



Guidance on Supporting Women with Disabilities to Use the Breast Screening Programme

BreastCheck have prepared a set of resources to assist women with intellectual disabilities to use our Breast Screening Programme.

These resources were developed with experts by experience – women with intellectual disabilities, and their support staff.

The resources may be helpful to other women too, for example, women with English as a second language, or women with communication or literacy support needs.

The resources are targeted at different stages of the screening process, so you will need to decide which are relevant and appropriate to the individual you are supporting.

Easy to Read and Plain English resources may not be suitable for everyone. They require a person to have a level of symbolic understanding if they are to be meaningful. You may need to adapt and personalise these resources to suit the person you are supporting.

Resource 1- About Breast Screening: This is an Easy to Read leaflet explaining BreastCheck, breast cancer and breast screening. It covers the consent process and gives brief information on having a mammogram. This leaflet is designed to be an introduction to the screening process. It is most relevant to women at the start of their journey with BreastCheck.

Resource 2 – About Breast Screening – Plain English version: This is a version of Resource 1 for women that prefer materials without images.

Resource 3 – Going for a mammogram: This is a photo story which takes you through the experience of having a mammogram, from receipt of appointment to attendance at the unit. It explains each stage in detail with photos of real people in real environments. It is designed to support women that receive an appointment and

want to know more about having a mammogram. The aim is to reduce anxiety by providing clear information about the things that are important to persons with disabilities.

Resource 4 – Going for a mammogram – Plain English version: This is a version of Resource 3 for women that prefer information without images.

Resource 5 – Going for a mammogram – the video: This is a simple video which reiterates the information in the photo story. It is designed to support women who prefer to have information in this format.

Resource 6 – I need more tests - what happens now: This is a short, Easy to Read guide for women that require more tests after their mammogram. It explains what happens next. It is appropriate for women that do not receive a normal result after their mammogram.

Resource 7 - I need more tests - what happens now – Plain English version: This is a version of Resource 6 for women that prefer information without images.

Resource 8 – Checking your Breasts: This Easy to Read guide is suitable for women of all ages. The woman does not have to be involved in our breast screening programme. The guide gives a simple explanation of how to check your breasts and to reduce your risk of breast cancer.

Resource 9 – Checking your Breasts – Plain English version: This is a version of Resource 8 for women that prefer information without images.

Resource 10 – Having more tests – Currently being developed: This is a photo story which takes you through the experience of having more tests, from receipt of results letter to attendance at the hospital. It explains each stage in detail with photos of real people in real environments. It is designed to support women that need more tests and want to know what will happen next. The aim is to reduce anxiety by providing clear information about the things that are important to persons with disabilities.

Resource 11 – Having more tests – Plain English version - Currently being developed: This is a version of Resource 10 for women that prefer information without images.

