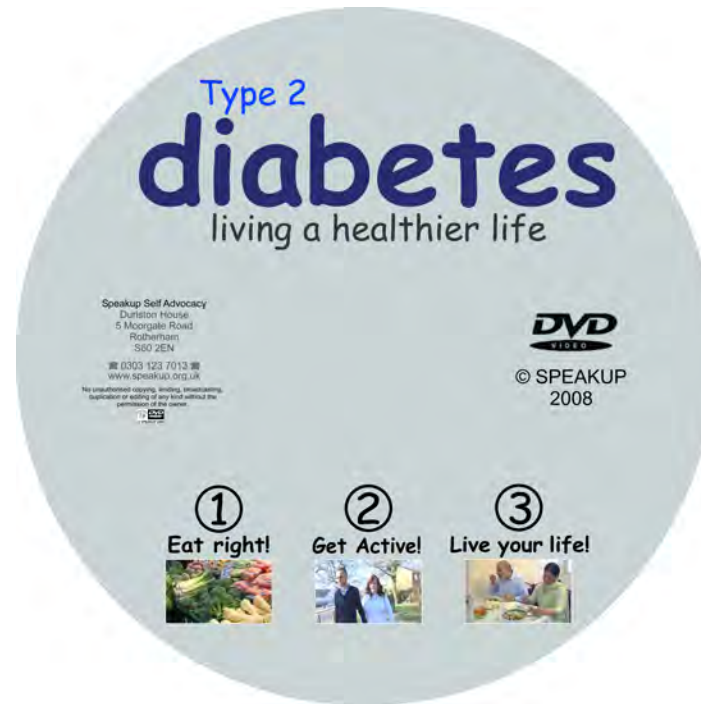


Type 2 Diabetes – DVD for people with learning disabilities



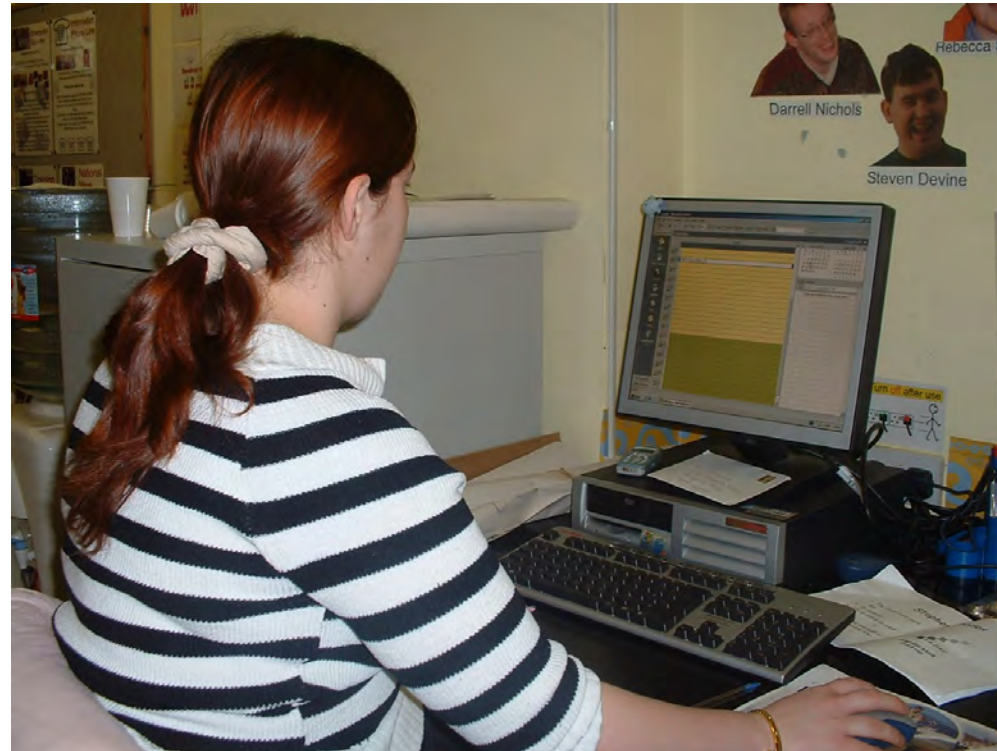
A project which shows how health outcomes for people with learning disabilities are improved by making information accessible.

Type 2 Diabetes – DVD for people with learning disabilities



Speakup is a Charity which has been working in partnership with people with learning disabilities for over 20 years.

Type 2 Diabetes – DVD for people with learning disabilities



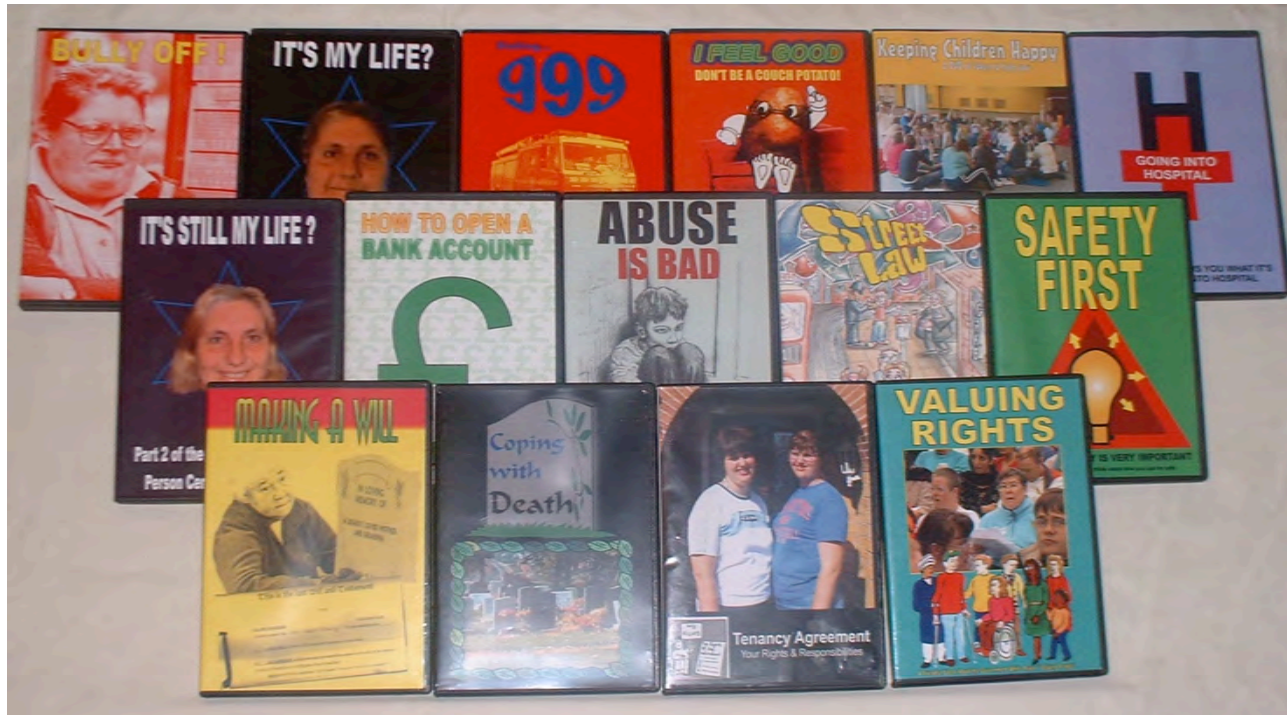
We have worked with many people on projects to make information accessible to people with learning disabilities.

Type 2 Diabetes – DVD for people with learning disabilities



We worked with health focus groups and talked to people with learning disabilities who had Diabetes.

Type 2 Diabetes – DVD for people with learning disabilities



We knew from other work we had done that accessible information was very important in improving the health outcomes for people with learning disabilities.

Type 2 Diabetes – DVD for people with learning disabilities



The ‘Big Society’ says that “When people are given the chance and treated as if they are capable, they tend to find they know what is best for them, and can work out how to fix any problems they have and realise their dreams”.

Type 2 Diabetes – DVD for people with learning disabilities



We knew that for people with learning disabilities and Diabetes there was a need for good, clear information about the condition and how they can change their diet to help them live a healthier life.

Type 2 Diabetes – DVD for people with learning disabilities



We applied to the Department of Health for funding to develop the project and produce the DVD.

Type 2 Diabetes – DVD for people with learning disabilities



Speakup was successful in being funded by the Department of Health to produce a DVD for people with learning disabilities about Diabetes.

Type 2 Diabetes – DVD for people with learning disabilities



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The charity for
people with diabetes

**Speakup and Diabetes UK worked
together on the project**

Type 2 Diabetes – DVD for people with learning disabilities



We held more health focus groups and talked to people with learning disabilities who had Diabetes.

Type 2 Diabetes – DVD for people with learning disabilities



People with learning disabilities worked in partnership with Diabetes UK to create the script.

Type 2 Diabetes – DVD for people with learning disabilities



When the script was agreed, we went out and filmed the scenes.

Type 2 Diabetes – DVD for people with learning disabilities



Filming lots of people with Diabetes being healthy and active.

Type 2 Diabetes – DVD for people with learning disabilities



Choosing the right foods to eat.

Type 2 Diabetes – DVD for people with learning disabilities



Spending a long time editing it to make sure it was clear to understand and looked good.

Type 2 Diabetes – DVD for people with learning disabilities



After we worked with the focus groups again and asked them what they thought of it. We made some changes to the DVD.

Type 2 Diabetes – DVD for people with learning disabilities



Type 2 Diabetes – DVD for people with learning disabilities














Type 2 Diabetes – DVD for people with learning disabilities



Type 2 Diabetes – DVD for people with learning disabilities

Repeat blood test 24/1/07

	Choose from this group daily	Eat in moderation 2-3 times a week only	Eat in moderation Once a week or less	Avoid eating
 Cereal food (cereal)	Wholemeal flour, oatmeal Wholemeal (or whole grain) cereal, possibly with a light oil. Don't eat refined grains cereal or processed sugar for cereal, no salt.	White bread, white flour, white rice & pasta, white biscuits, white soft sweet, white pancake.	Hydrogenated cereal. Flax seedmeal (linseed). (Oat-free bread)	Very little refined flour biscuits, especially if they are still sweetened.
 Fruit & vegetables	All fruits, except a dried vegetable (dried potato for diet only). Eat at least 5 portions per day.	Olives, avocado.	You can have vegetable but, stop if you notice a rash in your skin. Don't drink alcohol. Vodka is alcohol and 100% like for 100% if possible.	Stop for 10 days. and your diabetes could be worse and you may be unwell.
 Nuts	Almonds.	Walnuts, pistachios.	Peanut, olive, pine, almonds, pumpkin or sunflower seed. Peanut & most other nuts e.g. hazelnut, Brazil nut.	Chestnut, cashew.
 Fish	All fish & shell fish. Small (herring) e.g. sardines, herring, mackerel.	Fish that is suitable for fish finger or fish sticks (white fish). Frozen fish is all allowed, but frozen meat e.g. salmon, tuna.	Trout, lobster, crab, prawn, molluscs, scallops. Smoked fish e.g. salmon.	Fish oils, mackerel and sardines.
 Meat	Chicken, turkey (including skin), veal, rabbit, game, any poultry meat including very lean and lean beef.	Lean beef, pork, lamb, liver & gammon, very lean minced meat.	Liver, kidney, tongue, sweetbreads, Gizzard, heart, brain (not to be eaten). Don't eat liver. Lard for pan.	Smoked, salted meats, corned beef, game, venison, turkey legs, haggis, game, and other gamey meat. Some fish eggs, salmon for use in cooking dishes like.
 Eggs & dairy foods	Skimmed milk, very soft, powdered skimmed milk, cottage cheese, low fat and cheese, low fat yogurt, egg white, low fat strong cheese.	Soft skimmed milk, no more than 3 whole eggs per week including low fat hard cheese, e.g. cheddar, swiss cheese.	Milkshakes for cheese, e.g. Eden. Compton, French, Blue, cheese spread. Half fat cheese (hard). Low fat skimmed condensed skimmed milk.	Whole milk & cream, full fat yogurt, cheese, 1% reduced fat, cream cheese, evaporated or condensed milk, milkshake cream, cream egg, etc. & no more per week.
 Fats & oils	Small amount only - see notes above.	Olive oil, rapeseed oil.	Margarine & shortening (hard). High polyunsaturated or trans oil, sunflower oil, soy oil, safflower oil, rapeseed oil, peanut (ground nut oil), reduced fat & low fat spreads.	All vegetable shortening in tin and labeled high in polyunsaturated. Butter, lard, and all dripping, margarine and all vegetable oil and sunflower oil. All spreads are labeled low fat.
 Prepared foods	Only low sugar, soft, low fat homemade soups.	Home made poultry, puddings, cakes, biscuits, soups, etc. made with wholemeal flour & fat or oil or cheese, low fat ready prepared meat.	Home made soups, canned soups made with cream or skimmed milk.	Processed poultry, puddings, cakes & cream made with whole milk & fat or oil or cheese, non dairy cream puddings, soups except Pukka soups.
 Sweets, preserves, jams & spreads	Super soft milled sweetener, low fat jam & marmalade.	Jam, strawberry, lemon, low fat soft cheese, low fat spreads.	Baked cream, fruit puddings & filling. Marmite, Borden, chocolate & pudding, fish & meat paste, Pukka Marmite.	Chocolate spreads, chocolate filling, jelly, marmalade, cream chocolate, cream lard.
 Drinks	Hardy tea/coffee, coffee, natural cream free milk (unsweetened).	Alcohol (3 Units/day 100ml) (2 Units/day 100ml) Aluminium (1 Unit/day 100ml) and 15 Micrograms 100ml.	Sweetened drinks together, low fat (sugar free), and/or with added vitamins and minerals and skimmed milk.	Whole milk drink, cream based soups, ... etc & honey.
 Salt, sauces & dressings	Little or none. A small pinch of salt, pepper.	Mustard added during the preparation made with natural oil or olive. Low fat or low sodium mustard for dressing.	Prepared cheese.	High salt soups, Tobacco and other additives especially MSG & MSG, MSG, MSG, MSG, MSG.

An example of poor communication. Everyone has a copy of this, please take a few minutes to look at it and think of about 5 reasons why this is not accessible.

Bullet Points for New Clinical Solutions

Ideas to take away with you

- **Accessible information starts with very simple rules:**
Think about what you are trying to tell someone and then make the language simple.
Use minimum 14 point font.
Use Ariel, Comic Sans or FsMe.
Use pictures or photos, always put pictures down the left.
- **Try to make written information as clear as you can.**
- **Don't use Jargon.**
- **Use the Diabetes DVD.**
- **Contact Speakup for help with accessible information!**