

Coronavirus vaccine

How to ask for extra support (reasonable adjustments) when having your vaccine



People with a learning disability have a right under the law to ask for 'reasonable adjustments' when getting healthcare.

'Reasonable adjustments' means extra support.



This extra support removes barriers that might stop you from getting good healthcare because of your disability.



Having extra support put in place should help you feel more confident about having the vaccine.



This is the NHS calling to make a Covid-19 vaccine appointment

When your GP surgery contacts you about the vaccine, let them know you have a learning disability and if you will need extra support or reasonable adjustments.



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You could ask to have a chat with your GP or nurse about what support you will need.



You could ask to speak to your **community learning disability nurse** to find out if they can help you have extra support put in place.



If you have a **hospital passport**, you might find it helpful to ask the GP or community learning disability nurse to read it, so they know how best to communicate and support you.



Think about what extra support you might need when you have your vaccine.



Think about what things would make it **harder** for you to have the vaccine.



If there are things that would stop you being able to have the vaccine, ask them not to do it.



Think about what things would make it easier for you to have the vaccine.



You can ask them to do something differently if it helps you to have the vaccine.



Here are some ideas for extra support (reasonable adjustments) you might want to ask for.



You might not need all of these reasonable adjustments made for you.

So think about which ones would help you most.



You might find it helpful to write your ideas down or ask someone to help you write a **My Vaccine Plan**.

Making your vaccine appointment



If you think you will need more time when having your vaccine, you could ask for a **double appointment**.



Let them know **what time is best for you** to have the vaccine.

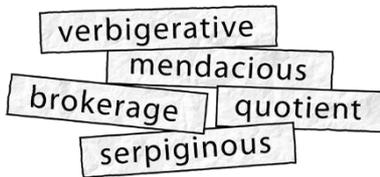


If you find waiting in a queue hard, ask if you can have your vaccine **early in the morning** or at the **end of the day**.

Accessible information



If you would like accessible information about the vaccine, ask if they can give you information in **Easy Read**.



If they give you information that includes hard words, ask them to explain things **using simple words and no jargon**.

When you go for the vaccine



You might want to ask if you can bring a **family member or support worker** with you when you have your vaccine.



If you find it hard to wait in a busy area, ask if they have a **quiet room** you can wait in before and after the vaccine.



If you don't like noisy places, bring some **noise cancelling headphones** with you to wear.

If you don't like needles



Let the nurse know if you are **afraid of needles (needle phobia)**.

They might have some ideas on how they can make you feel more relaxed.



If you're afraid of needles, ask them to **hide the needle** when you come in so you don't see it.

Or you could ask if they could put a **screen** around your arm so you don't see the needle.



You might find it helpful to play a game or listen to some music on your **iPad or Mobile phone** to help distract you.



If you don't want to feel the needle, ask if the vaccine nurse can put some **numbing cream** on your arm.



You might want to bring something with you that helps you feel **happy and calm**.

This could be an object that is special to you and makes you feel relaxed.



Feel free to come up with your own ideas!



Some people will need the health service to do things in a very different way to make sure they can get the vaccine.



If you think it would be too hard for you to have the vaccine at a vaccination centre, hospital or GP surgery, ask if you can have it done at **home**.



If you're coming by car or taxi to a vaccination centre but feel nervous going inside, ask if they can do the vaccine through your **car window**.



If you think you'll need lots of support, ask if your **community learning disability nurse** can support you at your vaccine appointment.



Remember – it is your right to ask for extra support (reasonable adjustments) when having your vaccine.



The NHS, and the people who work in it, like doctors, nurses and receptionists, have a duty under the law to make sure disabled people can use healthcare services.