



Public Health
England

Protecting and improving the nation's health

Making reasonable adjustments to postural care services

Easy-read summary

About Public Health England

Public Health England exists to protect and improve the nation's health and wellbeing, and reduce health inequalities. We do this through world-leading science, knowledge and intelligence, advocacy, partnerships and the delivery of specialist public health services. We are an executive agency of the Department of Health, and a distinct delivery organisation with operational autonomy to advise and support government, local authorities and the NHS in a professionally independent manner.

Public Health England
Wellington House
133-155 Waterloo Road
London SE1 8UG
Tel: 020 7654 8000
www.gov.uk/phe
Twitter: [@PHE_uk](https://twitter.com/PHE_uk)
Facebook: www.facebook.com/PublicHealthEngland

Prepared by: Anna Marriott
For queries relating to this document, please contact: anna.marriott@ndti.org.uk



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Easy-read summary



Posture is about how people sit, lie, stand and move.

Your posture will affect your body shape.

Postural care is important when people can't move their bodies very well.

It is about looking after someone's body shape.



People need postural care during the day and during the night.

People may need help to sit well or stand well during the day.



Night positioning systems can be used to help look after someone's body shape at night.

They can also be used to support someone when they are lying down during the day.



The law says public services should put 'reasonable adjustments' in place to help people with learning disabilities use services.

This means they need to change their services so they are easier to use.



This report has examples of easy-read information and films about postural care.

These can be used to help improve postural care for people with learning disabilities.



This report has good practice examples of how local areas have set up postural care services.

There are also case studies about how individuals have been helped to have better postural care.

Most of the pictures in this report are from Photosymbols (www.photosymbols.co.uk)

The other photos have been shared with us by family carers.

For more information, please contact publishing@phe.gov.uk