

Introduction to the easy read medicine information leaflets

What are the leaflets for?

These leaflets are made to give people with intellectual (learning) disabilities information about medicines (medications) that are used for challenging behaviour (behaviour of concern or behaviour that challenges).



The leaflets give written information in a way so that people with intellectual disabilities can understand the information easily, but they should read these leaflets with a support staff.

There is a separate leaflet for each medicine.

They give information on:

- different names of the medicine
- different forms (tablets, liquid) of the medicine
- the main reasons for the use of the medicine
- how the medicine should be taken
- side effects of the medicine
- where more information can be found.



Another leaflet called 'When and how to take your medicine' is a form that can be filled in to meet the needs of the person. It gives information normally found on the label of prescription medicines in an easy read format. There are blank boxes on the leaflet that can be filled in on the computer or by hand.

The boxes give space for information on:

- the name of the person who is taking the medicine
- how much medicine should be taken
- when the medicine should be taken
- more information
- the name, address and contact details of the chemist or pharmacy.

How were the leaflets made?

The leaflets were initially made as part of a national guideline development project. The guideline is available to download at www.LD-Medication.bham.ac.uk. It was then updated as part of a project called 'Short-term Psycho-Education for Carers to Reduce Over Medication of people with intellectual disabilities (SPECTROM)'. The psycho-education programme is available at <https://spectrom.wixsite.com/project>.

The leaflets were made with help from people with intellectual disabilities. This helped to make sure that the information is easy to read. The leaflets were also designed to follow guidelines on how to make easy read information.



The words on the leaflets were carefully chosen so that they are easy to understand. Pictures and photographs were used from 'Photosymbols' to help make the information easy to understand.

Advice on the leaflets was also sought from health professionals who made sure that the information was correct. But the leaflets are unofficial and do not give all the information on the medicine.

Who should use the leaflets?

These leaflets can be used by anyone who is involved with using medicine to address challenging behaviours in adults with intellectual disabilities.

Example of people who might want to use these leaflets:

- people taking medicine for challenging behaviours
- doctors
- nurses
- chemists or pharmacists
- parent carers
- support staff
- community nurse
- social worker.



How should the leaflets be used?

The leaflets can be used by lots of different people and in lots of different ways.

For example,

- a doctor might want to use the leaflet to talk about the medicine they are suggesting for someone. The pictures and easy words on the leaflets might help people understand more about medicines and help them to make choices about their treatment



- the leaflets can be read by health professionals or support staff with the person with intellectual disabilities and can be handed over to them, so people have information on their medicine



- the leaflets can be used by pharmacists to give to people collecting their medicine

- The leaflets can be handed over to family carers

- The leaflets can be used for training professionals, support staff, family carers and others who will benefit from these

- The leaflets can be used for research purpose.

All the leaflets can be downloaded from <https://spectrom.wixsite.com/project>.

SPECTROM has also developed Yellow book where people can record their personal details, preferences and medicines they are currently taking. Yellow book can be downloaded from <https://spectrom.wixsite.com/project/resource>.

SPECTROM has also developed a Comprehensive Assessment of Triggers for challenging behaviour Scale (CATS) to help with the functional assessment of challenging behaviour by support staff and others.

All these materials are free to download, print and photocopy.