreening.nhs.uk/bowel/publications/nhsbcsp-learning-disabilities-leaflet.pdf

An easy guide to breast screening

2007. 8pp. Free.

This illustrated leaflet is aimed at women with a learning difficulty. It explains the importance of breast screening and what will happen before, during, and after the screen.

Also available on the NHS Breast Screening Programme website:

www.cancerscreening.org.uk/breastscreen/publications/easy-guide-breast-screening.pdf

An easy guide to cervical screening

8pp. Free.

This illustrated leaflet is aimed at women with a learning difficulty. It explains the importance of cervical screening and what will happen before, during, and after the smear.

Also available on the NHS Cervical Screening Programme website:

www.cancerscreening.org.uk/cervical/publications/easy-guide-cervical-screening.pdf

An easy guide to having a colonoscopy

12pp. Free.

A picture leaflet about colonoscopy, by and for people with learning disabilities. Please note, this leaflet is for people within the NHS Bowel Cancer Screening Programme but can be downloaded.

Also available on the NHS Cancer Screening Programmes website:

www.cancerscreening.nhs.uk/bowel/publications/nhsbcsp-colonoscopy-learning-disabilities-leaflet.pdf

NHS Health Scotland

www.healthscotland.com

Information about the HPV jab for girls aged 12 and 13 [Easy reading]

2009. 4pp.

This leaflet for girls aged 12 and 13 is about the new immunisation they can now have to protect themselves against cervical cancer.

Available only on the NHS Health Scotland website:

www.healthscotland.com/uploads/documents/13630-InformationForGirlsAged12&13Easyread.pdf (Link actually retrieves the leaflet for parents - have informed Health Scotland)

Information about the HPV jab for older teenage girls [Easy read]

2010. 4pp.

This leaflet for older teenage girls born on or after 1 September 1990 about the new immunisation they can have to protect themselves against cervical cancer.

Available only on the NHS Health Scotland website.

www.healthscotland.com/uploads/documents/13630-InformationForGirlsBornOnOrAfter1September1990Easyread.pdf

Questions and answers about the HPV jab: information for older teenage girls [Easy read]

2009. 7pp.

This leaflet is for older teenage girls born on or after 1 September 1990, who are being offered the HPV immunisation. It is about the injection (jab) that can help protect them against cervical cancer when they are older.

Available only on the NHS Health Scotland website:

www.healthscotland.com/uploads/documents/13630-Q&AInformationForGirlsBornOnOrAfter1September1990Easyread.pdf
www.healthscotland.com/uploads/documents/13630-Q&AInformationForGirlsBornOnOrAfter1September1990Easyread.pdf

Questions and answers about the HPV jab. Information for parents and carers [Easy reading]

2009. 6pp.

Leaflet is for parents and carers of girls eligible for the HPV vaccine. It is intended to answer questions about the HPV vaccine.

Available only on the NHS Health Scotland website

www.healthscotland.com/uploads/documents/10569-HPV_EasyRead_Q&A_Parents&Carers.pdf

Royal College of Psychiatrists

Books beyond words series. Various titles, including the ones listed below.
See <http://www.rcpsych.ac.uk/publications/booksbeyondwords.aspx>

Am I going to die?

2009. 113pp. ISBN 978-1-90467-162-6. £10.

This book for people with a learning disability tells the story of John who has a terminal illness. It deals with both physical deterioration and the emotional aspects of dying. John is shown getting weaker and needing more help. He looks back at his life and makes choices about how to spend his time. The pictures highlight the importance of going on special outings, of remembering good times, and of saying proper goodbyes to family and friends. The final images show John dying at home. Guidelines are provided for carers and supporters, health and other professionals who provide support to people with learning disabilities who are terminally ill.
(Publisher)

Getting on with cancer

2002. 74pp. ISBN 978-1-901242-84-3. £10.

When Veronica's doctor told her she had cancer, she was confused and terrified. Then he told her some cancers can be cured. 'Getting on with cancer' tells the story of Veronica, a woman with Down's Syndrome, who has cancer. She has surgery and also radiotherapy and chemotherapy. The book deals honestly with the unpleasant side of treatment. It is designed to be used as a counselling tool by anyone working with people who have both learning disabilities and cancer. It will also be valuable for other client groups, for example, people with chronic mental health problems. The book ends on a positive note. Included in the book is Veronica Donaghey's story 'It's not all bad news', written in her own words. There are also guidelines for carers/supporters and for healthcare professionals, and information on relevant resources and helpful organisations. (Publisher)

Going to out-patients

1998. 68pp. ISBN 978-1-901242-18-8. £10.

This book explains what happens to people in hospital. It covers tests such as an ultrasound, X-ray and hearing test. Feelings, information and consent are all addressed.

Keeping healthy 'down below'

2000. 88pp. ISBN 978-1-901242-54-6. £10.

The book is designed to support women who are invited for a smear test. It explains what happens to Carol, from receiving the invitation, making a preliminary visit to the GP practice, deciding whether she will have the smear or not, having the smear, and receiving the results. We then see her being recalled for further tests. Feelings, consent and health education are all addressed. Ideally this book should be used to prepare women with learning disabilities before they have a smear test.

Looking after my balls

2004. 88pp. ISBN 978-1-904671-05-3. £10.

It is important for every man to check his balls (testicles) regularly and to see his doctor immediately he finds any changes in them. This book is designed to help men with learning disabilities to learn more about their balls and about how to look after them. Full colour pictures tell the 'story'. The book is divided into two sections. The first shows Tom, who finds a lump while checking his balls in the shower. He seeks help straight away and goes to see his doctor. He has a physical examination, plus an ultrasound scan, and some further tests. The lump is not due to cancer. The second part of the book gives guidance on looking after your balls and what changes to look out for. There is a glossary of medical words and a list of other helpful organisations. The book does not cover treatment for cancer. (Publisher)

Looking after my breasts

2000. 80pp. ISBN 978-11901242-53-9. £10.

This book is designed to support women who are invited for breast screening. The first story explains what happens to Beth, from receiving the invitation letter for breast screening to having a mammogram and getting a normal result. The second story shows what Beth experiences when she is recalled for further tests. Finally another woman demonstrates how to be aware of changes in one's own breasts. Ideally this book should be used to prepare women with learning disabilities before they go for a mammogram, for further breast screening tests or to increase their breast awareness. (Publisher)

When somebody dies

2003. 58pp. ISBN 978-1-901242-90-4. £10.

People with learning disabilities experience grief like everyone else, but are rarely given the support that others are. Mary and John are both upset when someone they love dies. By attending regular bereavement counselling sessions and from the comfort and companionship shown by friends, they learn to cope with life better and better as time passes. (Publisher)

DVDs

Speakup Self Advocacy

www.speakup.org.uk

Belly ache

2010. 14 minutes. www.speakup.org.uk/bellyache.htm

DVD for people with learning difficulties. It describes the symptoms to look out for, and what to do if you are worried.

Websites

Easy Health

www.easyhealth.org.uk

Free leaflets on a variety of health topics including cancer. The site is compiled by Generate working with Mencap.

Northern Cancer Network

www.cancernorth.nhs.uk/resources/informationresourcesforlearningdisabledpeople

Illustrated sheets, flashcards and slideshows on cancer topics.

Plymouth Hospitals NHS Trust

www.learningdisabilitycancer.org.uk/index.htm

Illustrated sheets on a series of cancer topics.