




# December 2022 Survey – Looking after my health

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**HEREFORDSHIRE'S  
LEARNING DISABILITY  
PARTNERSHIP BOARD**  
*everything about us but not without us*

## 1. Do you have any concerns about looking after your health?

Answer Choices			Response Percent	Response Total
1	Yes		37.50%	3
2	Sometimes		25.00%	2
3	No		37.50%	3
4	Other (please specify):		0.00%	0
			answered	8
			skipped	0

**8 people answered this survey.**

**3 people had concerns about their health 2 people sometimes did.**

**3 people had no concerns about their health**

# Comments about health concerns:




Eating healthy due to having to work unsocial hours due to carers duties.

When I do (*have health concerns*) I talk to my support workers so I don't get anxious.

Losing weight



## 2. Do you have enough support to look after your health?

Answer Choices			Response Percent	Response Total
1	Yes always		62.50%	5
2	Yes sometimes		25.00%	2
3	I would like support or more support		12.50%	1
4	I do not need support/ this does not apply to me		0.00%	0
5	Other (please specify):		0.00%	0
			answered	8

5 people thought that they always had enough support to look after their health, 2 had enough support sometimes and 1 said they would like support or more support.

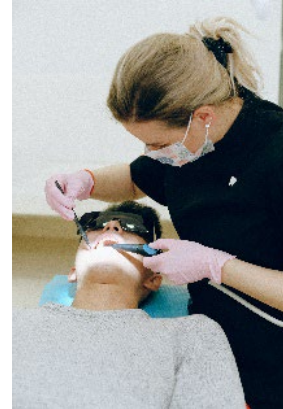
# Comments about support

- My PA or parents help me.



- 3 or 4 of Aspire support workers have supported me with various issues over the years. Only a couple of times there have been issues if lots of staff are on leave. I also feel I can complain about staff if I need to. Only did that once and it was fine.

# Comments about support



- Depends what sort of staff it is. One staff is better than the others. I would choose who to talk to. The hospital was never very good to go to. They didn't explain properly. I recently had a vaccination. I was very reluctant to have it. It was ok in the end but I wish there was a better way to have it.
- My carer helps me. Waits can be long but my experience at the hospital and GP has been pretty good. I think they are brilliant. I usually understand what they say and always have my support worker with me. I can't really think of anything they could do better.

### 3. Any other comments? E.G. support you would like.

Someone to help around the house to ease the burden off me and possibly help cook meals.

I always want at least one support worker that I can go to. I have one good one and another higher up.

My dad supports me



### 3. Any other comments? E.G. support you would like.

I always have support to visit the doctors or hospital except for routine stuff like blood tests.

Without the support, I can't follow what the hospital doctors say.

I once took the wrong tablets because they talked too fast and I didn't follow what they said.

From then on I have had support.

I once asked the doctor to write it down and he refused. He said he didn't have time!





# What does this tell us? + Possible response ideas

The people that filled out the survey are a small sample.

Most have some health concerns but say that they have enough support.

Ways the board could help:

- Support day activities that are delivering encouragement to have annual health checks.
- Publicise any Easy Read resources about looking after your health and how to use Pharmacies, 111, GP and hospital services. These tell people they can take support with them.
- Target support workers and carers with helpful suggestions and information.
- Do you have any other suggestions?



# Future survey developments and action.

The numbers of surveys was very low in December and January and I was unable to visit services to boost numbers.

If the board decides to keep doing these polls - Please keep promoting polls/ surveys.

We (the sub-group) will meet to decide the next three polls.

I note there has been some successful Changing Places funding. Do we still wish to do a Changing places poll? If so, this will be the next one.

