



BORN at the **RIGHT TIME**

Bridging the gap

NHS

England

Simple
Stuff
Works



Changes to your postural care



Easy read booklet

Who we are and what we do



We are 2 groups called **Born at the Right Time** and **Simple Stuff Works**. We help people with **disabilities** and their families and carers.



A disability is when your body or mind is different. You may need help or support to do everyday activities.



We want you to answer the questions on the yellow pages of this booklet. This is called a **survey**.



NHS England gave us money to do this survey. NHS is short for **National Health Service** which gives you free help with your health.

What our survey is about



Our survey is about **postural care**.



Postural care makes sure your body is in a good position and in good shape. Your carer might use equipment to move your body to a good position.



Good postural care is important and helps you stay healthy.



We hope our survey will help you and other people get good postural care.

How to answer our questions



There are **4** ways you can answer our questions. You can

Go to this website

<https://www.surveymonkey.co.uk/r/S993WYF>



Send an email to this address

rachel@bornattherighttime.com



Write in this booklet and sent it to us at this address

**157 Lifstan Way,
Southend-on-sea, SS1 2XG**



Call this telephone number

07891 979189



Your friends or family can help you answer our questions.



You don't have to answer our questions but if you do it will help us support people with disabilities.



We won't tell other people that you have answered our questions.

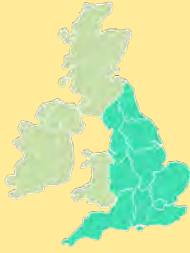


If you tell us your name and address or email address you might win £100 to spend at the online shop Amazon.

☐

Tick this box if you give **consent** for people to **read** and **use** your answers. To give consent means you say it is OK.

Our questions



1. Tell us where you live in the country.



2. Tell us who you live with.



3. Tell us how old you are.



4. Tell us who helps you to sit, stand, walk and sleep.

This might be people like your family, carers, physiotherapist or occupational therapist.



5. Tell us what helps you to sit, stand, walk and sleep.

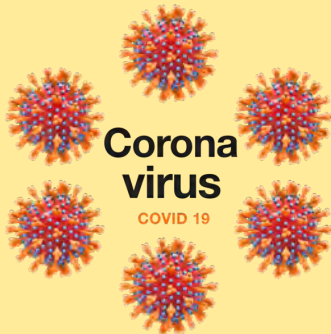
This might be things like your wheelchair, walker or sleep system.



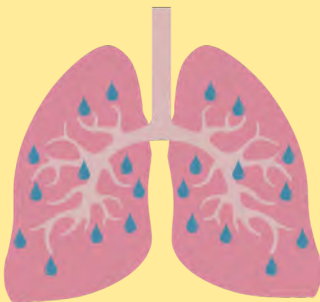
6. Tell us what keeps you busy.

This might be things like School, College, a Day Centre or work.

Our questions - changes to your postural care because of Coronavirus



Some care services changed this year because of **Coronavirus (COVID-19)**.

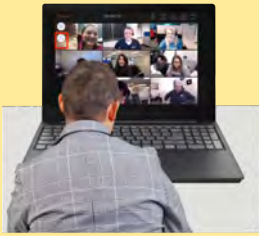


Coronavirus (COVID 19) is a new illness affecting people all over the world. It affects your lungs and breathing.



7. Tell us the parts of your postural care that changed because of COVID 19.

This might be things like your wheelchair services, hospital appointments, physiotherapy, or your sleep system.



8. Tell us how these parts of your postural care changed.

This might be things like how long you waited for care, how many people you saw, and where you saw them.



9. Tell us about any good changes to your postural care.

Our questions - how these changes made a difference to you



10. Tell us how these changes made a difference to you.

This might be things like more pain, you moved more or less, or the equipment you used to support your body.



11. Tell us why these changes made a difference to you.



12. Tell us if anything changed between you and the people who support you because of COVID 19.

This might be changes between you and your family, carers, therapists, or other services that support you.



13. Tell us how any changes to your postural care will affect you in the future. If there aren't any changes you don't need to answer this question.

Our questions - your future care



14. Tell us how you want your body to be supported and positioned.



15. Tell us anything else about yourself that might be helpful.

Thanks for answering our questions.

Try to win £100 to spend at the shop Amazon



If you tell us your name and address or email address you might win £100 to spend at the online shop Amazon.



Tell us your email address.



Tell us your name.



Tell us your address.

Your consent

☐

Tick this box if you give **consent** for us to **talk to you more** about your answers. To give your consent means you say it is OK.

Thank you to A2i for the words
www.a2i.co.uk (reference 32829)

The full version of this document is called
“Postural care provision for those with learning disabilities in
the age of Covid; a people-focused project..”