



Healthy Life Styles for people with Complex needs



Physical Health

- **Communication - Non verbal**
- **Appointments - Hospital and GP**
- **Autism -**
- **Training and support –Bespoke training**
- **Health Action Plan and Hospital passport**



Health Colleagues

- **Who they are – Physio, Psychologist, Speech and language therapist, Dietian, Occupational therapist, Behavioural therapist, Homeward nurses and District nurses, GP and Dentist**
- **Relationships**
- **Referrals**
- **Protocols**

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Postural Care and Physiotherapy

- What is postural care
- Who is it for
- How important is it
- Support from physio/OT
- Equipment - individual
- Funding -



Local facilities

- **Borough Council Active 4 life – Walking groups**
- **Tiger feet – Exercise and socializing**
- **Swimming**
- **Walks in the park**
- **Local Gym**



People we support

Examples of how Brandon supports people to access local facilities

- Support to access GP - H
- Support to access local facilities – J and N
- Support with physio and postural care -all
- Support with Swimming – J,A group in Rugby, 2 people S and R
- Out door gym J and N
- Local Gym – S and M Rugby
- Dentist -

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