

ABCD checklist for primary care practices

developed by **people with learning disabilities**



Making a Difference Together: A Health Toolkit

“It’s a good thing when my doctor explains what they mean... when the doctor listens...”

What is a learning disability?

A learning disability includes the presence of: a significantly reduced ability to understand new or complex information, to learn a new skill and a reduced ability to cope independently. A learning disability starts at birth and is lifelong (www.valuingpeople.gov.uk).

Intellectual Disability (ID) is now the term often used by professionals in the UK and internationally (www.learningdisabilities.org.uk).

A learning disability is not a learning difficulty.

What is a learning difficulty?

A learning difficulty does not affect general cognitive functioning but relates to educational learning such as dyslexia, dyspraxia, ADHD for example (www.learningdisabilities.org.uk).



“we should all be equal people!”

Policies & Law

Mental Health Act 1983

Disability Discrimination Act 1995

Human Rights Act 1998

Valuing People 2001

Mental Capacity Act (2005)

Mental Health Act Review (2007)

Equality Act (2010)

“ They didn't tell me I would need more tablets and they were closed over Christmas when I needed more. ”

Access to the service:

Please tick the 'yes' or 'no' box

Does the patient have clear information about their appointment and what they need to do? Yes No

Does the patient have clear directions to the building? Yes No

Is it easy to get into the building? Yes No

Is the entrance clearly marked? Yes No

Is there a ramp up to the building? Yes No

Is the door easy to open and shut? Yes No

Are the doorways wide enough to use with a wheelchair or walking frame? Yes No

Is the reception counter at a height suitable for a person using a wheelchair? Yes No

Can patients talk to you in private if they need to? Yes No

Be prepared:

Please tick the 'yes' or 'no' box

At the appointment, do you ensure people are able to book in if your system is electronic? Yes No

Is your e-bookings system backed up by face to face booking in - for people who cannot reach the touch screen or for people who cannot read? Yes No

Do you have contact details in the patient notes of others involved in the patient's care? Yes No

Do you record any carers or services who might be useful contact points in an emergency? Yes No

Communication:

Please tick the 'yes' or 'no' box

When talking face to face or on the telephone do you speak clearly using short sentences? Yes No

Do you always avoid using jargon? Yes No

Do you repeat information to help the person to understand and to check their understanding? Yes No

Do you offer an accessible printed copy of a consultation in a format required by the person? Yes No

Do it:

Please tick the 'yes' or 'no' box

Do you help patients to prepare for appointments and treatments, for example using accessible information / videos about intimate examinations? Yes No

Do you keep a Learning Disability Register to record annual health checks? Yes No

Do you have links with other professionals for example: Community Learning Disability Teams, Pharmacists, Social Workers and Advocates? Yes No

Can you make reasonable adjustments when patients need you to, for example going to the patient to do a blood test or take blood pressure? Yes No

Do you provide regular learning disability awareness training and refresher training for all staff? Yes No

Do you provide training in how to write accessible information for all staff? Yes No

Remember it is important to keep reviewing your ABCD

“sometimes I think they might not understand...”



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