



Easy-read guide

Get me to hospital



Contents



Page 3 - What this guide is about



Page 4 - How to plan for getting to hospital



Page 7 - How to share and use your plan



Page 9 - What if I don't want to go to hospital?



Page 12 - Capacity



Page 14 - Restraint



Page 17 - Who made this guide?



Page 20 - Helpful links



What this guide is about

If people are very poorly, they may need to go to hospital.



If a person who is very poorly does not go to hospital, they can die.



This guide is about helping people with a learning disability who:



- May not want to go to hospital.
- May not be able to decide if they need to go to hospital.



This guidance is about how to keep you or someone you love safe and stop people from dying too soon.



How to plan for getting to hospital

To keep you or someone you love safe, it is a good idea to have an emergency plan about getting to hospital.



It is best to make this plan when you are feeling healthy and have time to think about what you want and need.



You should make your plan with the help of people you trust and who know you well. You could also talk to your doctor or health and care worker.

Your plan should talk about



How you want to be helped to get to hospital.



What you want ambulance staff to say or do, if you don't want to go to hospital when you are very poorly.



Who you want to go to the hospital with you.



What people can do to help you feel safe and calm.



To help you to get to know more about your local hospital:



You could visit the hospital and have a drink in the café.



You can look at pictures of hospital.



You can look at information about what happens if you need to go.



This may help you to feel more prepared if there is an emergency.



How to share and use your plan



You can go to see your doctor or any health and care worker.



You can talk to them about your emergency plan for getting to hospital and the reasonable adjustments you need.



Reasonable adjustments are changes made to help disabled people do the things they need to be healthy, safe, and happy.



You can ask for your plan and reasonable adjustments to be added to the **Reasonable Adjustments Digital Flag**.



The Reasonable Adjustments Digital Flag records the support you need and shares it with health and care staff, so you only have to explain it once.



Ambulance staff can use the Reasonable Adjustments Digital Flag to check the support you need in an emergency.

You can also:



Keep a copy of your emergency plan where you live.



Give a copy of your plan to your family or support worker.



Ask family members or support workers to tell ambulance staff about your plan, if you can't do this yourself.



What if I don't want to go to hospital?



Some people with a learning disability have died too early, because they didn't want to go to hospital.



Sometimes staff don't know what to do, when someone says they don't want to go to hospital.



This happened to a lady called Jackie.

Jackie was too scared to go to hospital.

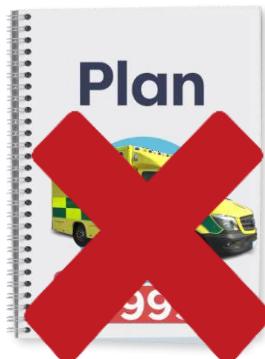
She sadly died.



Jackie may not have died if she had gone to hospital.



If you don't want to go to hospital but you have a plan in place, staff need to follow your plan.



If you don't have a plan, then people will need to make quick decisions.



These decisions will often be made by people like ambulance staff, carers, support workers, and family members.



People need to:

Help you understand what will happen if you don't go to hospital.



Ask for help from family, friends, and people who know you best.



Contact the person who has legal power to make decisions for you.

This might be your attorney, deputy, or someone the court has chosen.



Look at your hospital passport to understand how best to support you.

A hospital passport tells staff who you are and what you need.



Make reasonable adjustments to help you understand and get the help you need.



Capacity

Sometimes, people may need to decide if you're able to choose not to go to hospital.



Capacity means how well you can understand information and make your own decision.



If people decide that you do not have capacity, they will make a decision in your best interest.



Best interest means what is best for you, not for anyone else.



This may mean taking you to hospital, even if you don't want to go.



These are very big decisions for people to make.



People should help you to make your own decisions, as much possible.



If people do make these decisions for you, they need to follow the **Mental Capacity Act**.



The **Mental Capacity Act** is a law that helps people who find it hard to make decisions.



For more information about capacity and the Mental Capacity Act, here is an easy read guide. [Easy Read: Mental Capacity Act](#)

Restraint



Restraint means holding someone or stopping them from moving.



Restraint can be used if people are seen as unsafe and they could be a danger to themselves or other people.



Sometimes it can mean giving a person medicine to make them calm.



It is used to make people do something they don't want to do.



People can be hurt and **traumatised** from being restrained.



Traumatised means when a person's body and mind still feel bad a long time after something very scary, upsetting, or painful happens to them.



If restraint is used to get someone to hospital, it must always:



- be the last option
- be as gentle and short as possible
- be explained to the person
- be in the person's best interests.



People must follow the law of the Mental Capacity Act when deciding to use restraint.



Staff must write a record of what they did and why.



There is no clear rule about who can restrain someone to get them to hospital.



Ambulance staff and police often can't use restraint for this.



Trained care staff or family members who know the person best may be the people who do the restraint.



Who made this guide?



The Social Care Institute for Excellence (SCIE)



SCIE works with families, health, social care, and housing staff to make and share information on how to give people the best care.



Inclusion North Stop People Dying Too Young Group



The Inclusion North Stop People Dying Too Young Group are people with a learning disability, autistic people, and family carers.



They work together to look at why too many autistic people and people with a learning disability die too young.



They do work to raise awareness and help people have better health and wellbeing.



The group worked with SCIE to help make this guidance.

They co-produced this easy-read version.



What do people say about getting to them to hospital?



Suzie Fothergill is a person with a learning disability and health needs.

Suzie is a part of The Stop People Dying Too Young Group.



This is what Suzie told us about needing help from other people to get her to hospital.



“When I’ve been in awful pain in the past I’ve wanted to die. I’ve not seen the point in carrying on. But when I’m not in pain I don’t feel like that. I know I don’t think straight when I’m in pain and I’m scared. I need people to make hard decisions for me to keep me safe.”

Helpful links



[Easy-read: Mental Capacity Act](#)

[Easy-read: Human Rights](#)

[Video about going to hospital](#)

[Message in a bottle](#)



social care
institute for excellence

Contact info@scie.org.uk

First published in Great Britain November 2025 by the Social Care Institute for Excellence

© SCIE All rights reserved

Social Care Institute for Excellence
Isosceles Head Office, One High Street
Egham TW20 9HJ



www.scie.org.uk