

**Health Services:  
Experiences of Parents  
with Learning Disabilities**

Anup Sen – Specialist Parenting Service

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**Agenda**

- What we wanted to know
- How we found out
- What we heard
- What we are going to do



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- My name is Anup
- I am a trainee clinical psychologist
- I study at university of Plymouth
- I work for the specialist parenting service in lovely Cornwall
- This is my cat Edward

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**What we  
wanted to  
know**


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What are health and care services like for parents with learning disabilities?

👍      👎

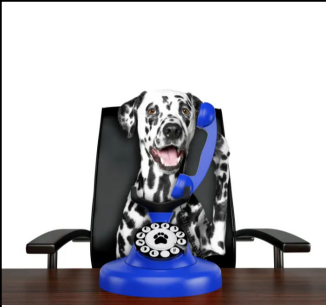
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How we found out


Planning!  
...and lots of tea

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- Called parents with learning disabilities
- A room in Truro to meet
- A person to help ask questions
  - Taxis
- ... and lots more tea!

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Art

Drawing what they thought



Colours for how they felt



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### Social Services

<b>Good</b> <ul style="list-style-type: none"><li>• Helped me to access other services</li><li>• Helped me to run my home</li><li>• Told me how it is</li></ul> 	<b>Not so good</b> <ul style="list-style-type: none"><li>• Difficult to trust</li><li>• Didn't feel listened by them</li></ul> 
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### Nurseries

<b>Good</b> <ul style="list-style-type: none"><li>• Listened and worked with me</li><li>• Made my child feel happy</li></ul> 	<b>Not so good</b> <ul style="list-style-type: none"><li>• Not all nurseries were as good</li></ul> 
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### Health Visitors (Nurses)


<b>Good</b> <ul style="list-style-type: none"><li>• Supportive, kind and helpful</li><li>• Told me what I was doing well</li><li>• Helped with other services</li></ul> 	<b>Not so good</b> <ul style="list-style-type: none"><li>• Some didn't know I had a learning disability, even though it's on my file</li><li>• Didn't see them very often</li></ul> 
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## Dentists


**Good**

- Did a good job
- Helped me when I was nervous
- Gave me communication tools



**Not so good**

- Long waiting lists to join the dentist (7-9 years)




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## Doctors and Hospitals


**Good**

- Joint appointments (Parent & Child)
- Call back system with GP
- Easy access to children's ward



**Not so good**

- Getting appointments, different doctors
- Not always listened to
- Transport to hospital is difficult
- Online appointments
- Waiting in cues




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## Midwives


**Good**

- Understanding and supportive
- Preparing me for my baby



**Not so good**

- Appointments too early
- Appointments at different places
- Didn't help with transport to appointments



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## Chart



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What we are going to do



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We are writing a report to share with more people

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We want to share what we heard with NHS leaders



**Cornwall Partnership**  
NHS Foundation Trust



**Royal Cornwall Hospitals**  
NHS Trust

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Last but not least!  
We want to hear from you!

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