



Joint Strategic Needs Assessment for Warwickshire 2025

Looking at what adults with a learning disability need now and what services people may need in the future



What is in this booklet



Page 1 About this assessment



Page 3 Listening to people with a learning disability



Page 5 People with a learning disability in Warwickshire



Page 7 Health inequality



Page 10 Life expectancy



Page 11 Health Conditions and how they affect people with a learning disability



Page 17 Mental health

What is in this booklet



Page 19 Annual health checks



Page 20 Healthy lifestyle



Page 22 Cancer screening



Page 24 Vaccines



Page 25 End of life care



Page 26 What people with a learning disability want



About this assessment

Assessment means looking at something to find out more about it.



Wellbeing means being happy and healthy in your body and mind.



This assessment is about the health and wellbeing of **adults** with a learning disability in Warwickshire.

Adults are people who are aged 16 or older.



Our assessment will help to plan better health and care services in Warwickshire.



This report shows you:

- What people with a learning disability need now.

and



- What they need to happen in the future.



If you are worried about your health or anything you read in this booklet, please speak to your doctor.

Listening to people with a learning disability



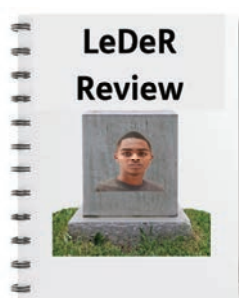
We listened to what people with a learning disability want and need for their health and wellbeing.

We did this by:

- Looking at other surveys that have been done.
- Meeting with people.
- Reading lots of reports.



When a person with a learning disability or an autistic person dies, we find out about the care and support they had.



This is called a **LeDeR** review.
We say **LeDeR** like this: **lee-der**.

LeDeR reviews help us to:



- Understand why some people with a learning disability die at a younger age than other people.



- Stop some health problems from happening.



- Stop people from dying early.



To help us with our assessment, we looked at LeDeR reviews for our area.



We can use what we find out to make services better for people with a learning disability.

People with a learning disability in Warwickshire



We think there are 11,197 adults with a learning disability in Warwickshire in 2024.



We think this will go up to 12,657 in 2040.



Some people with a learning disability have a lot of extra needs. They get more support from health and **social care**.



Social care is care that you get in your own home or in the local community.

This might be in places like a day centre or care home.



There are 2,289 adults with a lot of extra needs in Warwickshire in 2024.



We think this will go up to around 2,556 in 2040.



Your **ethnicity** is a mix of different things. Things like:

- The country you were born in.
- The language you speak.
- The colour of your skin.



Most people with a learning disability in our area who are **registered with a doctor** are white.

Registered with a doctor means someone is on the doctors list of patients.

Health inequality



Health inequality is when some people don't get the same chances to have good health.



If you don't have the same chances, you could have more health problems.



People with a learning disability do not have the same chances for good health as other people.



Avoidable deaths

Avoidable deaths are deaths that happened when they did not need to.



There might have been something the person could have done to stop a health condition getting worse.

Things like getting treatment and living a healthy lifestyle.



More people with a learning disability have avoidable deaths than other people.

Ethnicity



Ethnic minorities are people from different groups or backgrounds. This might be Asian, Chinese, Black, Roma or Irish traveller.



People with a learning disability from ethnic minority backgrounds do not have the same chances for good health.



They often have shorter lives and more health problems than other people.



They might also find it harder to use health services.



This might be because of things like:

- Speaking a different language and
- **Racism.** **Racism** means being treated unfairly because of things like the colour of your skin.

Deprivation

We say a place is deprived if a lot of people who live there:



- Do not have a job.
- Have a disability.
- See more crime.



People with a learning disability in Warwickshire are more likely to live in poor areas, especially as they get older.



People who live in poorer areas are more likely to have poorer health.



Life expectancy

Life expectancy is how long people can expect to live.



People with a learning disability live shorter lives than other people.

In Warwickshire:



- Some men with a learning disability live 14 years less than other men

and



- Some women with a learning disability live 17 years less than other women.



Most people with a learning disability die before age 65.



Most people without a learning disability live into their 80s.

Health conditions and how they affect people with a learning disability



People with a learning disability often have more health problems than other people.

They might have more than 1 health condition.



People with Down syndrome are often affected by the same health conditions as people with a learning disability.



Down syndrome is not a learning disability itself.

But most people with Down syndrome have a learning disability.



Here we tell you some health conditions that might affect people with a learning disability.



Dementia

We say Dementia like this:
dee-men-sha



Dementia is the name for different illnesses that cause parts of the brain to stop working properly.



When someone has dementia, they might find it hard to do things like:

- Remember things.



- Think clearly.



- Everyday tasks like cleaning.



Lots of people with a learning disability are more likely to get dementia.

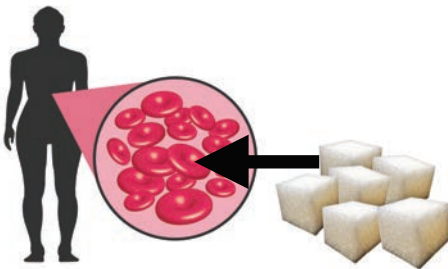


They often get it at a younger age than other people.



People with Down syndrome are a lot more likely to get dementia.

Diabetes

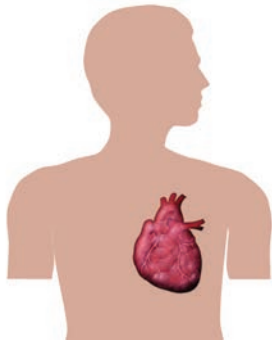


Diabetes is an illness where your body cannot control the amount of sugar in your blood.



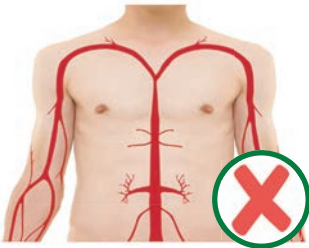
People with a learning disability are much more likely to get diabetes than everyone else.

This is especially people aged between 40 and 69.



Heart disease

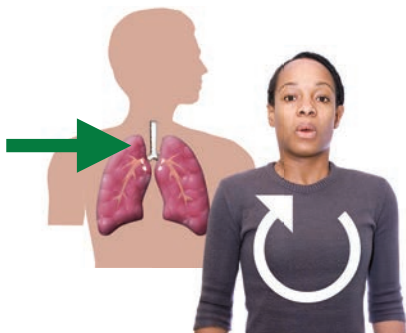
Heart disease is the name for lots of different problems people can have with their heart.



It means your heart cannot pump blood around your body properly.



There is more heart disease in people with a learning disability, especially in poorer areas.



Asthma

Asthma is an illness that makes your airways become very tight.

This can make it hard for you to breathe.

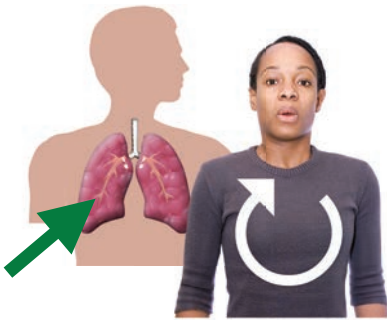


More people with a learning disability have asthma than other people.



Chronic Obstructive Pulmonary Disease

This is called **COPD** for short.

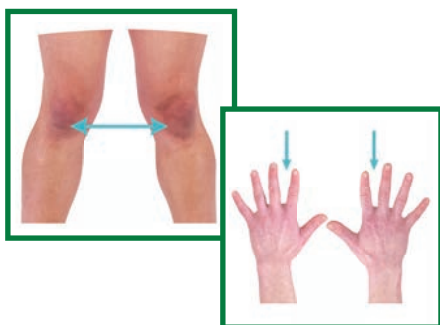


COPD is an illness that affects the lungs and makes it hard to breathe.



In Warwickshire, people with a learning disability are a bit more likely to have COPD than other people.

Diseases that make your bones weak



There are lots of different diseases that affect your bones and **joints**. Your **joints** are parts of the body that bend. Things like your fingers or knees.



These diseases can make people more likely to break a bone if they fall.



Or they can make it really painful when you move your joints and bones.



People with a learning disability get these diseases more than everyone else.

Mental health



People with a learning disability are more likely to experience mental health problems than other people.

Things like:

- **Anxiety**

Anxiety is when you feel worried or scared.



You might feel like this even if there is no real danger.

- **Depression**

Depression is when people feel very sad for a long time. They find it hard to enjoy things.



Serious mental illness



Serious mental illness means having a problem that affects your thoughts, feelings and daily life in a big way.



People with a learning disability in Warwickshire are a lot more likely to have serious mental illnesses than other people.



This is especially true for people living in poorer areas.

Annual health checks



An **annual health check** is when you get checked every year by your local doctor or nurse.



It helps to catch any health problems early. Then you can quickly get the help you need.



Anyone who is over 14 with a learning disability can have an annual health check.



Around 76 out of every 100 people had an annual health check in Warwickshire.



We need to make our annual health checks better. And we want more people to go for their annual health checks.

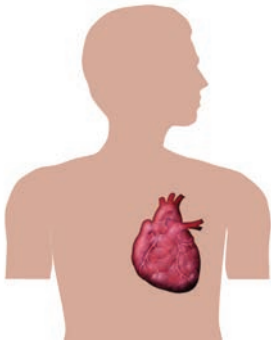
Healthy lifestyle



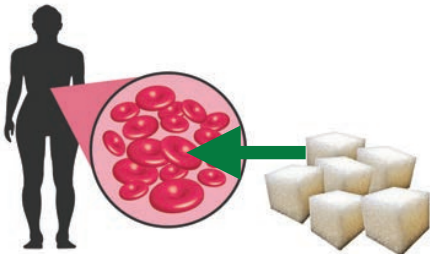
People with a learning disability may do unhealthy things.

They are more likely to smoke or be overweight than other people.

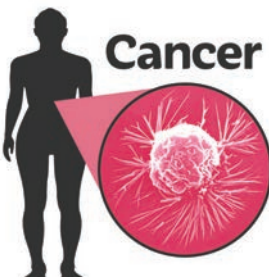
Smoking and being overweight can cause lots of health problems. Things like:



- Heart disease.



- Diabetes.



- Some cancers.



- Poor mental health.



It is really important to support people with a learning disability to live a healthy lifestyle. Things like:



- Eating healthy food.



- Not smoking or drinking too much alcohol.



- Doing exercise.



- Having good mental health.

Cancer screening



Cancer screening is when doctors check your body for signs of cancer before you feel sick.



Cancer is easier to treat if it is found early.



There are lots of checks you can have to check for early signs of cancer.



People with a learning disability often find out they have cancer late. They are less likely to go for cancer screening than other people.



There are lots of reasons people with a learning disability don't get cancer screening as much as other people.

This might be because of things like:



- Being worried about the check.



- Having to travel to have the check.

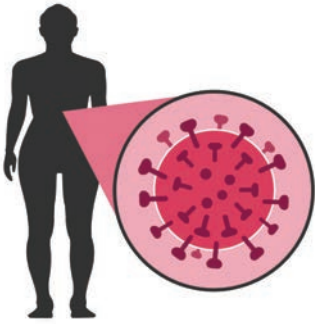


- Finding it hard to understand why it is important to have checks.



- Not having enough support to go for the checks.

Vaccines



A **vaccine** is a medicine that helps to keep you safe from catching an illness.



Vaccines can help to protect people from illnesses. Things like flu, COVID-19 and pneumonia. These illnesses can make people very poorly.



It is really important for people with a learning disability to get their vaccines.

End of life care



It can be hard for people with a learning disability at the end of their life. Things like:



- Not understanding they are dying.



- Not having good care.



- Not being told the right information.



Lots of people want family close by when they die. They want to be at home with them.



But in Coventry and Warwickshire, more people with a learning disability die in a hospital setting than other people.

What people with a learning disability want



People with a learning disability told us the things they want for good health and wellbeing.

Independence

People want to be able to do more things for themselves. Things like:

- Everyday things like cooking, cleaning, and shopping.

and

- Choosing when to go out and what to do.



A comfortable place to go

Having a friendly building to go to is important.



This must be somewhere that:

- Is easy for everyone to get around.



- Has lots of rooms and a garden.



- Has lots of different things to do.



It should be a peaceful place for people to be with their friends.



Transport



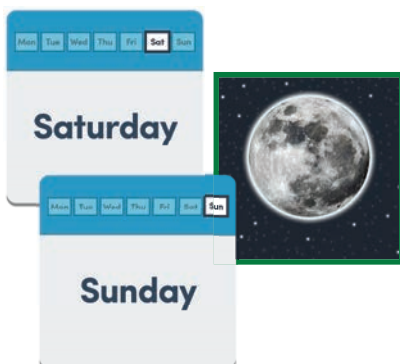
Transport is things like cars, buses, trains and taxis.



People need transport to get to where they need to go.



People want more choice about different types of transport.



They want to be able to get out and about in the evenings and at the weekend.

Support workers

People wanted good support workers that:



- Know them well.
- Make them feel safe.
- Have a good sense of humour.

Moving between child and adult services

Moving from child to adult services is hard.



This might be because of things like:

- Missing things they used to do.
Things like going to groups

and

- Losing contact with friends and staff.





It can be a frightening time.

It is important that people have a plan for what comes after school or college.



Reasonable adjustments

Reasonable adjustments means changing the way we do things to meet people's needs.

Things like:



- Speaking clearly and using easy read information.



- Having quiet places to sit in the local doctors and hospitals.



- Having longer doctors appointments.



- Having easier ways to book appointments.



Services need to make reasonable adjustments to meet people's needs.



Carers for people with a learning disability

There are 951 carers for people with a learning disability in Warwickshire.



These carers have signed up to an organisation called the Carers Trust.

The Carers Trust supports carers and gives them information and training.



Carers can be friends or family like parents, brothers or sisters.



As carers and the people they look after get older, they need more support.



Respite care is care for a short time for somebody with a learning disability.



It gives carers a break from being a carer.



It gives people with a learning disability a short holiday.

Respite care is really important for both carers and the people they support.

Housing



Housing for people with a learning disability has got better.



People want homes near friends, family, and green spaces.



Lots of people live with their parents. Their parents might not always be able to care for them as they get older.

Getting a job and doing work



The number of people with a learning disability with a job in Warwickshire has gone down.



Many people with a learning disability still want paid work.



They need more help with things like:

- Applying for a job.



- Getting ready for an interview.



- Getting to work.



We have set up The Warwickshire Supported Employment Service.

This service helps people with a learning disability to find and keep jobs.