

Guidance Sheet

Sort it out

How to use the booklet



Who is this booklet for?

This booklet is for people with intellectual disabilities who might be finding it difficult to cope in the current circumstances.

Who can help talk through this booklet with people with intellectual disabilities and how do they to do it?

This guide is for people who can help talk through the booklet with the person with an intellectual disability. These can be family members, friends, or support staff. The booklets are also suitable for social care staff and health professionals and have been developed and tried out in a national research project. Although the booklets were designed to be accessible, many individuals with intellectual disabilities will have few, if any, literacy skills. Even if individuals do have literacy skills, the idea of the booklet is to give the person a chance to talk through their feelings with someone else. This means that the support person has a key role.

The booklet can be talked through in a number of ways depending on the individual circumstances of the person with intellectual disabilities. You can meet face-to-face if social distancing restrictions allow, or by phone using a printed or online copy. You can also use online video links such as zoom or skype or mobile phone apps, if you and the person with intellectual disabilities have internet or enough mobile data.

It will take between 40 minutes and one hour to go through the booklet. Take your time.

What is this booklet about and how can it help?

This booklet is about problem solving. The idea is to help the person learn about an effective way of solving their problems that they can use in their everyday lives. Being able to deal with your problems can make you feel less helpless and more in control of your life. The main aims of this booklet are to help the person understand the benefits of problem solving and learn how to do it.

How do you bring the booklet to life for the person feeling down?

This booklet shows how to use a five stage plan to help solve problems in everyday life. To make the booklet engaging there is a story about how one character, Sarah, used this plan to try to solve one of her problems. Try to bring the example to life for the person you're talking to. Ask how the experiences of the character in the story relate to their lives.

Ask the person to tell you about their current difficulties and help them to problem solve in the same way. Give the person a chance to talk about their life and give their point of view. Don't rush through the booklet, stop and talk about the different points the person brings up. Remember to read out all the words shown in the pictures. Pause and check the person's understanding after completing each section of the booklet.

Building a trusting relationship with the person you are trying to help makes a real difference to how they feel. So it is crucial to listen carefully to what they are telling you and to try to understand their point of view.

If the person becomes upset

The booklet is for people who might be feeling a bit upset or who are struggling emotionally. So it's understandable if people become a bit upset when talking about their feelings. However, if there are serious concerns about someone's mental health or if they are at serious risk of harming themselves or others then their doctor should be contacted.

Other booklets and resources

Before you use this booklet read through the Introductory booklet with the person you are supporting. It tells you about the other booklets you can look through. They show different ways of helping the person to feel better. You will find these other resources at the Scottish Commission for Learning Disabilities www.sclld.org.uk/information-on-coronavirus/ and at NES Scotland <https://www.nes.scot.nhs.uk>. In Canada, you can find additional resources at <https://www.camh.ca/covid19booklets>.

This booklet has been adapted from StepUp, a guided self-help intervention for people with intellectual disabilities and depression. You can look at the online training for StepUp which includes video clips.

Online modules and the manual on StepUp can be found at NES, Scotland,

<https://learn.nes.nhs.scot/15095/learning-disabilities/talking-therapies-for-depression-step-up>

And NHS Education England.

<https://www.e-lfh.org.uk/programmes/intellectual-disability-and-depression-talking-therapies/>

Feedback

If you have any feedback or thoughts about the booklets then we would really like to hear from you. You can contact

ihw-cope@glasgow.ac.uk



This resource has been adapted by CAMH to be used in Canada with permission from the University of Glasgow.

For more information, please contact hcardd@camh.ca