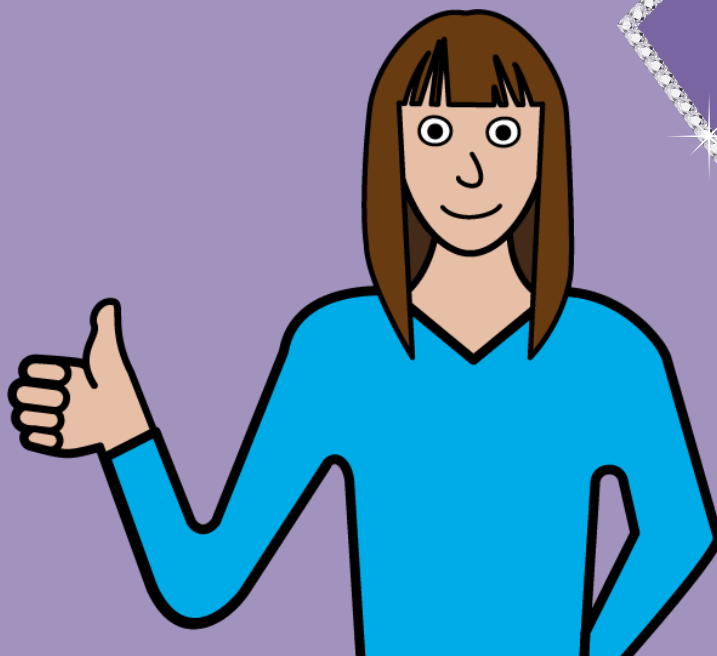


# Learning Disability Menopause Passport

Name

Date



---

<b>My details</b>	<b>3</b>
<b>Communication</b>	<b>4</b>
<b>Home environment</b>	<b>5</b>
<b>Sight &amp; hearing</b>	<b>6</b>
<b>Reasonable Adjustments</b>	<b>7</b>
<b>What are periods?</b>	<b>8</b>
<b>What is the menopause?</b>	<b>9</b>
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The Learning Disability Menopause Passport should be filled out by you and the people who know you well.

The passport will help you understand more about menopause and share information about you.

By ticking the box below you are giving permission for the information to be shared with health and care staff who look after you. This is called giving consent.

Tick this box if you agree to this.

To people helping to look after me. This menopause passport has information about me, to help you support and care for me.



My name is:

I like to be called:



My pronouns are: (pronouns are when we refer to someone without using their name i.e. he or she)

he / his

they / them

she / her

other...



What languages I speak...

It is best when you speak to me to:

Use clear and simple words

Take your time so I can understand information

Ask me what I need

Listen to me

The best way to give me information is:

Standard form

Pictures

Easy read

Audio or film

With support for a carer,  
advocate or family member

Other....

The best way to contact me is by:

Telephone

Email

Text

Letter

Other...



I live with:

My partner

On my own

In supported living

In shared house

With family

Other...

How I take medicine:

You can tick more than one box...

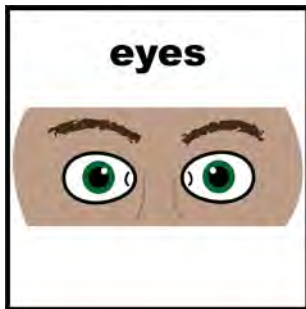
Whole tablet

Crushed tablet

Injection

Syrup

Other...



Seeing:

I have problems with my sight

I wear glasses

I have poor sight

I am partially sighted or registered blind

More information on my sight....



Hearing:

I have problems with my hearing

I wear a hearing aid







I lip read

I use sign language

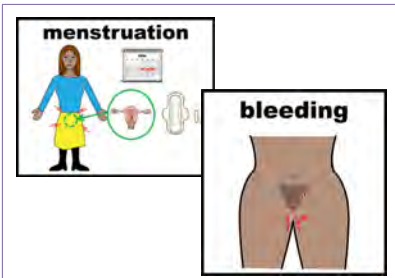
I use makaton

I am deaf

More information on my hearing

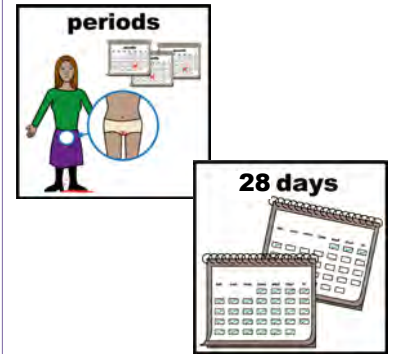
	<p>The law (Equality Act 2010) says health and care organisations must make sure their services are accessible for people with disabilities or long term conditions.</p>
	<p>These are called reasonable adjustments.</p>
	<p>Reasonable adjustments are individual to a person and their needs.</p>
	<p>Examples of reasonable adjustments are:</p> <ul style="list-style-type: none"> <li>• Providing easy read information</li> <li>• Installing a ramp</li> <li>• Providing a quiet waiting room</li> <li>• Providing a longer appointment time.</li> </ul>
	<p>Reasonable adjustments can be complicated and need lots of planning for people who have complex needs.</p>
	<p>It is important to talk to your health and care professionals and tell them about any reasonable adjustments you.</p>

You can write down any reasonable adjustments you need here:



A period is part of the menstrual cycle when women and girls bleed from their vagina.

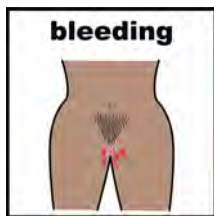
Some people also call it menstruation.



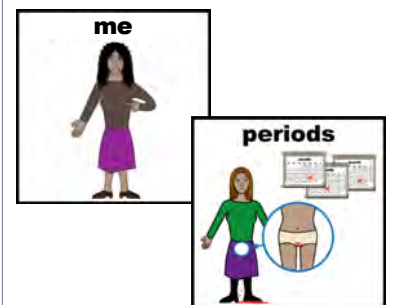
For most people a period happens regularly every 28 days.

But they can start sooner or later than this.

Periods last about 5 to 7 days.

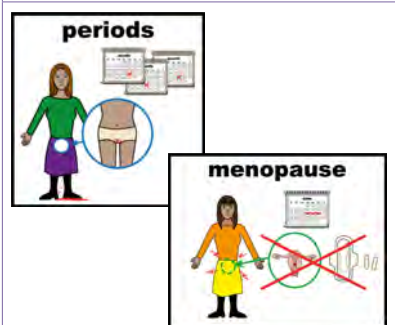


Your period will start off with heavy bleeding and will become lighter as your period is coming to an end.

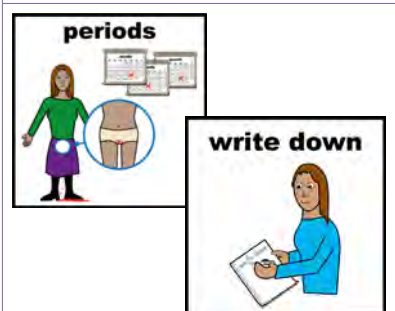


Everybody can experience periods differently.

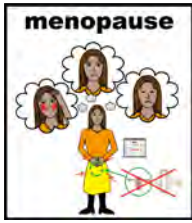
It is important to understand what is normal for you.



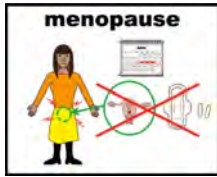
Your periods should come regularly every month until you go through the menopause.



If anything changes with your periods you should speak to your doctor or nurse.



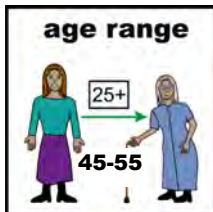
The menopause happens to all women at some point in their lives.



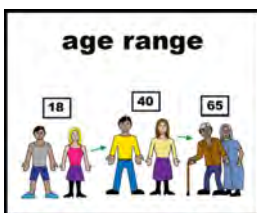
Your ovaries stop producing the hormone oestrogen.

Naturally your body stops producing oestrogen. Your periods come less often.

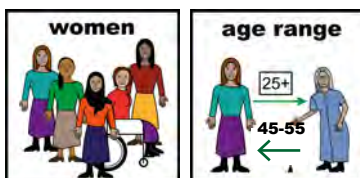
Eventually they will stop. When you have not had a period for a year this means you have gone through the menopause.



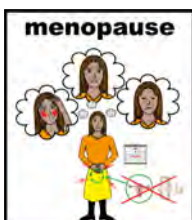
This usually happens between the ages of 45 to 55.



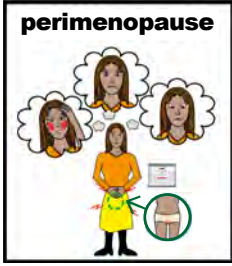




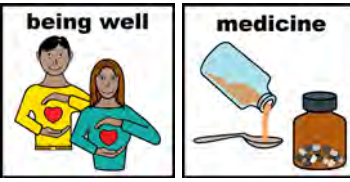
For some women it can happen at a younger age.



Women with a learning disability may be more likely to go through the menopause at an earlier age.

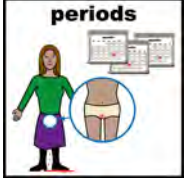












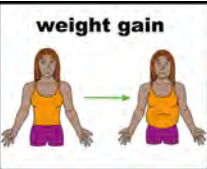




Menopause can also happen for other reasons such as surgery, cancer treatments or a genetic reason.







 <p><b>perimenopause</b></p>	<p>The perimenopause is when you have the symptoms of the menopause but your periods have not stopped yet.</p>
 <p><b>symptoms</b></p>	<p>There are lots of symptoms women might get when going through the perimenopause and menopause.</p>
 <p><b>symptoms</b></p>	<p>These symptoms can start a long time before your periods stop.</p>
 <p></p>	<p>These symptoms can sometimes affect your life, work and relationships.</p>
 <p><b>being well</b>      <b>body and mind healthy</b></p>	<p>There are things you can do to help keep well when going through the menopause or perimenopause.</p>
 <p><b>being well</b>      <b>medicine</b></p>	<p>There is also medicines you might be able to have to help with your symptoms.</p>

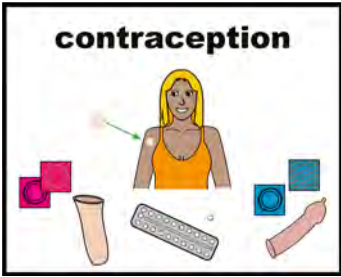
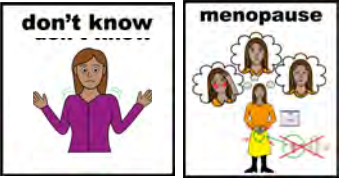
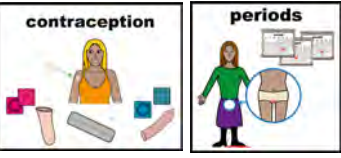



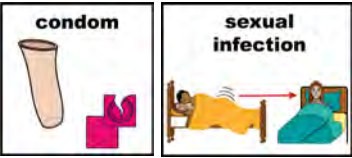
# Symptoms

These are some common symptoms of the perimenopause. Most women have some of these symptoms.


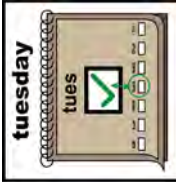


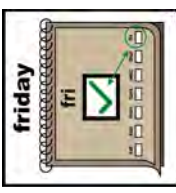
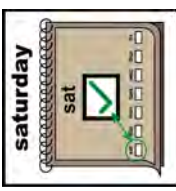







	<p><b>Changes to your periods</b></p> <ul style="list-style-type: none"><li>• Your periods become irregular</li><li>• Your periods eventually stop.</li></ul>
	<p><b>You might have:</b> Mood swings</p>
	<p>Low mood</p>
	<p>Feeling more emotional</p>
	<p>Anxious or worried</p>
	<p>Not finding enjoyment in things you used to</p>
	<p>Hard to remember things</p>
	<p>Difficulty concentrating</p>




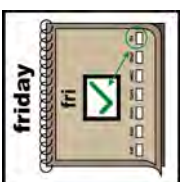
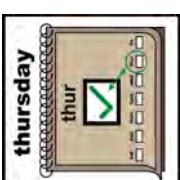





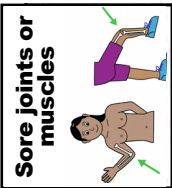



<p><b>hot</b></p> 	<p><b>You might have:</b></p> <p>Hot flushes</p>
<p><b>sweating</b></p> 	<p>Night sweats</p>
<p><b>tired</b></p> 	<p>Difficulty sleeping and tiredness</p>
<p><b>weight gain</b></p> 	<p>Weight gain</p>
<p><b>headache</b></p> 	<p>Headaches or migraines</p>
<p><b>hair loss</b></p> 	<p>Thinning hair</p>
<p><b>did not enjoy sex</b></p> 	<p>You might not want to have sex as much.</p>
<p><b>vagina</b></p> 	<p>Your vagina might be dry, itchy or hurt when having sex.</p>

 <p><b>urine sample</b></p> <p><b>toilet</b></p>	<p>Urine infections. These are infections which mean you need to wee more, and it can be painful when you wee.</p>
 <p><b>joints and bones</b></p>	<p>Joint or muscle pain.</p>
 <p><b>heart beating fast</b></p>	<p>Heart palpitations. This is when you feel like your heart is pounding or beating too fast.</p>
 <p><b>symptoms</b></p>	<p>Symptoms can last for months or years. Your symptoms can change.</p>
 <p><b>changes in behaviour</b></p>	<p>Have you experienced any changes to your behaviour?</p> <p>Yes</p> <p>No</p> <p>Don't know</p>
 <p><b>write down</b></p>	<p>What are these behaviour changes?</p>

	<p>If you are using a hormonal contraception such as:</p> <ul style="list-style-type: none"> <li>• The pill</li> <li>• Hormonal coil</li> <li>• Contraceptive implant</li> <li>• Contraceptive injection</li> </ul>
	<p>Then you don't know for certain if you have gone through the menopause.</p>
	<p>This is because hormonal contraceptives can affect your periods.</p>
	<p>They can also hide menopause symptoms.</p>
	<p>You should have regular check ups with your doctor or nurse about your contraception.</p>
	<p>You can talk to them about any questions you have about the menopause and how this effects your contraception.</p>
	<p>After you have been through the menopause. You should still use some protections when having sex. For example, condoms. This well help protect you from sexually transmitted infections.</p>

# Signs and symptoms checklist

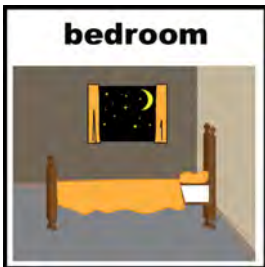
	 <p>monday mon</p>	 <p>tuesday tues</p>	 <p>wednesday wed</p>	 <p>thursday thur</p>	 <p>friday fri</p>	 <p>saturday sat</p>	 <p>sunday sun</p>	 <p>anything else</p>	 <p>Hot flushes</p>	 <p>Night sweats</p>	 <p>Difficulty sleeping or tired</p>	 <p>Mood changes</p>	 <p>Difficulty remembering things</p>						

<div data-bbox="151 246 438 533" data-label="Image"> <p><b>avoid things</b></p> </div>	<p><b>Managing Hot Flushes and Night Sweats</b>          Avoid things that make these worse.          This could be:</p> <ul style="list-style-type: none"> <li>• Spicy food</li> <li>• Alcohol</li> <li>• Hot drinks</li> <li>• Caffeine</li> <li>• Smoking</li> <li>• Drugs.</li> </ul>
<div data-bbox="151 667 438 954" data-label="Image"> <p><b>appropriate clothing</b></p> </div>	<p>Wear light clothing.</p>
<div data-bbox="114 1086 475 1261" data-label="Image"> <p><b>cardigan</b></p> <p><b>winter</b></p> </div>	<p>In the winter you can wear layers so if you have a flush, you can take some layers off.</p>
<div data-bbox="159 1415 430 1749" data-label="Image"> <p><b>shower</b></p> </div>	<p>Take cool showers. You may need to shower more regularly.</p>
<div data-bbox="159 1832 430 2101" data-label="Image"> <p><b>electric fan</b></p> </div>	<p>Use a fan.</p>



Eat a healthy balanced diet, exercise regularly and keep hydrated with water.



Keep your bedroom cool.





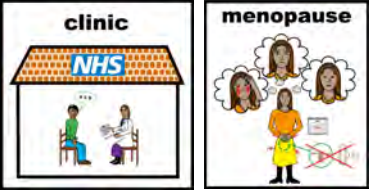


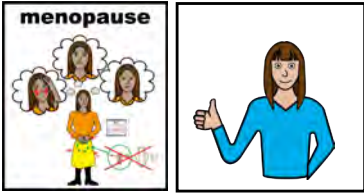
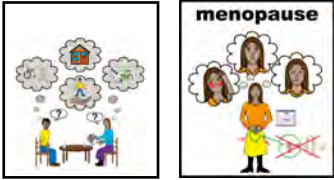
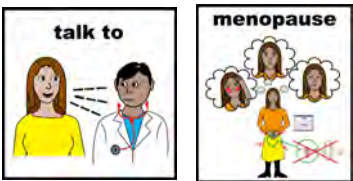
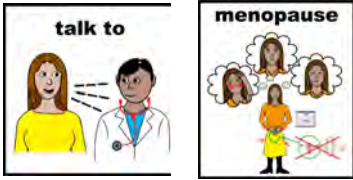



Use cotton bed sheets, a lighter duvet or blanket.






 <p><b>healthy eating</b></p>	<p><b>Food and drink</b> Eating a healthy balanced diet. Keep to a healthy weight.</p>
  <p><b>vitamin</b></p> <p><b>semi-skimmed milk</b></p>  <p><b>yoghurt</b></p>	<p>Keep your bones healthy by eating foods with calcium in.</p> <p>This is things like:</p> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Yoghurts</li> <li>• Green leafy vegetables</li> <li>• Take vitamin D daily.</li> </ul>
 <p><b>drink water</b></p>	<p>Stay hydrated drink 6 - 8 cups of water a day.</p>
 <p><b>exercise</b></p>	<p><b>Exercise</b> Regular exercise keeps your bones healthy. Good for your mental health.</p>
 <p><b>creative dance</b></p>  <p><b>swimming</b></p>	<p>You can try things like:</p> <ul style="list-style-type: none"> <li>• Going out for a walk</li> <li>• Dancing</li> <li>• Swimming</li> <li>• Running.</li> </ul>   <p><b>walking</b></p> <p><b>running</b></p>
 <p><b>body and mind healthy</b></p>  <p><b>yoga</b></p>	<p>You can try activities which help you relax. Such as:</p> <ul style="list-style-type: none"> <li>• Yoga</li> <li>• Meditation</li> <li>• Tai Chi.</li> </ul>
 <p><b>sleeping</b></p>	<p>All these things can help you to sleep better.</p>
 <p><b>no smoking</b></p>  <p><b>alcohol</b></p>	<p>Do not:</p> <ul style="list-style-type: none"> <li>• Smoke</li> <li>• Drink more than the recommend alcohol limit.</li> <li>• For women this is 2 - 3 units per day or 14 units per week.</li> </ul>












# Who can I talk too?

They are lots of people you can talk to about the perimenopause and menopause.

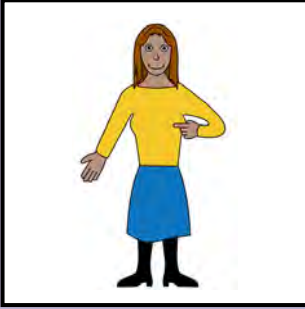
 <p><b>talking</b></p>	<p>A family member.</p>
 <p><b>carers team</b></p>	<p>A carer.</p>
 <p><b>friend</b></p>	<p>A friend.</p>
 <p><b>talk to</b></p>	<p>A doctor or nurse. They can talk to you about what treatments you can have.</p>
 <p><b>clinic</b></p> <p><b>menopause</b></p>	<p>They can also refer you to a specialist menopause clinic. This is a clinic with doctors and nurses who specialise in the menopause.</p>

	<p>Some women can go through the menopause without needing any treatment from their doctor or nurse.</p>
	<p>Menopause symptoms can impact on some women's daily life and activities.</p>
	<p>If you have symptoms you can speak to a doctor or nurse about symptoms. They can look at treatments to help with your symptoms.</p>
	<p>The doctor or nurse will talk to you about how you have been feeling, your symptoms and your medical history.</p>
	<p>They will then decide on what treatments and advice to give you.</p>
	<p>The treatment options could be: Hormone Replacement Therapy (HRT). This can be a:</p> <ul style="list-style-type: none"> <li>• Tablet</li> <li>• Patch on your skin</li> <li>• Implant under your skin</li> <li>• Gel or spray for your skin</li> <li>• Coil</li> </ul>
	<p>Tablets to improve your mood</p>

	<p><b>Oestrogen vaginal treatments</b></p> <p>These can help if your vagina is sore, itchy or if you have lots of urine infections.</p>
	<p><b>Cognitive Behavioural Therapy</b></p> <p>This is a talking therapy which can help with some of your symptoms.</p>
	<p>Your doctor or nurse will give you information about the risks and benefits of treatment options.</p>
	<p>This is so you can make an informed choice.</p>
	<p>You can:</p> <ul style="list-style-type: none"> <li>• Ask any questions you might have</li> <li>• Think about your options before you decide if you want any treatment.</li> </ul>


	<p>Talk to your doctor or nurse.</p>
	<p>North East and Cumbria Learning Disability Network <a href="https://bit.ly/4fLY61C">https://bit.ly/4fLY61C</a></p>
	<p>NHS England Website <a href="https://bit.ly/45z6vRj">https://bit.ly/45z6vRj</a></p>
	<p>Inform Scotland NHS Menopause Easy Read Leaflets <a href="http://bit.ly/4lxeK6e">http://bit.ly/4lxeK6e</a></p>
	<p>North East North Cumbria Learning Disability Network – All Behaviour Happens for a Reason <a href="https://bit.ly/4kp21SW">https://bit.ly/4kp21SW</a></p>
	<p>Menopause &amp; Me a film by Suffolk Libraries and Ace Anglia <a href="https://bit.ly/3UPngmp">https://bit.ly/3UPngmp</a></p>
	<p>Mencap Menopause Information <a href="https://bit.ly/3UuWwY4">https://bit.ly/3UuWwY4</a></p>
	<p>Dimensions Menopause Information <a href="https://bit.ly/416gqMP">https://bit.ly/416gqMP</a></p>
	<p>North East North Cumbria Learning Disability Network Health &amp; Care Passport <a href="https://bit.ly/3Navp1Y">https://bit.ly/3Navp1Y</a></p>
	<p>North East North Cumbria Learning Disability Network Reasonable Adjustment Campaign <a href="https://bit.ly/3UxbL2H">https://bit.ly/3UxbL2H</a></p>
	<p>North East North Cumbria Learning Disability Network Annual Health Checks <a href="https://bit.ly/45FBRFP">https://bit.ly/45FBRFP</a></p>

# Important things about the menopause or perimenopause 24 you want to talk to a health care professional about



For more information please go to  
[www.neclidnetwork.co.uk](http://www.neclidnetwork.co.uk)

 @neclidnetwork

 nencicb.learningdisabilitynetwork@nhs.net

**Easy Read**



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Produced by: Medical Illustration Services

The North East and North Cumbria Learning Disability and Autism Network has co-produced this menopause passport with women with a learning disability, Tees, Esk & Wear Valley NHS Foundation Trust and our task and finish group made up of stakeholders from across the North East and North Cumbria.

We would like to thank Tees, Esk & Wear Valley NHS Foundation Trust Learning Disability Team and Selby Town PCN for sharing their menopause resources which we have adopted and adapted to support with the development of this passport.