

Going to hospital: Adult Edition

Part of the looking up series



*Outstanding
Care for One+All*

Table of Contents

Going to Hospital: Adult Edition	5
Entrance	6
Reception	7
Outpatients/Urgent Care	8
Waiting	9
Signs around hospital	10
Eating	11
Information	12
Lift	13
Scans	14
X-Rays	15
Dental	16
Endoscopy	17
Observations	18
Blood Samples	19
ED Reception	20
Fracture Clinic	21
Name Band	22
Getting Ready	23
Medicine	24
Staying in Hospital	25
Toilet	26
Anaesthetic	27
Ear Nose and Throat	28
Assist Dogs	29
Chapel	30
Going Home	31
Professionals	32
Learning Disability Team	33
#LD Pledge	34
Makaton symbols used in this book	35
Some other Makaton symbols and signs	39

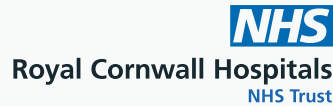
Dear reader

We believe clear accessible information and good communication are key to reassuring people with a learning disability or autism when planning hospital visits.

It is our hope that providing Going to Hospital as a free resource will open conversations and help to alleviate some anxieties associated with medical procedures.

Love from

Jane and Angie



This resource is supported by Cornwall Treat me well. Treat me well is a campaign to transform how the NHS treats people with a learning disability in hospital.



We are also grateful for the support of



The Cornwall Down's Syndrome Support Group Email:

co-ord@cdssg.org.uk Web: www.cdssg.org.uk

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Going to Hospital: Adult Edition

In Memory of Darren Williams



It's important to make the journey from the community into the hospital as unstressful as possible for the adult with a learning disability.

Family and personal assistants/carers are familiar faces to give that reassurance that they need.

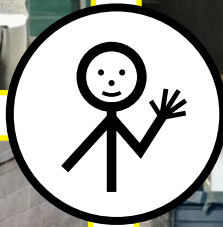
There must be good communication so that we work together as a team that gives the best possible outcome for that person.

One of the things that we were impressed with was being able to give the LD team the heads up that we were heading in so things like an airflow mattress could be put in place.

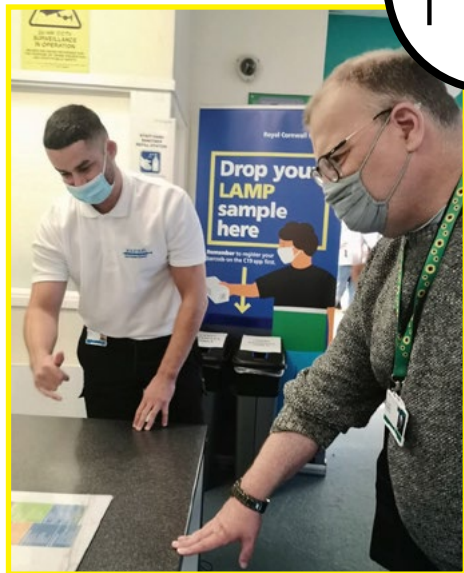
It's about making a difference. Sometimes the small things can make a huge difference and that is so important to the person with a learning disability.

Jane Williams (Darren's Mum)

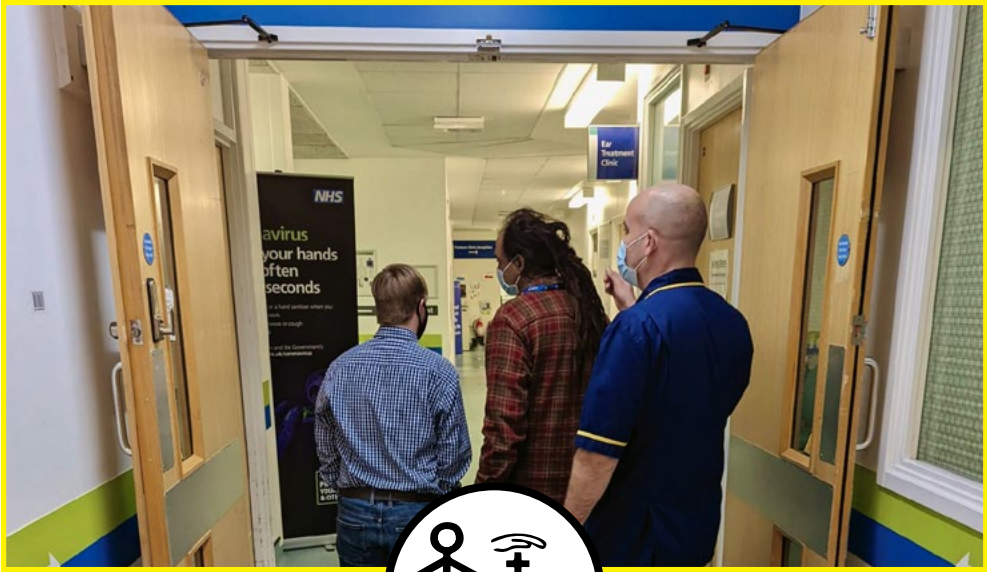
Entrance



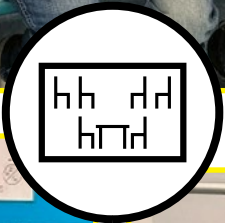
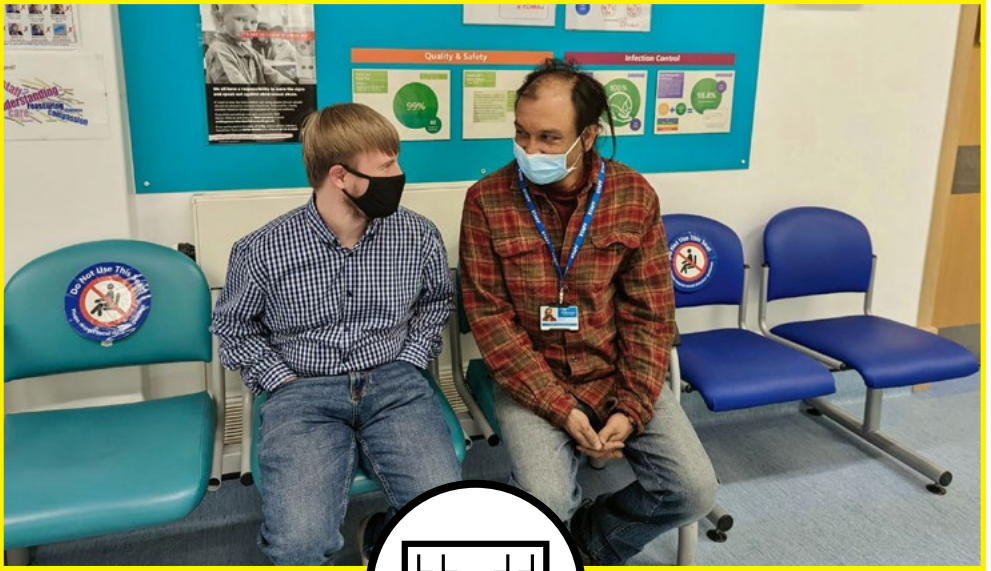
Reception



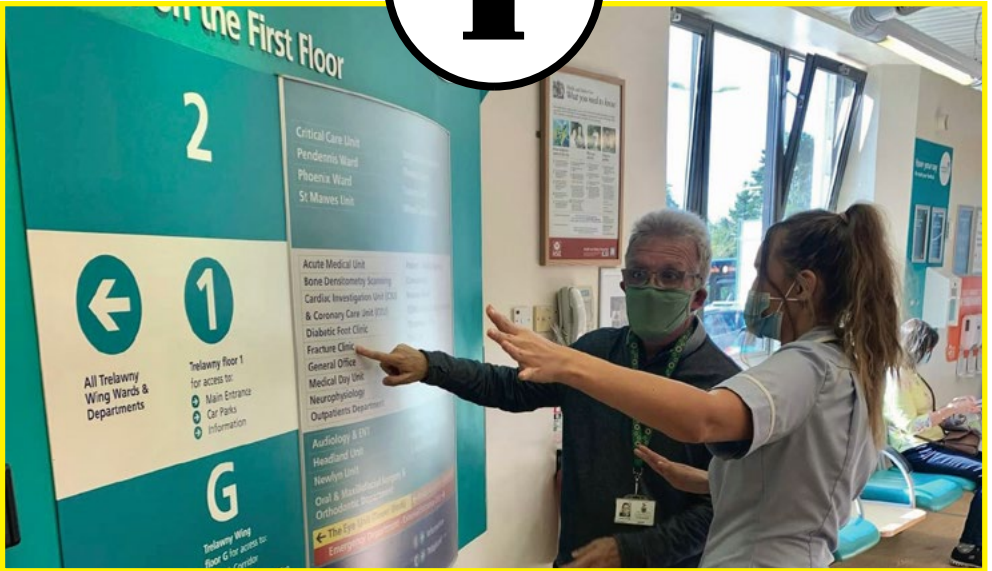
Outpatients/Urgent Care



Waiting



Signs around hospital



Eating



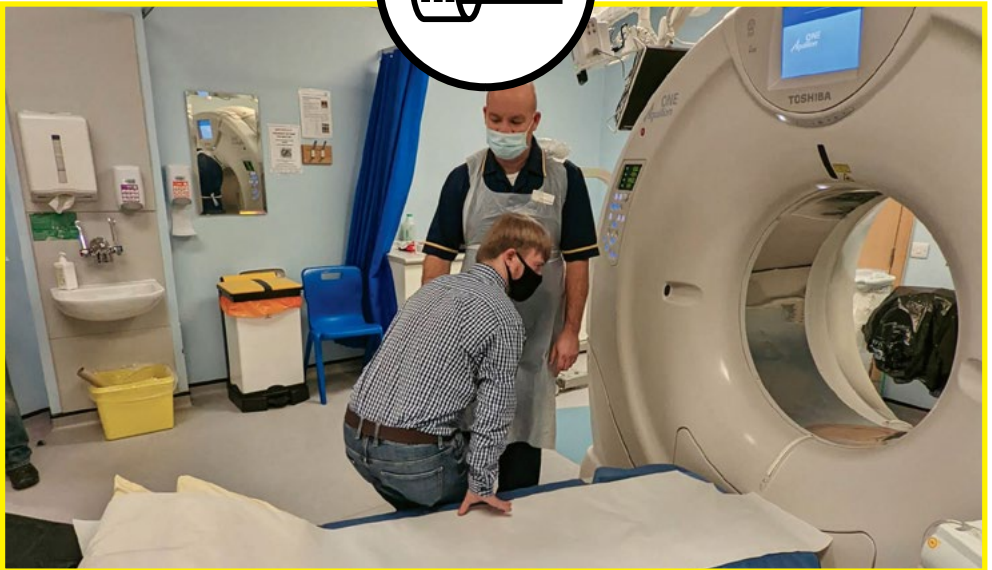
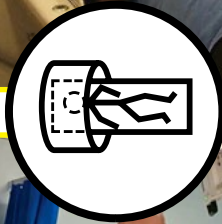
Information



Lift



Scans



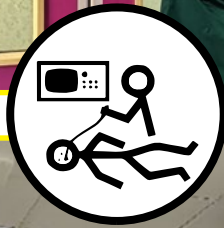
X-Rays



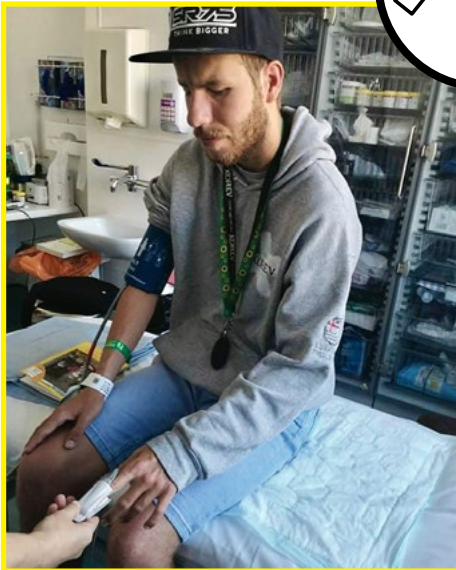
Dental



Endoscopy



Observations



Blood Samples



ED Reception



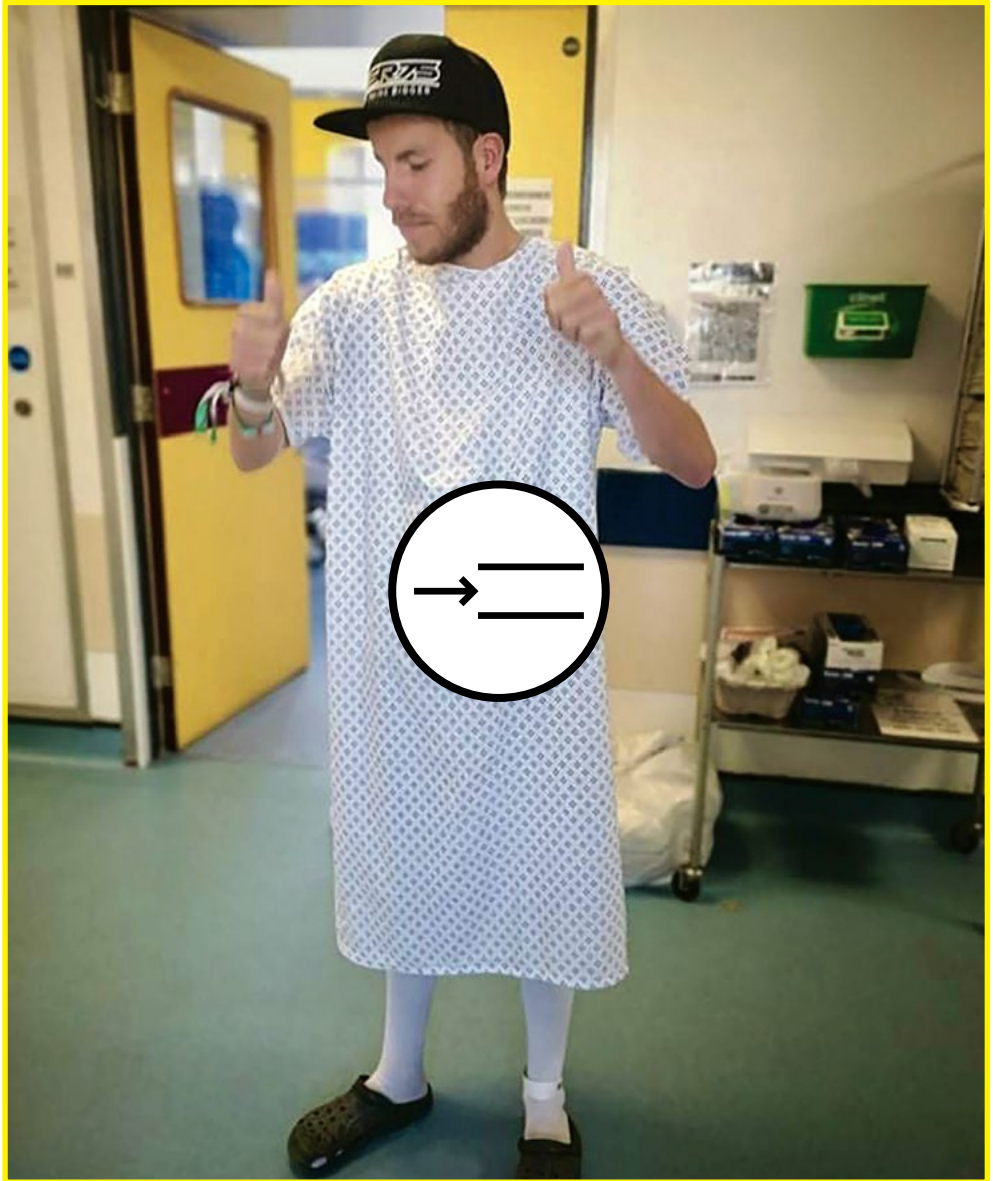
Fracture Clinic



Name Band



Getting Ready



Medicine



Staying in Hospital



Toilet



Anaesthetic



Ear Nose and Throat



ENT



Assist Dogs



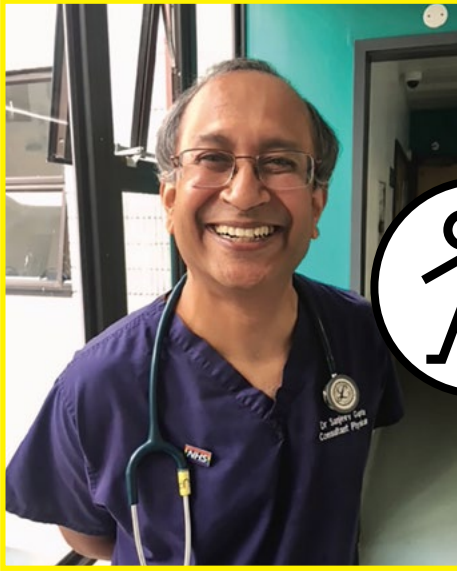
Chapel



Going Home



Professionals



Learning Disability Team



The Learning Disability team will try to ensure patients get high quality services while in hospital, real choice and control over their care. They will support access to the acute setting and make sure reasonable adjustments are provided where needed throughout a patient's stay.

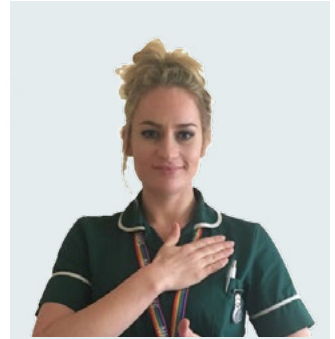
Learning Disability Team at RCHT Phone: 01872 255743,
07584 770351, 07827 097252

Email: rch-tr.LearningDisabilities@nhs.net

#LD Pledge

Our Pledge for people with Learning Disabilities

The LD pledge is a promise that our staff make to you while supporting you



We promise:

To listen to you

To listen to your parents or carers

To try to find you somewhere quiet to wait, if possible

To find out how best to communicate with you

To explain what we are doing

To do our best to help you feel safe

To do our best to make you feel better



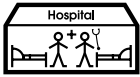
A Makaton version of the LD Pledge, with both symbols and line drawings of the signs is available in the free resources

Section of The Makaton Charity's website: www.makaton.org Based on the original LD pledge by

Dr Elizabeth Herrieven and Laura Burton



Makaton symbols used in this book



Hospital

Index finger traces cross on outside of arm



Gradually uncover eyes and hand moves down slightly



Outpatients

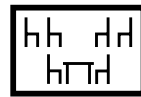


Hello

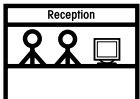
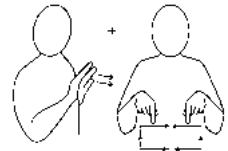
Make sign at shoulder height



Index fingers trace out shape of room horizontally



Waiting Room

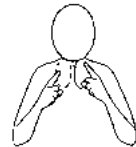


Welcome

Flex fingertips towards body twice



Signs around Hospital





To Eat

Tap lips twice with emphasis



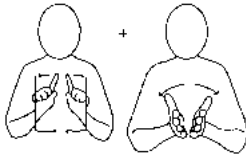
X-ray

Finger spell 'X' – Right hand springs open to show 'light' – Repeat

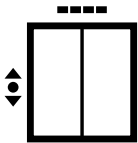


Information

Outline size of leaflet



Dental

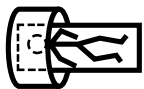


Lift

Formation moves up



Endoscopy



CT Scan

Fist moves anti-clockwise round head



Temperature Taken





Blood Test

Dominant hand flows over non-dominant hand once – little finger and index finger changes to thumb and little finger as hand moves down with twisting movement from the eye



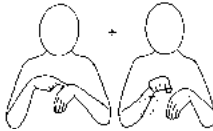
Tablet

Index finger draws very small circle on palm



Fracture Clinic

Point to appropriate part of body (eg wrist); fist hand twists and moves to show breaking bone in position



Medicine

Stir medicine: little finger makes circular movement just inside the top of non dominant fist



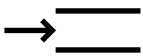
Name

Directional



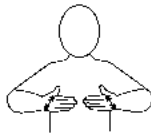
To Sleep

Eyes closed



Getting ready

Thumb taps sides of chest twice



Toilet

Tip of middle finger makes contact with body and makes small discreet movement





Mask (Gas)

Clawed hand held away from face, moves to cover nose and mouth



Goodbye

Wave hand



ENT

Ear, Nose and Throat



Nurse

Thumb traces cross on outside of arm



Assistant Dog



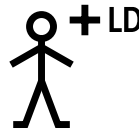
Doctor

With index finger and thumb, mime taking pulse



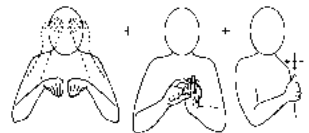
Chapel

Mime pulling bell rope



Learning Disability Nurse

Bunched hands move up and make contact with forehead – Dominant hand makes 'D' against non-dominant index-finger – Twist dominant hand forward pivoting on thumb tip – Thumb traces cross on outside of arm



Some other Makaton symbols and signs



Blood Pressure

Mime wrapping pressure bandage round arm – Dominant loose fist moves from non-dominant arm to dominant arm as thumb pumps up and down on index



Ill or Poorly



Good

Use both hands for 'Very Good'



Injection

Place this sign on body where appropriate

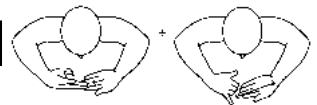


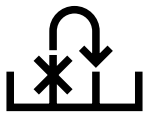
Happy Pleased

Two claps with cupped hands



MRI Scan





Next



Temperature



Position hand at site of pain and shake hand



Pain



Thank You



Please



Rapid movement



To Finish



Sad
Miserable



Full 'O' hand, index finger edge touching stomach, moves in circle – Can be placed on appropriate part of body



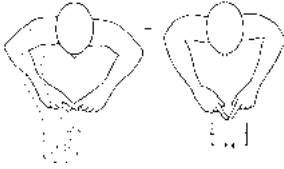
Ultra Sound
Scan





X-Ray Plate

Finger spell 'X' – Right hand springs open to show 'light'



Wake Up

Index fingers and thumbs spring apart



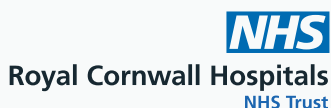
ECG



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Healthcare Cards for Going To Hospital are available to accompany this book, and
can be downloaded from www.cdssg.org.uk or from the free resources section at
www.makaton.org

This book has been designed to empower and support people with a learning disability and/or autism to interact and make informed decisions about their health care. The book builds communication between individuals and health care staff, helps explain and understand what may happen when they access acute care.



Going To Hospital (Adult Edition) is the sixth book in the Cornwall Down's Syndrome Support Group's Looking Up book series and we are very pleased to have collaborated with Royal Cornwall Hospital to create such a fantastic resource. A huge thank you to the people who allowed us to capture their experiences in hospital to help others on a similar journey through clinical settings.





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