



How well are we doing on health?

Easier read guide to the **Health Equalities Framework**

The Health Equalities Framework (HEF)

An Accessible Guide for People with Learning Disabilities

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You can get an easy read version of the full HEF scoring sheets from either the IHaL or NDTi websites.

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Some of the words to do with health are a bit difficult. In this booklet we show them like this: **outcomes**.

At the end of the booklet is a list of the difficult words and what they mean.

What is this booklet about?



Some people have less good health than other people.

This can be because of poorer health care or other reasons.

This happens for many people with learning disabilities.



We need to know if services are helping people to get better health. When we look to see if services are helping people to get better health, we call this looking for health '**outcomes**'.

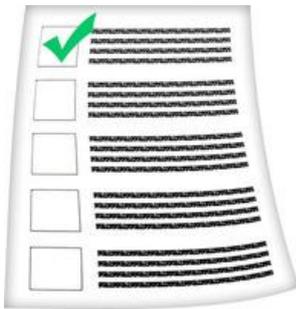


The Government has set some **outcomes** for everyone. These are called '**outcome frameworks**'. There are two for health and one for social care.

We have made an **outcome framework** that is especially for people with learning disabilities.



It is called the '**Health Equalities Framework**'.
It is all about making the health of people with learning disabilities more equal to the health of other people.



In this booklet we will call it the '**HEF**' for short.

You can use the **HEF** to think about your own health.



You can use it with your family or people who are paid to help you.



You can use it with health staff, like nurses.



What does the **HEF** measure?

There are 5 big things that affect people's health:

1. Where you live and what you do
2. Health problems you may have
3. Understanding your health and being able to tell people how you feel
4. Things you can do to keep healthy
5. Using health services – and how good they are



Now we will say a bit more about each of these.



1. Where you live and what you do

People with learning disabilities often live in poorer areas.

Lots of people do not have jobs or their own home.

Lots of people experience hate crime.

Some people do not have many friends.



2. Health problems you may have

Some people have health problems that are linked to the cause of their learning disability.

People should have health checks.

People should have Health Action Plans.



3. Understanding your health and being able to tell people how you feel

People with learning disabilities may not understand when something is wrong with their health.

Sometimes people feel ill or in pain, but they cannot tell other people how they are feeling.



4. Things you can do to keep healthy

People with learning disabilities do not always know how to be healthy. They may not get support to help them be healthy.

Being healthy includes things like what you eat, exercise, and not smoking.

5. Using health services – and how good they are

Health staff do not always change how services are given to people with learning disabilities so they can use them.

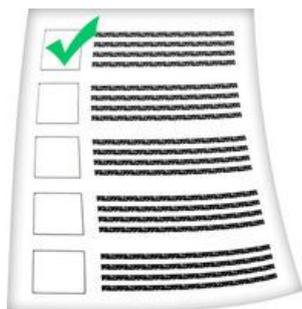
For example, longer appointment times or having information in easy read.

People with learning disabilities sometimes get less good services than other people.

Health staff do not always understand the law about when someone can agree to treatment, and what to do if they cannot.



How does the **HEF** work?



The **HEF** is a way of looking at all the things that might affect your health.



The **HEF** helps you to score all the things that affect your health.

It is good to do the scoring with someone who can help you think about all these different things.



Some people like to start by talking to a member of their family.

Some people prefer to talk to a health person, like a nurse.

You can do both!



Look at the example on the next page.



Example

Things you can do to keep healthy: eating and drinking

Score		What this might mean
4	Really big problems about healthy eating and drinking	The person has difficulty swallowing and no help with this. The person hardly eats or drinks anything. The person eats dangerous things.
3	Big problems about healthy eating and drinking	The person has quite a poor diet with things that are bad for them or not enough good things to eat. The person eats and drinks too much or too little.
2	Some problems about healthy eating and drinking	The person eats some of the right things, but they eat and drink too much or too little. The person gets some help with their diet .
1	Just a few problems with healthy eating and drinking	The person has quite a good diet . There might be just a few things that could be better. The person gets any help they need with their diet .
0	Healthy eating and drinking	The person has a healthy diet with all the right things in it. The person drinks enough water. The person gets advice about healthy eating.

What score would you give yourself?



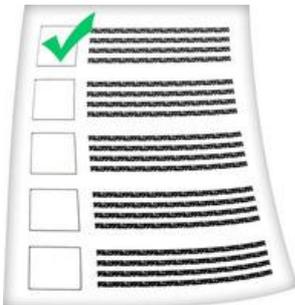
Using the **HEF**, you can look at each of the scoring sheets in turn.

Or you can just pick the sheets that are most important for you.



Once you have done all the scoring, you can talk about what needs to be done!

It is good to talk to a health person about the action.



You can agree who will do the actions, and when.

You can put all the agreements in your Health Action Plan.



Then you can set a date to look at the scoring sheets again and see if things have got better.

Using the **HEF** for lots of people



Services can use the **HEF** to look at how well they are doing for lots of people with learning disabilities. It can help them think about what they need to do to support people to get better health.



You can ask your local commissioners and services what they are doing to help people with learning disabilities keep well and get good health care.



List of difficult words

Difficult words

What they mean

Diet

What you eat and drink

Health Equalities Framework

A set of measures to help people and services look at making the health of people with learning disabilities more equal to the health of other people

HEF

This is short for the Health Equalities Framework

Outcomes

Ways of measuring to see if people are getting better health

Outcome framework

A whole set of outcomes

