

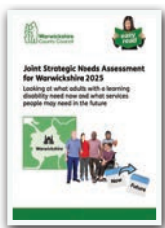


What we found out from our Joint Strategic Needs Assessment

What needs to happen next to
support people with a learning
disability



What is in this booklet



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Page 5 Our ideas. This part tells you about our 14 ideas

About our Joint Strategic Needs Assessment



We did some work looking at the health and **wellbeing** of people with a learning disability in our area.



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



We called this work a **Joint Strategic Needs Assessment**. This is called a **JSNA** for short.



You can read what we found out in this work on our website:
www.warwickshire.gov.uk/directory-record/8076/adults-with-a-learning-disability-jsna-2025-



This booklet tells you what we need to do about the things we found out.

What we did



We worked together with lots of groups and organisations who support people with a learning disability.



Together we looked at what we found out in the big assessment.



We used it to come up with some ideas about things we think should happen next. We have written these ideas in this booklet

The ideas will help us all to:

- Plan better health and care services in Warwickshire that people need

and

- Better support people with a learning disability.



How we will make our ideas happen



To make our ideas happen lots of different groups and services need to work together. This might be:



- Voluntary groups. These are small local groups and charities.



- Local councils. This might be things like job services and **housing services**. **Housing services** are services that help to find homes for people.



- Commissioners. These are people who plan and buy services.



- **Health and social care services.**



Health services means things like doctors and hospitals.



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.



- **Care homes and other support services.**

Idea 1: Treat people with a learning disability fairly



People with a learning disability should have the same chances to use services as everyone else.



We think all organisations should:

- Support and speak out for people with a learning disability.



- Think about people's needs and make **reasonable adjustments**.



Reasonable adjustments are small changes that help a person to use a service.

Things like having ramps for wheelchairs, easy read information or longer appointments.



- Work together with people with a learning disability.

Make sure their voices are heard and they are involved in planning and running services.



- Work together with local groups to support people with a learning disability in their local community.

Extra things health and social care services should do:

Health and social care staff should:



- Share information about any reasonable adjustments that a person may need

and



- Get training called **The Oliver McGowan Mandatory Training on Learning Disability and Autism.**



This training helps staff to understand how to support people with a learning disability and autistic people.



Doctors surgeries should work towards getting a **Learning Disability Friendly Badge**.

This is an award for being good at supporting people with a learning disability.

Idea 2: Support people to join the learning disability register



A **learning disability register** is a list that local doctors have of patients with a learning disability.



Doctors should check their learning disability register is kept up to date.

Idea 3: Support more people to have an annual health check



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 aged 14 and older and has a learning disability can have an annual health check.



Organisations should:

- Tell people about annual health checks.



- Make sure information about annual health checks is clear and easy for people to understand.



- Make sure people can easily get to their check-up.



Commissioners are the people who plan and buy services.

Commissioners should find more ways for people to have health checks.

This might be things like doing checks in care homes or in the community.



They should also make sure there are enough services that people need.

Idea 4: Collect better information



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



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



Organisations should help to collect better information about people with a learning disability.



Health services can use this information to make sure everyone gets the same chances to have good health.

Idea 5: Make sure people use a health and social care passport



Health and social care passports tell staff how to best support someone if they need to stay in hospital.



Organisations should help to tell people about the passports.



This will help people with a learning disability get the right support in hospital.

Idea 6: Learn from LeDeR reviews



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.



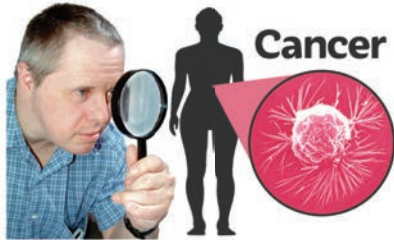
- Stop people from dying early.



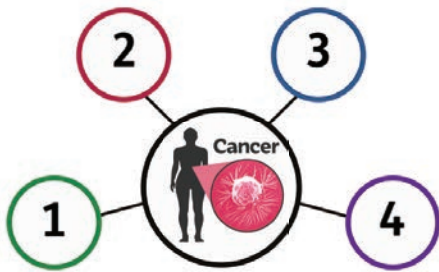
Everyone with a learning disability who dies should have a review.

Doctors and hospitals should work together to make this happen.

Idea 7: Support more people to go for cancer screening



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



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



If you catch cancer early there is more chance you can get better.



People with a learning disability are less likely to go for cancer screening than other people.



People with a learning disability often find out they have cancer late.



We want to understand what stops people from going to cancer screening.



We want to try to help solve any problems so more people can go for their checks.

Idea 8: Support more people to have vaccines



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



Things like flu, COVID-19 and pneumonia. These illnesses can make people very poorly.



Local councils should tell people the good things about vaccines.



They should make sure information about vaccines is clear and easy to understand.



Doctors should tell people about vaccines in their annual health check and other appointments.

Idea 9: Better end of life care



Talking about what you want to happen at the end of your life is very important.

It is important to speak to people with a learning disability about this too.



An advanced care plan is when you write down what care and support you want in the future.



Doctors use this care plan when a person cannot make decisions for themselves anymore.



Organisations should support people and their families to write advanced care plans.

Idea 10: Support mental health and wellbeing



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



People with a learning disability need more support with their **mental health** than other people.

Mental health is things like your thoughts, feelings and how you cope in everyday life.

Organisations should:



- Make sure mental health services think about the needs of people with a learning disability.



- Support people with their mental health in their local community.

This will try to stop people from needing to go into hospital.



- Stop people being given too much medication that makes them sleepy.

This is part of a big project across the whole country called STOMP.



- Support people who live in deprived areas. We say a place is deprived if a lot of the people who live there:



- Do not have a job.



- Have a disability.



- See more crime.



People who live in deprived areas are more likely to have mental health problems.

Idea 11: Housing



Local councils should make sure there is a good choice of housing that meets people's needs.



Organisations should make sure people have the support they need to live as **independently** as possible.



Independently means doing some things by yourself or with some support.

Idea 12: Support people to live healthy lifestyles



We want to support people in our area to live in a healthy way through their whole lives.

Living in a healthy way means things like:



- Eating healthy food.



- Exercising.



- Stopping smoking.



- Drinking less alcohol.



Organisations should give people with a learning disability information about how to stay healthy.



The information should be given in a way that is easy for people to understand.

Idea 13: Support for people moving from child to adult services



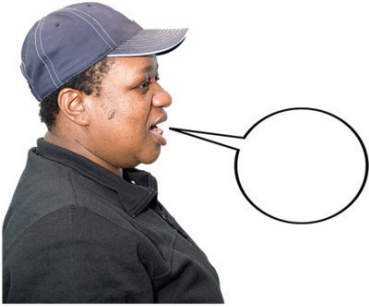
Transition is the time when young people stop using children's services and start using adult services.

It can be a hard time. There are new people to meet and get to know.



We want organisations to get better at supporting young people when they move to adult services.

Idea 14: Support people with 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.



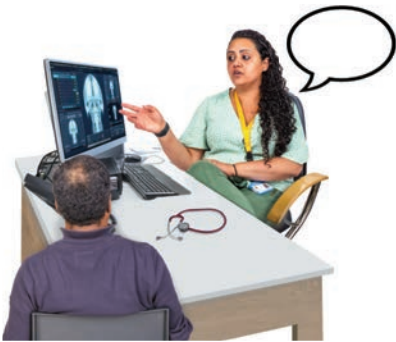
People with a learning disability are more likely to get dementia.



The Community Learning Disability Team support people with a learning disability.



The team can help doctors when they **diagnose** dementia in a person with a learning disability.



Diagnose means looking at health problems a person is having. Then a doctor says what the problem is called.



Organisations need to make sure that doctors and hospitals know how to contact the team.