

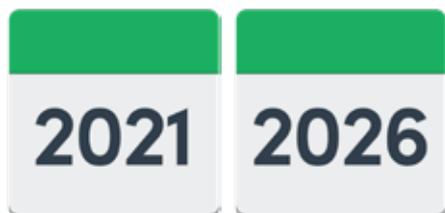
# Stoke on Trent Learning Disability Plan:

## Living my best life

### ② I am healthy



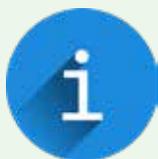
## Finding out what you think: Briefing Notes



This information is about **Living My Best Life**, the new learning disability strategy (big plan) by Stoke-on-Trent City Council and Stoke-on-Trent Clinical Commissioning Group.



Living My Best Life is for everyone with a learning disability in Stoke-on-Trent, from childhood to old age and uses ideas and experiences that people with learning disabilities have spoken up about.



These briefing notes (information) by Reach can help you think about the main ideas in Living My Best Life. We can help you to say what you think of the ideas and actions in Living My Best Life.



### What some of the words mean:

- **GP's Learning Disability Register** - a shared health record of people with a learning disability.
- **Screening programmes** - offering regular tests to check for serious illnesses, like cancer.
- **Learning Disability Champions** - a nurse who is specially trained to understand learning disability.
- **Transforming Care** - improving health and care so more people can live in the community, with the right support, close to home.
- **Reasonable adjustments** - help and support for people with a disability, using equipment and clear information - giving people more equal access to healthcare or work.





## 2 I Am Healthy

### What do we know?

#### People with learning disabilities:

- usually have worse physical and mental health, and may die younger than other people
- are more likely to be overweight or underweight than other people
- are more likely to have epilepsy
- don't always get tested to check for diseases they don't know about or for some types of cancer
- are more likely to have mental health problems
- are more likely to have dementia (a serious condition, affects the brain)
- get worse 'end of life care' (living with an illness that won't get better) than other people, when staff don't understand their needs.

#### What we need

More people included on their GP's Learning Disability Register.

More people getting annual health checks.

More support for people to get involved with health screening (checks) programmes.

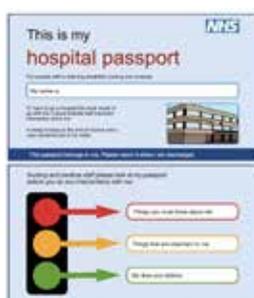
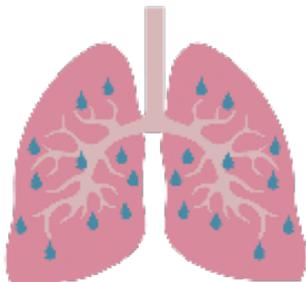
More people having their flu jabs.





## 2 I Am Healthy

### What is working well?



- Over 200 NHS staff are 'Learning Disability Champions'.
- More people with learning disabilities have their Annual Health Checks.
- NHS staff give people the best care and support with all respiratory illness (affects lungs and breathing).
- People get extra help and support at the Memory Clinic for dementia.
- Updated Hospital Passports, use a flag on people's medical records and checklists to make sure staff look at Hospital Passports.
- The ABLE service runs drop-ins and courses that help people get support with health, safety and wellbeing.
- Learning Disability Nurses work with children and young people in mental health services.
- Checking people are on the right medication and make health screening (checks) more accessible.
- Transforming Care, planning is working to support more people to live in the community.
- There are plans for more people to have Personal Health Budgets.
- Better working together so people only have to tell their story once.
- Working on one main place to ask for help and support from all services.



## 2 I Am Healthy

### What needs to change?



- Healthcare services working together and understanding people's needs.
- Working with people, their families, carers and advocates to understand how to make reasonable adjustments.
- Treating mental health issues along side other health issues, not separately.
- Make sure services think more about the whole family and not just the health of one person.
- More support to help people have a good diet, exercise and give up smoking for better health.
- Better planning between services.
- Services need to be person-centred, thinking about things that affect health, like how much money people have, where they live and if they have a job.
- Checking that people who live in specialist units are more involved in Care and Treatment Reviews (meetings about their health and support and where they live).



## 2 I Am Healthy

### What needs to change?

- Health and social care services need to work together to help people to get care and support at home so they don't have to go into hospital as often.
- More people from Stoke-on-Trent should be living in, and getting the support they need in the city, instead of living in other parts of the country in 'out of area placements'.
- More work needs to be done to make sure children with learning disabilities get the healthcare support they need.
- We need to make sure staff are well trained in helping people before problems get worse so that people don't end up having to go into places like specialist mental health units.
- By 2023/24, all NHS care services will have to meet a new set of rules called the Learning Disability Improvement Standards.

### What have we done so far?

We are working with the NDTi (National Development Team for Inclusion) 'Small Supports' project.

The project helps to plan person-centred support for people living in hospitals who need support to live in the community.





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## I Am Healthy

### What will we do?



- We will increase health literacy. This means making sure more people with learning disabilities understand their own health and how to stay healthy.
- We will make sure the physical and mental health needs of people with learning disabilities are understood and met in an understandable, accessible way, and at the right time.
- We will support people with learning disabilities to make positive changes in their life to stay healthy. This could be exercising, eating a healthy diet and staying at a healthy weight.
- We will make sure more people have access to Personal Health Budgets to give people more choice and control over their own healthcare.



## 2 I Am Healthy

### How will we check things?



- We will check LeDeR reviews. The LeDeR review is a review that is done whenever someone with a learning disability dies.
- By 2023/24, children with learning disabilities and/or autism and lots of support needs will have a named key worker.
- We will check the number of NHS staff who do Learning Disability awareness training courses.
- We will check if health and social care services and providers are making more reasonable adjustments.
- We will check the numbers of people with learning disabilities having Annual Health Checks, health screenings and flu jabs.
- We will check life expectancy (how long people live on average).
- We will check the number of people who have Personal Health Budgets.
- We will check how many people have Hospital Passports and if staff use them.

## Contacts and Credits



This information was made by Reach, a group advocacy project supporting people to speak up about their lives.

This is number **2** of 6 briefing notes you can download from this website: <https://equalpeopleinstoke.org>



There is a question and answer booklet to go with the briefing notes. Please use these briefing notes to help you to think about your answers.

**Please fill in the answers and email or post them to Reach by the 15th February 2021.**



Or you can phone us to talk about your answers **01782 845584**

For more information about our work or to send your responses please email: [reach@asist.co.uk](mailto:reach@asist.co.uk)

You can also send your responses to: Asist Freepost Address

**FREEPOST (ST2 030), Stoke-on-Trent, Staffordshire, ST4 2BR**



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