

2. Being Healthy and Happy



What we know

People in Norfolk told us that health and happiness is important, My Life, My Ambition, My Future aims to make Norfolk a place where people with a learning disability are healthier and feel happier.

Transforming Care, Annual Health Checks and the Green Light Tool Kit all promote the importance of supporting people's physical, mental health and wellbeing. In addition, Stomp (Stopping over-medication of people with a learning disability, autism or both): seeks to prevent the 'over medication of people with a learning disability. They all recognise that identifying illness and issues at early stages will reduce the distress for people and their families. It also helps to prevent admission to hospital due to an escalation of behaviours that could be considered to be challenging.

The (LeDeR) Programme (Learning Disabilities Mortality Review) aims to improve the lives of people with learning disabilities so that any preventable conditions that could result in serious consequences are recognised earlier.

A greater focus on supporting people to have the right services and support in the community. Every effort should be made to prevent people with a learning disability and/ or autism going into hospital if their needs can be met in the community. It has also provided the local areas with targets to including people moving out of hospital back into the community.

When considering the needs of people with multiple and profound disabilities, physical disabilities it is understood that good postural support, sensory needs, complex health needs, (e. g. epilepsy, respiratory problems, dysphagia and eating and drinking problems) and communication are all priorities in supporting positive health and wellbeing.

What people have said

"I like to go to the gym, football and dance classes"

- "Develop a range of initiatives that support people with a learning disability to be able to use local community wellbeing resources".
- "Sometimes help with healthy eating would be good, it can be more expensive".
- "Not being supported with weight gain and diet, no accessible information".
- "Doctors don't always respect people with a Learning disability".
- "There is not the understanding that feeling unwell needs to be recognised and flagged up with the doctor".

What we are doing

Making sure that too many hospital beds are not bought or used.

Working with NHSE to make sure that by March 2019 'all inappropriate NHS Funded placements of people with a learning disability, challenging behaviour within an inpatient setting will receive the right care in the right place.'

Providing support to individuals, their families and providers that are at risk of admission to hospital through positive behaviour support and other services to support the individual through the challenging time and prevent an admission to hospital.

We are involved in the National LeDer Programme to learn from the reviews of people with a learning disability whose physical health needs were missed.

We plan to share the learning wider so that health needs can be recognised earlier and prevent them from getting worse.

Supporting GPs and Practice Nurses to understand the importance of Annual Health Checks for people with a learning disability. NHS England provide clear guidance and expectations around the delivery of Annual Health Checks.

Supporting hospitals to make reasonable adjustments by having LD Liaison Nurses.

Implementing the Green Light Tool Kit that supports people with a Learning Disability to Access mainstream mental health services.

Reviewing the dementia pathway for people with a learning disability so they get the right accessible support and information.

What we will do next

Ensure that the annual health checks are delivered across the County, from the age of 16, by working with GPs to improve access such as extended appointments and additional support.

Give specific thought to how all people including those people with more complex needs have improved health and wellbeing outcomes.

Support use of IMCAs and reasonable adjustments so that all people with a Learning Disability receive the right health care treatment including dentistry.

To work with the community to identify more opportunities for people with a learning disability to access support on diet and wellbeing.

Work with Providers to notice and respond to changes in physical and emotional needs, ensuring that they have skills in positive behavioural support to provide a person-centred approach in responding to the needs of people when unwell or distressed.

Provide support across building based provider services, and in the wider community to prevent the risk of a hospital admission or breakdown of accommodation.

To understand the numbers of people with a Learning Disability that have long-term health conditions, including dementia. Working together across departments to deliver a person centred approach in meeting their needs.

To promote opportunities for health and wellbeing and healthy lifestyles such as tackling obesity, healthy eating and exercise.

What difference it could make

- ✓ More people have a recorded health check.
- ✓ No one with a learning disability dies from preventable health conditions.
- ✓ People don't go into hospital where it can be prevented through community support.
- ✓ Fewer people, including children, go outside of Norfolk to have their health care needs met.
- ✓ More young people stay in Norfolk to achieve their education aspirations and have their Health and Care needs met.
- ✓ Where hospital is essential, it is for a shorter time.
- ✓ More people with a learning disability and their families say they experience reasonable adjustments in accessing mainstream health services, for example hospitals.
- ✓ The health and wellbeing needs of young people will be included within transition planning.
- ✓ More people have their health books completed by health professionals.