

# DisDAT

## Disability Distress Assessment Tool

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# What is the DisDAT used for?

- It originated in Northgate Hospital, Northumberland.
- Consists of signs and behaviours
- To form a baseline when the person is not distressed
- A record of when a person presents as content and when they present as distressed
- Assists with putting distress into context.



# Further considerations of the DisDAT

- It is free to download and is not under copyright.
- It can appear bewildering to complete but is actually very straight forward to use.
- Staff engagement with the tool can vary.

# How it has informed and shaped RNLD practice

- Helps with communication and understanding the person.
- Evidence for further investigation, treatment, input and support.
- Used for informing reasonable adjustments.
- Overall a positive outcome for the person...

# Questions

