

## Easy-read summary



This report is about constipation.



People with learning disabilities are more likely to have constipation than other people.

They don't always get the support they need to make this better.



If people don't get their constipation treated then they may need to go to hospital as an emergency.

Some people may become very ill or die from constipation.



The law says public services should put 'reasonable adjustments' in place to help people with learning disabilities use the services. This means they need to change their services so they are easier to use.



This report lists all the information we have found about looking after people who get constipation.

We could not find very many easy-read resources.



This report has information about ways to stop people getting constipated. It also has information about how to treat constipation.

It is important to take a person-centred approach. It is also important to think about the whole person and all the things that might make a difference.

The pictures in this report are from Photosymbols: [www.photosymbols.co.uk](http://www.photosymbols.co.uk)

Authors: Anna Marriott and Marian Emly, PHE Learning Disabilities Observatory