

# Learning Disabilities Strategy 'You Said, We Did' Event Summary and Feedback



## Our 4 Strategy Priorities



## Event Overview

- Friday 12<sup>th</sup> May 2023
- Updates from Priority areas on progress
- Are we missing anything?
- Agreeing next steps
- Information Sharing

# Stopping People with Learning Disabilities from dying early



## Supporting Health Outcomes – Question and Answer Session

- Questions designed and led by people with Learning Disabilities
- Interviewed professionals around supporting good health outcomes.



## Group discussion: Are we missing anything?

### Communication



- Keeping information up to date
- Knowing what is available.
- Linking with other organisations.
- Joined up systems
- Health Ambassadors
- Support for families / carers

### Health and Care Passport



- Digital passport
- Having an overall passport, such as including housing appointments.

### Mental Health Support



- Focus around anxiety and depression
- More mental health support, such as Drop ins.
- Prevention and early intervention to prevent admission.
- Conversations before crisis

### Specific Health Conditions



- Diabetes support for people who do not have a formal diagnosis of a Learning Disability
- Support around constipation and nutrition.





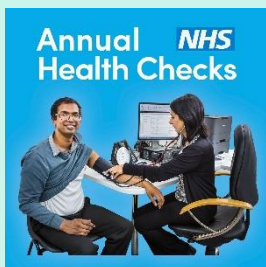
## Supporting Health Outcomes – Question and Answer Session



### Why is it important to care about your health?

We know that people with Learning Disabilities can die younger.

We want to help reduce that to help people live a fulfilling life.



### What is the Primary Care Health Hub and how can it help people?

The team are part of your GP Surgery and helps with your yearly health check. It helps people who find it difficult to get to their GP surgery. The team can see you in your own home.

The yearly health check supports you with your health needs before they get too bad.

It can also help to find health needs you are not aware of.

The team will put you in touch with other people who can help you with these health needs.



### If I need to go to the Doctors, what can I expect my GP Surgery to do?

They can make changes known as 'reasonable adjustments'. This can include:

- Sending you a reminder about an appointment.
- Giving you a longer appointment.
- Ringing you instead of sending a letter.

Your GP should have a note on your file to say what specific needs you may have.

## **What do the Community Learning Disabilities Team do and how do they help people with Learning Disabilities?**



The team will support you to have good health outcomes. It will work with lots of different teams to help do this.

It will help you to access services in the community. It can help with making changes in your home to help you to live there.

## **What do the Health and Wellbeing Facilitators do?**



The team supports you with your physical and mental health needs.

The team can support you to attend appointments. It also runs workshops around different health areas. This includes Smoking, Cancer Screening and Diabetes.

## **What's in a Health and Care Passport and what's good about it?**



The passport has lots of information in it about you and your needs.

This includes:

- How you like to communicate
- Where you live and who you live with
- What you like to eat and drink
- How best to support you when you are in pain.

You can bring it into hospital and other appointments to help the staff understand about you.

## **How do you help people with Diabetes and tell us about the Type 2 Diabetes Course?**

You need to have a diagnosis of a Learning Disability and Type 2 Diabetes. You can self-refer onto the course or a professional can refer you.

The course is 6 2hr sessions. It looks at things like:

- physical and mental health
- working with professionals and explaining what they do.
- Healthy eating
- Making goal plans

### **What to do when you have Type 2 diabetes** An easy read guide



## **Why is it important to have a Screening and how do you access?**

Screening tries to find a disease or illness early. Sometimes this is before people notice anything is wrong.

There are 5 national Screening programmes:

- Cervical
- Breast
- Bowel
- Abdominal Aortic Aneurysm
- Diabetic Eye

If you notice something is wrong, you should visit your GP. Do not wait for your screening invitation.





## What Screening support is available to people with a Learning Disability?

There is easy read material and the invitation letter is also in easy read.

Organisations can make changes to support you to access. These are called reasonable adjustments. Please tell the organisation if you need reasonable adjustments and what would work best for you.



## Will the Be Screening Aware training be ongoing?

This is a peer led education training that has been developed by people with Learning Disabilities. There is funding until April 2024 and we are looking into more funding opportunities.



## What do the Quality Checkers do?

The Quality Checkers are people with a Learning Disability who go into GP surgeries. They look at the GP surgery and work with the surgery to improve the experience for people with Learning Disabilities.





# Voice of the Person



**Feedback from people with Learning Disabilities**  
People with Learning Disabilities talked about their experiences and what would make things better.

## Group discussion: Do you agree with what people have told us?

### Rix Wiki



A communication and person-centered planning tool for people with Learning Disabilities.

Email

[Rix@southtyneside.gov.uk](mailto:Rix@southtyneside.gov.uk)

for more information.

### People who support me



- Important to understand views of people with Learning Disabilities about the support they are receiving.
- We need to recruit people who care.
- Services need to be more person centred.

### Being Person Centred



- This is not always consistent
- We need to look at the training staff have
- Don't use systems as an excuse for not being person centred.

### Training



- Make training part of the day job.
- Oliver McGowan training
- Co-produced

### Clear and Accessible Information



- Improve health literacy
- Getting information at the right time.

### Support with medication



- We receive medication and we are not always sure why we need it.
- The side effects are not explained to us.
- Easy read leaflet

# Living in a place they call Home



## Update on Strategy Progress:

Update around new housing developments. These include:

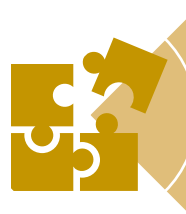
- Nolan Hall
- Father James Walsh
- Hebburn Central Extra Care Site

Hearing from an expert by experience who has recently moved into Hallgarth House.

## Discussion



Building a Community - connecting people with Learning Disabilities across the different housing options.



System working to understand who will be living in the new housing developments



Support with adaptations to homes, this includes the Community Learning Disabilities Team the Disabled Facilities Grant



Ensuring health and third sector support is available to people who will be moving into these developments.



# Being an Equal Part of the Community



## Update on Progress:

Mapping work to look at what is available in South Tyneside.

We need to understand what the gaps are and what are the priorities.

## What does being an 'Equal Part of the Community' mean to you?



Being treated fairly



Having good support to help me.



Power to make decisions



Not making assumptions about what community I want to be a part of



Being able to do what I want, where and when I want to do it.



Friendships / good social networks

## What helps you to be part of the Community?



Accessible activities and services



Knowing where local facilities / activities are and how to get involved.



The right to choose, this includes going out at weekends and in the evening.



Supported by people who have similar interests



Paid employment / training

## What can make it difficult for you to be part of the Community?



Attitudes - people thinking it's too much hard work.



Social Isolation



Not having reasonable adjustments



Physical Barriers

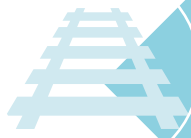


Structured routines - no flexibility in times / days.



Speaking in complex language.

# Discussion: Next Steps



Embedding What Matters to Me Conversations



More joined up working



Understanding physical barriers and supporting with these



Support for families and carers



# Information Sharing

## Health and Wellbeing Facilitators

The team supports people with Learning Disabilities with low level physical and mental health needs.

The team can support you to attend appointments.

It also runs workshops around different health areas. This includes Smoking, Cancer Screening and Diabetes.

Contact Details: [yvc.uk@nhs.net](mailto:yvc.uk@nhs.net) or 0191 478 6472

## Primary Care Health Hub

The Health Hub support people with a Learning Disability to get a yearly health check.

It helps people who find it difficult to get to their GP surgery. The team can see you in your own home.

Contact Details:

[SouthTynesidePCPHS@cntw.nhs.uk](mailto:SouthTynesidePCPHS@cntw.nhs.uk)

## Community Learning Disability Team

Support for adults with a Learning Disability with complex health care needs. This includes:

- Community Nursing
- Speech and Language Therapy
- Physiotherapy
- Occupational Therapy
- Psychiatry Psychology
- Nurse Liaison

Contact Details: 0191 451 6649

## Type 2 Diabetes Course

For people with a Learning Disability and Type 2 Diabetes.

The course helps with:

- Understanding Diabetes
- Looking after your health
- Healthy eating and exercise
- Making sure you have the right support.

Contact Details: [yvc.uk@nhs.net](mailto:yvc.uk@nhs.net) or 0191 478 6472

## Enabler Service Drop In

Supporting people with Learning Disabilities around what matters to them.

Drop in:

- Grange Road Baptist Church in Jarrow every Wednesday between 10:00 and 12:00 pm.
- Boldon Community Association in Boldon every Thursday between 10:30am and 12:30pm.

Contact Details: [yvc.uk@nhs.net](mailto:yvc.uk@nhs.net) or 0191 478 6472

## National Trust

Community activities for people with a Learning Disability.

Activities include land adventure and water sports.

Delivered by trained instructors.

Contact Details:  
[sarah.campbell@nationaltrust.org.uk](mailto:sarah.campbell@nationaltrust.org.uk)

## Rix Wiki

Private, easy to use websites for people with a Learning Disability to build up information about themselves and what matters to them.

Wiki's can be personalised with text, pictures and videos.

The person can choose who they want to share their Wiki with.

Contact Details:  
[Rix@southtyneside.gov.uk](mailto:Rix@southtyneside.gov.uk)

## KOOTH & QWELL

Online mental health support for children, young people and adults. Support available for people with Learning Disabilities

Children and young people aged 10-25 can access KOOTH. Adults aged 24+ can access QWELL.

Further information at:  
<https://www.kooth.com/>  
<https://www.qwell.io/>

