



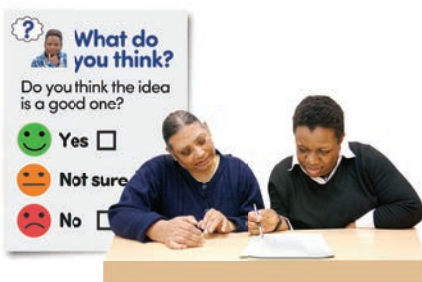
Help us to make services better



We want to find out how to make health and care services better for people with learning disabilities.



We are asking people questions about services in Cambridgeshire and Peterborough.



We would like you to fill in our questionnaire. You can ask someone to help you if you want.



You do not have to answer all of the questions if you do not want to.



When we have everyone's answers back, we will write a report.



We will share what everyone tells us with services in Cambridgeshire and Peterborough.



We will not write your name next to any of the information you tell us. Nobody will be able to tell which answers are yours.



If you have any questions about filling in this questionnaire you can contact us.



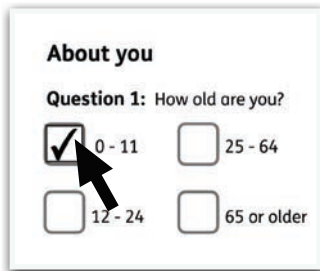
Email:
roshan.shah@thepsc.co.uk



Phone:
07918 271 749

How to fill in the questionnaire and send it back to us

Filling in this questionnaire on the computer



About you

Question 1: How old are you?

☒ 0 - 11 ☐ 25 - 64

☐ 12 - 24 ☐ 65 or older

For some of the questions you can click on the box you want to tick.

I think.....

If we ask you to tell us more about something, you can type your answers in the box.



When you have finished you need to save your questionnaire onto your computer.



Then you need to email it back to us at:

roshan.shah@thepsc.co.uk



If you want to phone us and tell us your answers please email us first.



Then we can sort out a time for someone to speak to you.

Filling in a paper copy of this questionnaire

A paper copy of a questionnaire titled 'About you'. It contains two questions. Question 1 asks 'How old are you?' with four checkboxes: '0 - 11', '25 - 64', '12 - 24', and '65 or older'. Question 2 asks 'Do you have learning disabilities or are you autistic?' with two checkboxes: 'I have learning' and 'I am autistic'. A hand is shown filling in the 'I have learning' checkbox. There are also small icons of a birthday cake and a group of people.

You can print this questionnaire and write in your answers.



When you have finished, send your questionnaire back to us by post to:

The PSC
1 Finsbury Avenue
London
EC2M 2PF

About you



Question 1: How old are you?

☐

0 - 11

☐

25 - 64

☐

12 - 24

☐

65 or older



Question 2: Do you have learning disabilities or are you autistic?

Please tick 1 box.

☐

I am a person with learning disabilities.

☐

I am autistic.

☐

I am a person with learning disabilities and I am autistic.

☐

I do not want to say.





Question 3: Please tell us what things you need support with.

You can tick more than 1 box



☐ I need support with eating.



☐ I need support with moving around.



☐ I need support with my personal care. Things like having a shower and getting dressed.



☐ I need support with talking to people.



☐ I need support when something is hard to understand.

☐

I need support to live by myself.
Things like help with cooking and
looking after money.



Question 4: This question is for
people with a learning disability.

Did a doctor tell you that you have a
learning disability?

☐

Yes

☐

No

☐

I don't
know



If a doctor told you that you have a
learning disability, what was it like?

Please tell us what was good about
how you were told? And what could
have been better?



You can use this box to tell us more about being told you have a learning disability.



Services you have used

Question 5: Tell us which of these services you have used before or are using now.

Tick as many boxes as you need to



☐ A GP. This is the doctor at your local surgery.



☐ Annual Health Checks. This is when you have a check every year by your local doctor or nurse.

It helps to catch any health problems early. Then you can quickly get the help you need.



☐ Physiotherapy. This is a person who helps you with moving your body.



☐ Learning Disability Nurses.



☐ Occupational therapy. This is person who finds ways to help you live your day to day life.
Things like cooking, showering, getting dressed and shopping.



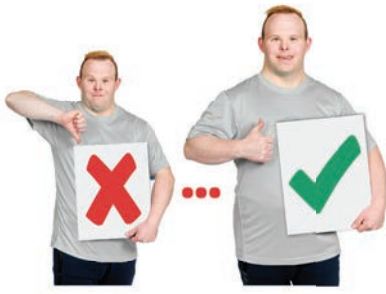
☐ Speech and language therapy. This is a person who helps people with communication and being understood.



☐ Arts therapy. This is when you draw, paint and make things to help you with your **mental health**.



Mental health is how you feel in your mind and how you cope with everyday life.



Question 6: Please tell us more about any of the services you used in question 5. What did services do well and what could they have done better?

Using services when you were poorly



Reasonable adjustments means making small changes so that someone can use a service.



Question 7: Thinking about a time you were poorly and used services. What reasonable adjustments were made for you?

Tick as many boxes as you need to



☐ People spoke clearly. They checked I understood what they were saying.



☐ People took time to give me care and support. They were not too busy.



☐ Support workers or my family gave me extra support.



☐ I could choose my appointment times or change them if I needed to.



☐ When I went to appointments, I could move around easily. Things like having ramps and a lift.



☐ I had a quiet place to wait before seeing the doctor or nurse.



☐ I had a learning disability nurse to support me.

☐

I had information in easy read.

☐

I had a hospital passport. This is a book that tells staff all about the support I need.



Question 8: Were there any reasonable adjustments you needed but didn't get? Please tell us:



About your mental health

Mental health is how you feel in your mind and how you cope with everyday life.



Question 10: Have you ever been poorly with your mental health?

☐

Yes

☐

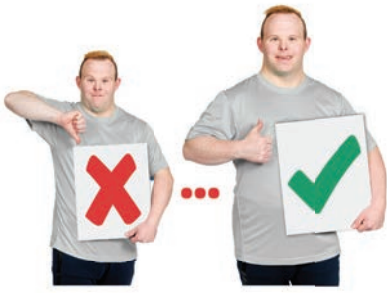
No

☐

I don't
know



If you ticked yes, which services helped you with your mental health?
Please tell us:



Question 12: If you have used mental health services, think about the time when you used them. What did services do well and what could they have done better?