

# TALKING BOOKS



**Lincolnshire  
Talking Books**

## **If you are interested in becoming a book**

- You and a supportor will go into a chosen doctors surgery
- You will sit somewhere that staff will be able to come and ask you questions (staff room)
- You will answer questions from staff about what it is like to life with a learning disability and how this might effect you making and attending appointments

## What is a Talking Book?



- This is when a person pretends to be a book and lets other people read them. People working at the GP surgery can talk to the person and ask questions or share ideas.
- They can find out from the person how to communicate better, how people may like to follow their health action plan, what makes things easier or any difficulties people have when visiting the doctors.
- It helps to give people a better understanding of what it is like to live with learning disabilities.
- Help to breakdown any barriers
- Getting you views heard

## **Things you might like to talk about with staff**

Prompt cards



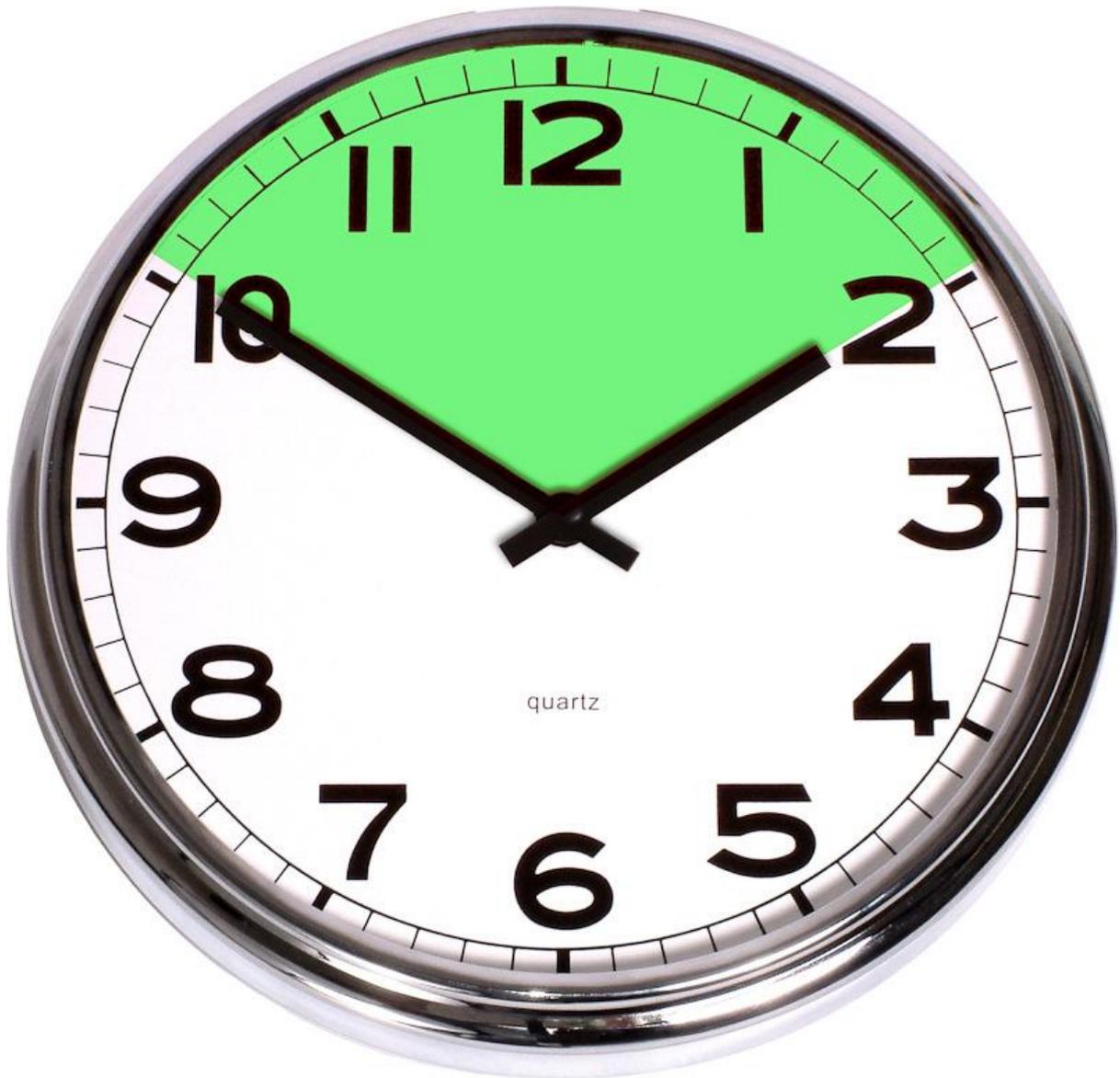
**Please take time to listen to me it might take me longer to tell you something. You might need to ask me questions**



**I like to have easy read information- this means information with pictures, no big words and no jargon**



**Take time to explain things to me I might be worried so you need to help me understand reassure me**



- Don't rush me
- Check that I have understood what has been said



**If I am with a supporter or carer please talk to me first**

## **What to do**

- You can choose not to answer any questions that you feel uncomfortable or they don't want to share that information
- You can ask the supporter for help at anytime
- You should be yourself, be honest, open to talk and listen carefully.
- Be prepared to say the same thing more than once, as different people might ask the same question.
- It's worth thinking about your story before you go. Have an idea of what message you would like to get across.
- Most of all enjoy being a book. It can be a very rewarding and interesting experience for you and the staff.
- take your time
- really listen to the question

## **What not to do**

- talk over people
- don't be rude
- don't go to your own surgery
- talk too fast

**James Bell explaining to everyone how they should act and talk to the staff**

**David to talk about his experience and some good ideas on what to talk about**

**Role play**

**What is expected of you?**

- You and your supporter would have to be able to get to the surgery yourselves
- That you would be able to spend two hours at the surgery and fill in an evaluation form afterwards
- That you would be prepared to visit two or more surgeries

**Any questions?**

**Would anyone like to become a book?**

- Contact details
- Speak to them and the supporter
- Decide if the person is eligible to take part and check their availability and where they would be able to travel to



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