



**Birmingham**  
Hospice

# Information for patients with a learning disability and autistic people



Easy read leaflet



## About this leaflet

This explains the care you can expect from Birmingham Hospice and who to talk to if you need help.



## Did you know?

We care for people in their own homes as well as at the hospice.



## Working together

We work with Birmingham and Solihull Learning Disability team to learn about how we can improve care in the future.

## We will:



- Provide a team of health professionals to give you extra support and manage your needs.



- Offer a meeting with a doctor to talk with you about any worries.



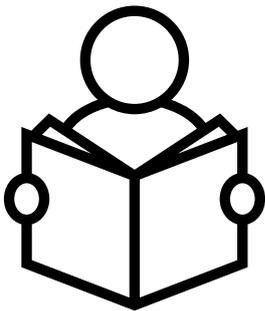
- If you are unhappy, please tell your nurse or doctor.



- If you are happy with your care, please tell your team.

## Making things easier for you

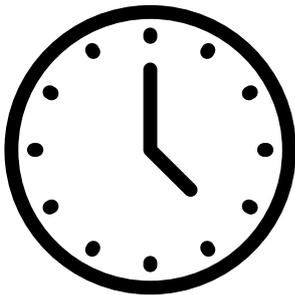
To help you, we can make 'reasonable adjustments', like:



- Giving information in easy-read format.



- Avoiding bright lights or noisy places.



- Giving extra time for appointments.

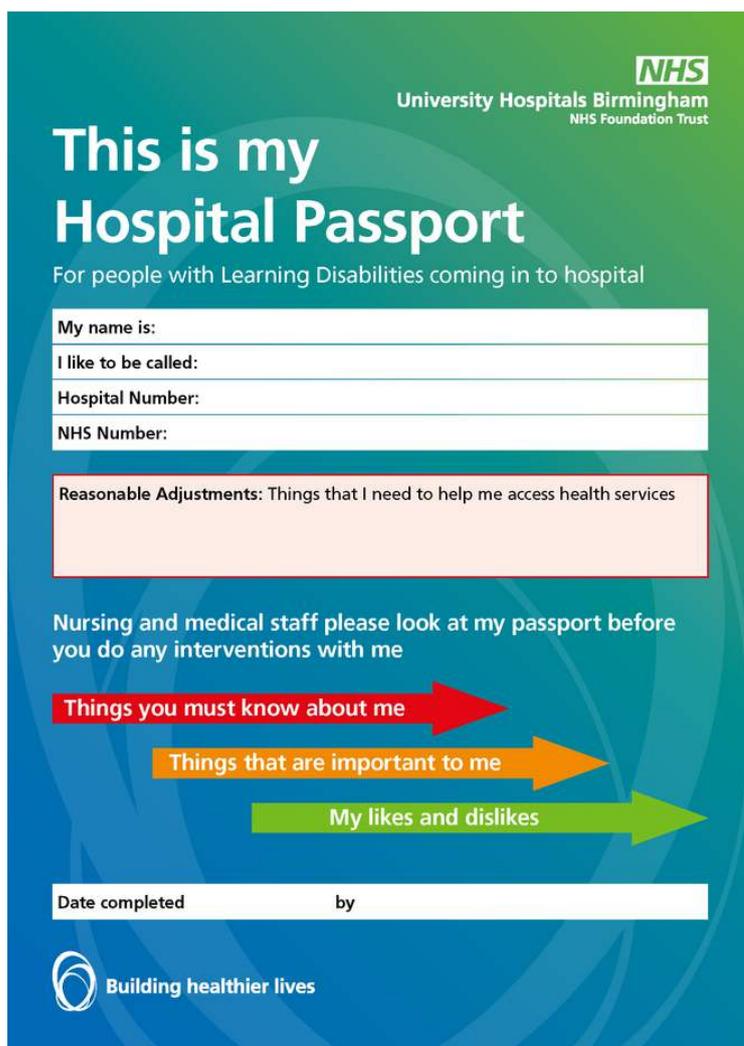


- Having someone you know with you for any appointments at a time you like.

# My Hospital Passport

Please bring this to show us. It tells staff important information about you.

We will provide a Hospital Passport and complete this with you if you do not have one already.



**NHS**  
University Hospitals Birmingham  
NHS Foundation Trust

## This is my Hospital Passport

For people with Learning Disabilities coming in to hospital

My name is: \_\_\_\_\_

I like to be called: \_\_\_\_\_

Hospital Number: \_\_\_\_\_

NHS Number: \_\_\_\_\_

Reasonable Adjustments: Things that I need to help me access health services

Nursing and medical staff please look at my passport before you do any interventions with me

Things you must know about me →

Things that are important to me →

My likes and dislikes →

Date completed \_\_\_\_\_ by \_\_\_\_\_

 Building healthier lives

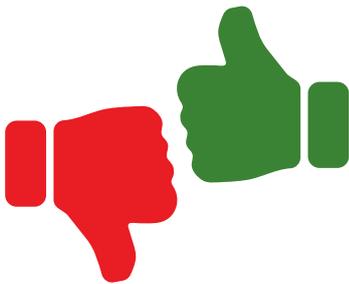
With your permission, we will put the Passport on your medical record.

The Hospital Passport will help staff to understand you better.

## Eating and Drinking



A member of staff will ask what you would like to eat and drink each day.



Please tell us what you like or don't like.



You can eat with your family and friends on the ward or in The Hive Café nearby.



A nurse may ask to weigh you.

# Swallowing

If you have problems, these things can help:



- Sitting up in a quiet place.



- Special cups, bowls, plates and cutlery.



- Have small mouthfuls or sips.



- Softer foods.

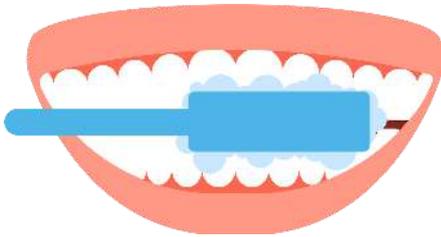


- Thicker drinks.

## Mouth care



It is important to clean your teeth.



Staff will help you brush your teeth twice a day.



Please let us know if your mouth is sore.



Please let us know if your mouth is dry, so we can help you.



If your mouth feels very wet we can help you.

## Pain



If you are in pain, we can give you some medicine.



Your family or carers can help by telling us when you are in pain as they know you best.

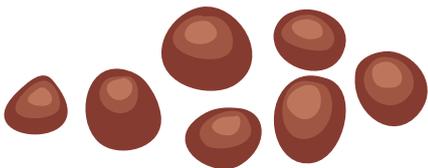


If you have trouble explaining what you need, your family are there to help us look after you.

## Constipation



Constipation is when you find it hard to poo or poo less often than usual.



Your tummy might feel sore or your poo might be hard.



Medicines can help with constipation.



We may ask questions about your poo – this is to help so please don't be embarrassed.



## Epilepsy

This can lead to a  
'seizure' or a 'fit'.



It can be scary.



You might jerk or be  
very sleepy.



We can give you  
medicines to help stop  
fits from happening.

## Useful contacts



**Our website:**

[www.birminghamhospice.org.uk](http://www.birminghamhospice.org.uk)

**You can phone us at any time:**

Erdington:

0121 465 2000

Selly Park:

0121 728 6760

Hospices of Birmingham and Solihull  
(HoBS):

0121 809 1900

**Find us:**

76 Grange Road, Erdington,  
Birmingham B24 0DF

176 Raddlebarn Road, Selly Park,  
Birmingham B29 7DA

