



# #MyGPandMe: Building Better Together

easy read



## About this survey



We would like to ask you how easy it is for you to get health care.



We will use the answers you give to help people with learning disabilities and/or autism to get to see their doctor.



You only need to tell us about how you found going to the GP surgery.



You do not need to tell us why you needed to see the doctor.



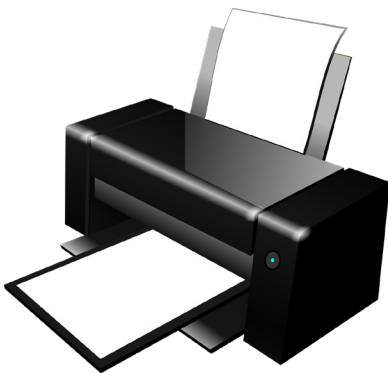
We promise to keep your information safe. If we want to share what you have told us we will ask you first.



## How to fill in the survey



You can fill in this survey on a computer.



You can print out the survey and write your answers.

A survey form titled 'Please fill in this easy read form'. It has three sections: 'Your name' with a person icon, 'Address' with a house icon, and 'Phone' with a mobile phone icon. A large red arrow points from the form to the right.

We will tell you where to send your survey on page 18.



Some of the questions ask for longer answers. You can write a longer answer when you see this picture.



## Seeing the doctor or healthcare person



Please tick the right answers for you.



I usually see my doctor or a healthcare person on my own.



I usually see a doctor or a healthcare person with a family member, friend or support worker.



I usually go to the GP surgery or health centre.



My doctor or healthcare person comes to visit me at home.



## About the GP surgery or health centre



Please tick the answers you agree with.



The GP surgery or health centre meets my needs.



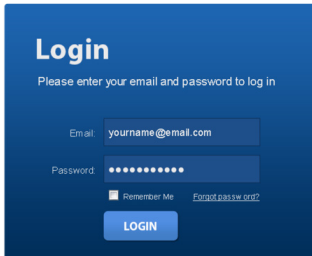
It is easy for me to move around the GP surgery or health centre on my own.



It is easy to speak to reception staff at the GP surgery or health centre.



I tell the doctor I am there by speaking to reception staff.



I tell the doctor I am there by using a computer to log in.



I need more help at my GP surgery or health centre than I do when I go to other places.



It is easy to understand signs at my GP surgery or health centre and I know where to go.



There is too much noise or light at the GP surgery or health centre and I find it hard to cope.



I like the waiting room at my GP surgery or health centre.



# What I think about my GP surgery or health centre



Please think about when you have been to visit your GP surgery or health centre before.



Please write here what is good about your GP surgery or health centre.





Please write here what you think are the bad things about your GP surgery or health centre.







## How I feel going to the GP surgery or health centre



Please tell us how going to your GP surgery or health centre makes you feel.

Tick all the answers you agree with.



Happy



Upset



Relaxed



Stressed



Worried



ill



Healthy



Independent. I can do this on my own.



Annoyed



Unsafe



GP Surgery

# About the GP surgery or health centre building



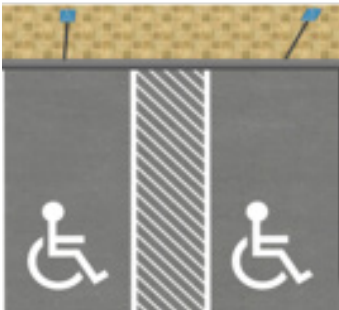
GP Surgery



Please tell us which areas of the GP surgery or health centre you think are good.



Please tick all the things you think are good.



Car park



Entrance



Reception



Waiting room



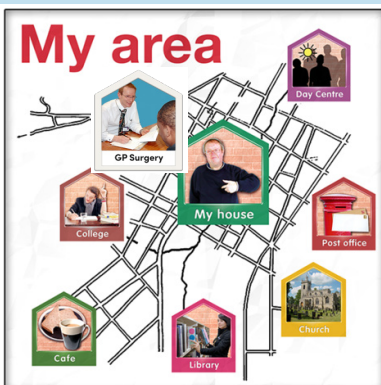
Toilets



Corridors



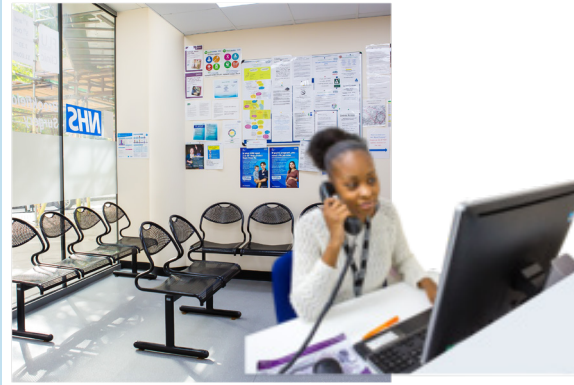
GP or nurse's room



Where it is



## About things inside the GP surgery or healthcare centre



Please tell us which things inside the GP surgery or health centre you think are good.



Please tick all the things you think are good.



Lighting.

These are things like windows, blinds or lights.



- Noise.  
These are things like phones ringing, people talking and music.



- Decoration.  
These are things like the colour of the walls, posters and seats.



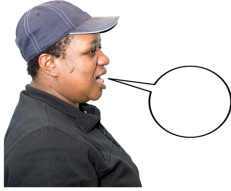
- Tidiness.  
These are things like how neat the magazines are and if there is space for you to get around.



- The things to do while you wait. These are things like magazines to read, a radio to listen to or a TV to watch.



## How my GP surgery or health centre could be great



Please tell us what your GP surgery or health centre could do better.



Please write your answer here.



## Working with you more



We would like to do more work with you so we can understand more about what you need.



Please tick how you would be happy to work with us more.



Talk to us.



Speak to us in a group with other people who have filled in this survey.



Talk to someone in private with more information about your answers.





## How we can contact you



If you would be happy to work with us more please tell us more about you.



My name

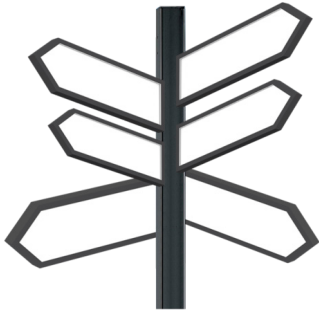


My contact number



My address





## What to do now



Thank you for your answers.

They will help us to understand what makes a visit to a GP surgery or health centre good.



You can email your survey to us at [mygpandmebuildings@dimensions-uk.org](mailto:mygpandmebuildings@dimensions-uk.org)



Or you can post it to us:

MyGPandMe  
Dimensions  
Building 1430,  
Arlington Business Park  
Theale,  
Reading  
RG7 4SA



If you want to find out more about our health campaign please visit [www.dimensions-uk.org/mygpandme](http://www.dimensions-uk.org/mygpandme)

# Proving life can get better

Dimensions provides evidence-based outcomes-focused support for people with learning disabilities, autism and complex needs. We help people to be actively engaged in their communities.



Find out more about #MyGPandMe

Website: [www.dimensions-uk.org/mygpandme](http://www.dimensions-uk.org/mygpandme)

Phone: 0300 303 9001

Email: [enquiries@dimensions-uk.org](mailto:enquiries@dimensions-uk.org)

Twitter: @DimensionsUK

Facebook: DimensionsUK

Dimensions

Building 1430, Arlington Business Park, Theale, Reading RG7 4SA

Dimensions (UK) Ltd is a charitable registered society number 31192R  
Building 1430, Arlington Business Park, Theale, Reading RG7 4SA.