



Cheshire and Merseyside Learning disability and autism news



Welcome to our first newsletter

NHS England decided to start up a Newsletter so we could keep you informed of what work we are doing.

We really want you to get involved. If you have a story you would like to share with us please let us know. Our contact details are at the end of this newsletter.

How can we make our newsletter better?
What kind of things would you like to see in the newsletter?

Access to Benefits & Advice



NHS England staff and some of the people who help us who have a learning disability recently attended a conference in Blackpool.

At the conference we learnt that people with a learning disability don't always have access to advice about benefits, friendships and relationships in their local community.

We are going to look into this and see if we can help to find out who can help people with this kind of information.

Housing



NHS England recently held an event where organisations who provide housing for people with a learning disability all met to talk about what housing is available and what housing is needed.

They also talked about what housing needs to be built now and in the future.

This is to help to make sure people with a learning disability can live in their own home that fits their needs.



STOMP (Stop Over Medicating People with a Learning Disability and/or Autism)

NHS England is leading a campaign to help people understand more about medication for people with learning disabilities.

A report in July 2015 found that many people with a learning disability are being given strong medication when they don't really need it.

These medicines are called 'psychotropics'. Some people are prescribed this medication to try to manage behaviours that challenge.

The medication can be very useful for treating mental illness such as psychosis or depression. However there is no evidence that the medicines help stop 'challenging behaviour'.

It is important that you don't stop taking medicines without speaking to your doctor first.

This could be dangerous.

If you are worried about medicines for yourself or someone that you know, you should talk to the person who prescribed them to you and ask for a medication review.

This could be your GP, Specialist Doctor, pharmacist or nurse prescriber.

Improving support for people who have difficulty swallowing



NHS England is doing work to help people who have difficulties in eating, drinking or swallowing.

This is called Dysphagia.

If you have Dysphagia you are more likely to have problems with

- Choking
- Infections of the food pipe or lungs
- Dehydration (not having enough fluid in your body)
- Malnutrition (not getting a good diet)
- Constipation and urinary infections (difficulty pooing or problems when you wee)
- Headaches
- People may also feel left out because they have to eat different foods to other people

Some people may not understand dysphagia and may have it without knowing.

NHS England wants to find out why dysphagia is leading to some people dying early.

Learning Disability Death Reviews

Reports show that people with a learning disability sometimes die younger than other people.

NHS England has asked a team to help look at the deaths of people with a learning disability.



The team is called the LeDeR programme which stands for Learning Disabilities Death Review.

We are finding out why some people might be dying sooner than they should.

We are then helping to make services better so they can support people to live longer healthier lives.

It will look at what worked well in supporting the person and what could have been better.

The review will include views of the people who knew them best.

An action plan will be used to make things better for other people with a learning disability if needed.

People with a learning disability have been helping the LeDeR team with the work

Learning & Sharing Good Practice



NHS England recently held an event where they spoke with other organisations to share the best ways of supporting people with a learning disability.

This will help us provide better support.

Hospital – Inpatients, Admissions, Discharges & Plans



NHS England is working with the people who buy health services and local authorities to try to reduce the number of people with a learning disability having to stay in hospital for a long time.

We are working very hard to help people with a learning difficulty who have been in hospital for a long time to get back home into the community.

We are also trying to reduce the number of people having to go into hospital in the first place by trying to provide better care and support in the community.



Annual Health Checks

All people with a learning disability aged 14 and above are entitled to an annual health check.

This is usually with the GP or practice nurse.

The annual health check is important because it can help identify any health problems before they get worse, and help you to receive the care that you need. You will receive a health plan which will give you ideas on how to stay healthy.

NHS England are working to make sure that more people are receiving a health check. If you think you or someone you know should have an annual health check, you can contact your GP surgery to arrange one.

We want to hear from you

Please send stories to Sheena and Julie in the Transforming Care team.

Their information is underneath this box.

Get in touch



01138 070 109



Sheena Hennell
Chief Nurse

sheena.hennell@nhs.net

Julie Green

Business Support

julie.green20@nhs.net



Julie Green
NHS England (Cheshire
and Merseyside)
Regatta Place
Summers Road
Liverpool
L3 4BL

