The background of the slide features a decorative pattern of small, multi-colored dots (including shades of blue, green, yellow, orange, and purple) arranged in a perspective grid that recedes into the distance, creating a sense of depth and movement.

# Co-Production on a Service Level: Integrated Care for People with Intellectual Disabilities

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# Aims

Barriers to healthcare and the context in England

Types of service design

Person centred planning

Co produced mental health resources

# Independent Enquiry into access to health care for people with Learning (Intellectual) Disabilities (2008)

People with Intellectual Disability find it harder to access treatment for general health problems.

People with Intellectual Disability receive less effective treatment than other people.

Health services do not make sufficient reasonable adjustments for people with Intellectual Disability .

Health service staff lack knowledge about LD.

People with Intellectual Disability experience abuse, neglect and discrimination when accessing some health services.

# Barriers to healthcare

- **Practical**
  - challenges to make and keep appointments
  - inflexible healthcare systems
  - poor information sharing
  - misunderstanding Mental Capacity Act
- **Attitudes:**
  - judgement on quality of life;
  - diagnostic overshadowing;
  - not listening to people with learning disabilities or their carers or family members
- **Health Literacy:**
  - people with learning disabilities may not understand or know about their bodily functions
  - they may not be aware of screening programmes or healthy lifestyle advice;
  - they may not be in control of what they eat or drink or keeping an active lifestyle (ie carers do this for them).
  - They may not be able to recognise and communicate signs and symptoms of illness
- **Personal Health Behaviours:** sedentary lifestyle; smoking/drinking; sexual health

# Equalities Act 2010

Duty to make  
'reasonable  
adjustments' to enable  
people with disabilities  
to access services.

Duty to change how  
things are done

- e.g offering face to face  
appt. instead of phone  
assessment

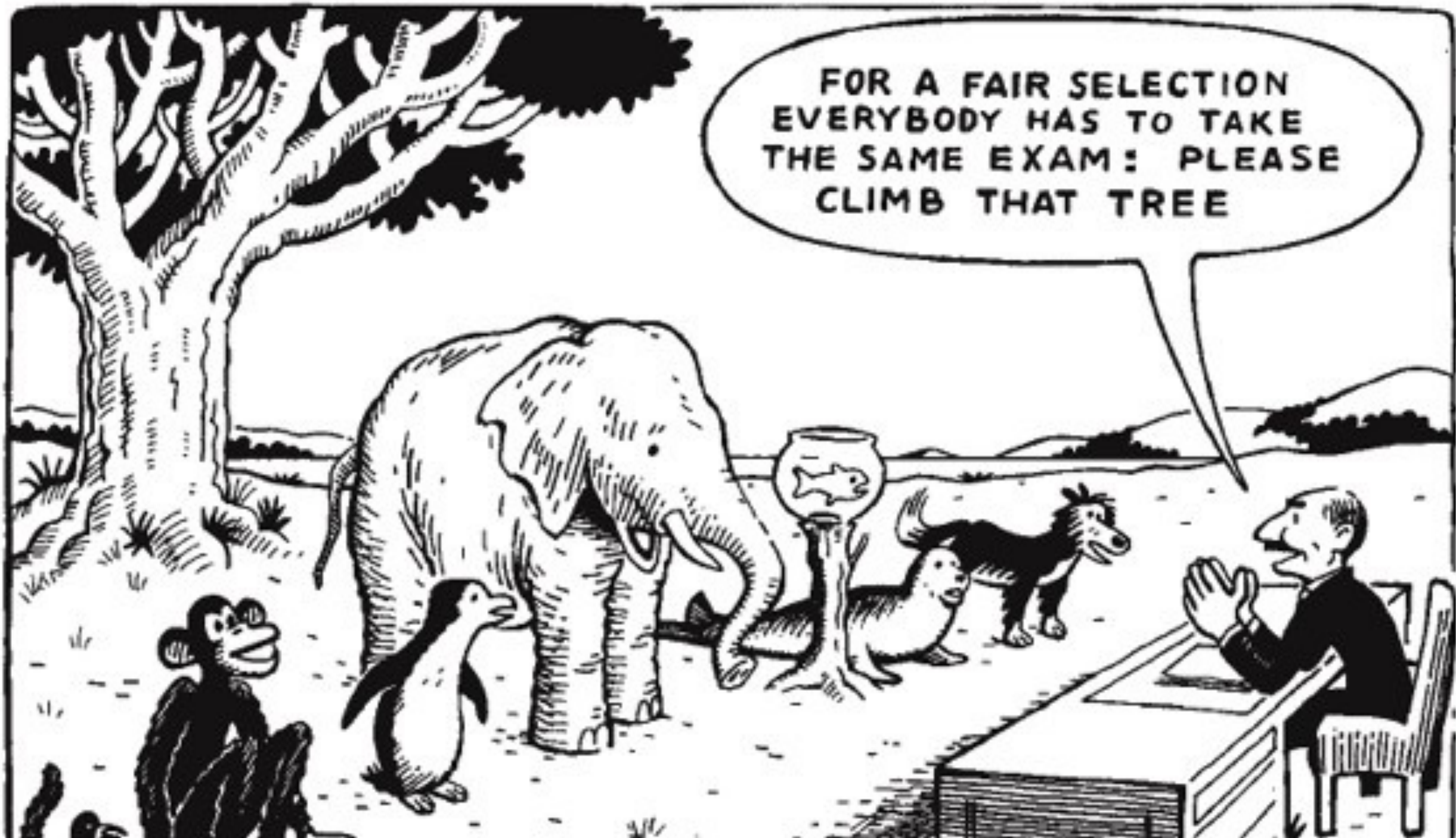
Duty to change physical  
environment

e.g. allowing  
wheelchair access

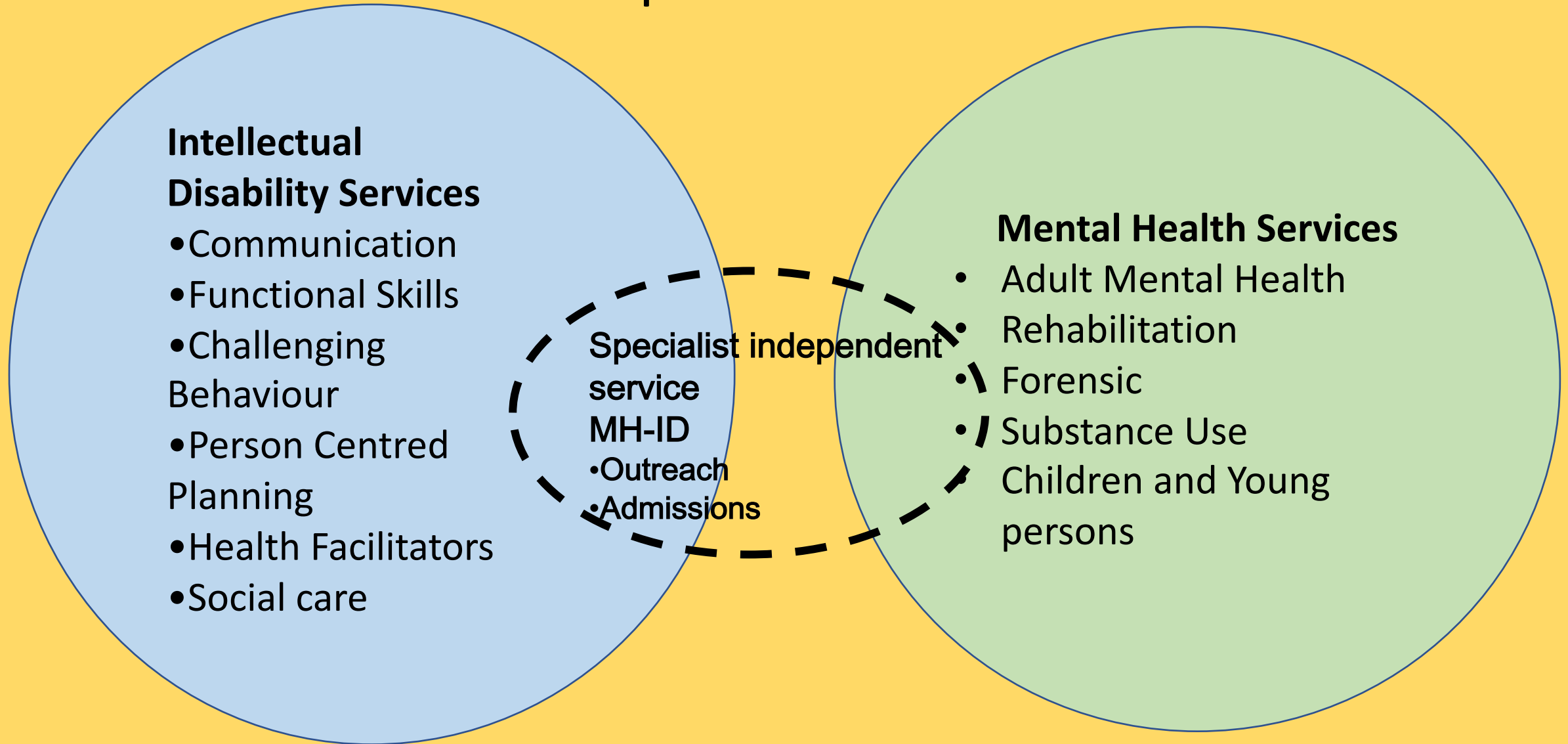
Duty to provide  
additional aids and  
equipment

e.g. accessible letters,  
info. recorded onto CD  
etc.)

FOR A FAIR SELECTION  
EVERYBODY HAS TO TAKE  
THE SAME EXAM: PLEASE  
CLIMB THAT TREE

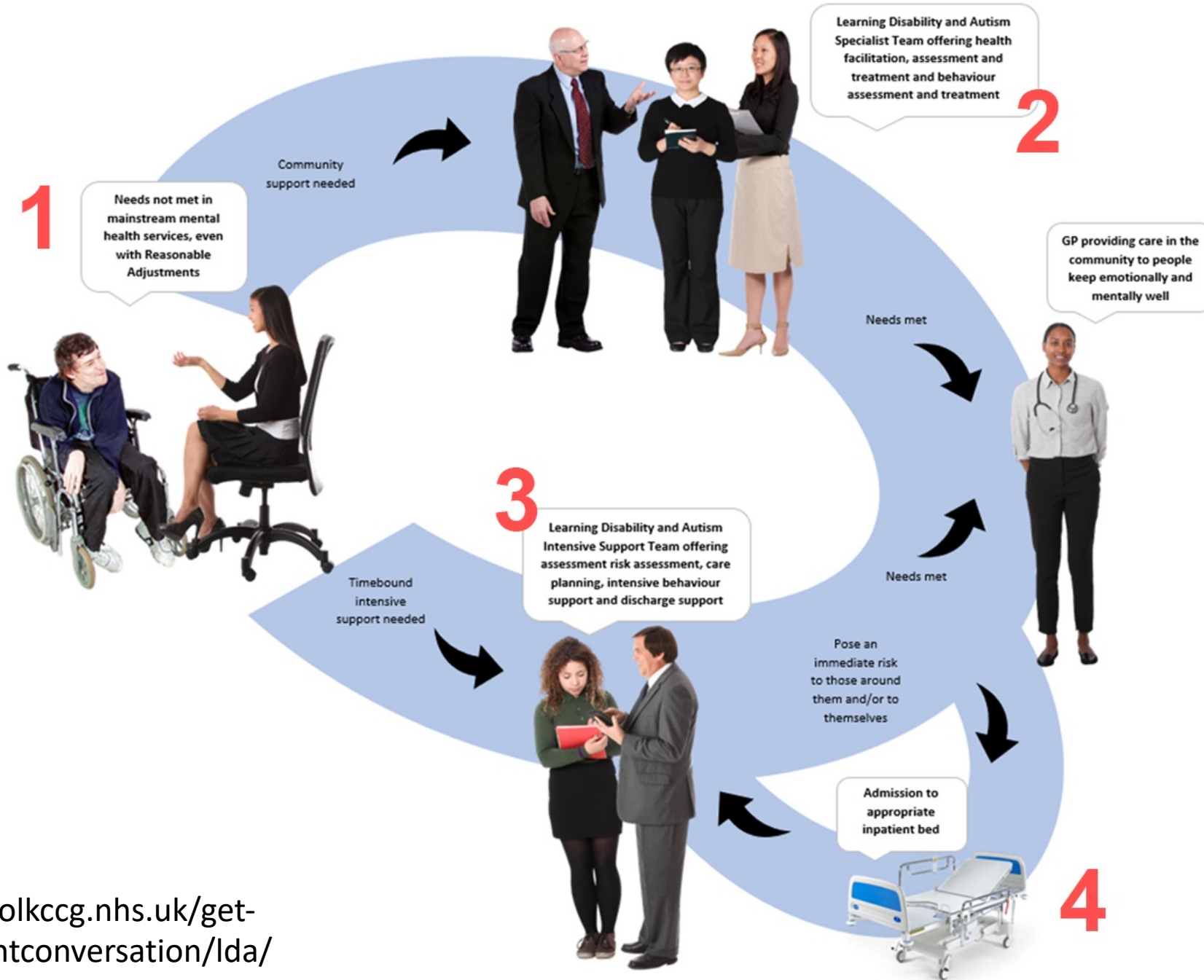


**SPECIALIST INTEGRATED MHID SERVICE**  
**DELIVERED as part of Mental Health Services**





# Learning Disabilities and Autism Services proposed model





# Types of Mental Health Admissions

**Very diverse population  
with individual needs**

**Level of disability ranges  
from moderate to mild  
and borderline cognitive  
impairment**

**Mental health problems  
may be related to a  
psychiatric disorder or  
challenging behaviour  
or both**

**Presentation can be  
very complex covering  
many areas of expertise  
forensic, substance  
abuse, neurological**

**Require a wide range of  
support**

# Person centred care and support planning



# Feeling Down

<https://www.learningdisabilities.org.uk/learning-disabilities/publications/feeling-down-looking-after-my-mental-health>

We wrote a guide with people with learning disabilities about  
What is mental health?





## Why we might feel down, worried or depressed

Lots of things can make us feel down, worried or depressed. For example:



Being in pain



Splitting up with  
someone we love or  
arguing with a friend



Money worries



Having health problems



When someone  
we love dies



Being bullied  
or hurt

**Sometimes we feel down for no reason at all.**

# Staying Healthy

## Putting into practice

### My Staying Healthy Plan

Use the ideas in this part to think about how you can stay healthy.



### My Staying Healthy Plan - Example



#### What will you do?

1. Relax by going to a relaxation class
2. Go out with friends for coffee
3. Talk to my sister as it makes me feel less anxious when I talk to her
4. Tidy my room. Open the window in the morning to let some fresh air in. Put an air freshener in the room. This will help me sleep better
5. Go to the GP this week to talk about how I am feeling and about not sleeping.



#### When will you do it?

1. Once a week
2. Once a week
3. Every evening
4. Once a week
5. This week



#### Who will help?

1. Jane will help me
2. My friends
3. My sister
4. My support worker
5. My sister

# Pass-it-online

## Pass-it-online

### Session 1:

## What is mental health?



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## Pass-it-online

### Session 2:

## The 5 ways to wellbeing



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## Pass-it-online

### Session 3:

## My Staying Healthy Plan



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# Transforming Care Winterbourne View Abuse Scandal

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People with Intellectual Disability abused by “care” staff within a specialist NHS inpatient service (Assessment & Treatment Unit/ATU).

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‘Transforming Care’ (2012) developed to improve health and social care for people with Intellectual Disability and complex needs.

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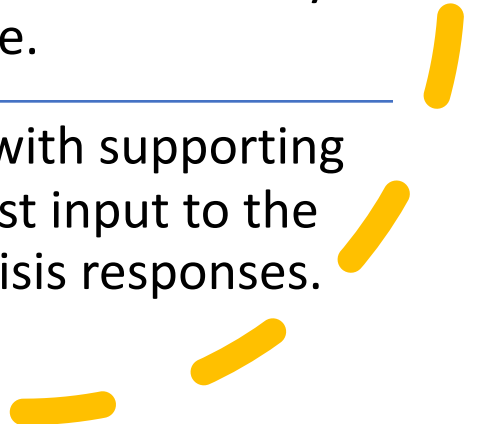
Emphasis on the need to improve preventative mental healthcare to prevent unnecessary admissions far from home.

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Need to develop skills/confidence/experience of mainstream mental health staff so that people with Intellectual Disability can access appropriate services closer to home.

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Specialist Intellectual Disability teams tasked with supporting work of mainstream services, offering specialist input to the more complex clients & increasing focus on crisis responses.

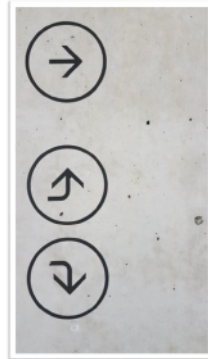
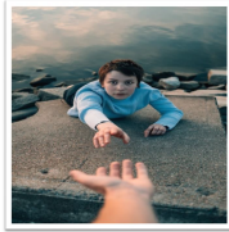


# Discharge Charter – Developed by People with Intellectual Disability

Supporting people with learning disabilities to leave hospital



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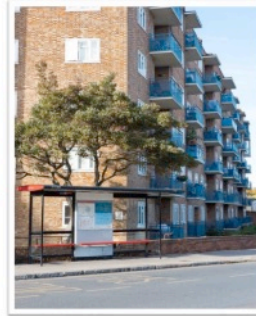


Sometimes discharge from hospital can go wrong.

The decision is quick, and it is difficult to plan for care and support.

Problems with no service: being booked to support us at home.

We get people to support us who do not know how to talk to people with learning disabilities or autism.



## Going Home

Help me get home don't just dump me

Let people who support me know I am coming home

Let me know who to contact if I need advice or to let people know something is not right



## Being at home

Is there advice to help me stay well? For example:

- Help with physical health
- Help with getting around
- Help to get washed and dressed
- Help with medication
- Help with worrying thoughts
- Help to use coping strategies

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# Accessible discharge tool for people with intellectual disability

## Section 2 - Pre-discharge.

	What I am working on during this admission and how it is going
	My care, treatment and support plans

## Section 3 – My support needs

	
	Important friendships and relationships and how we will stay in touch when I am discharged
	My advocate and what they help me with

## Section 1 All about me

	My Pen Portrait
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## Section 4 Discharge planning and community living

	Where I am going to live and details of my new home.
	My community teams

# What can be done to help our mental wellbeing?



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Circle of support



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Counseling and therapy



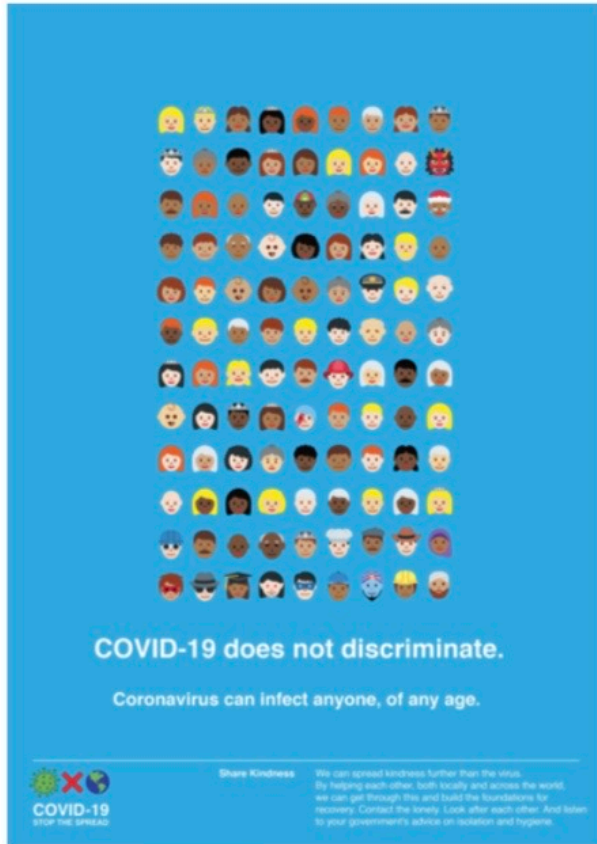
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Not mess with our benefits



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Let us speak for ourselves



The book can be  
downloaded for free at...

- <http://www.learningdisabilities.org.uk>
- <http://www.stevehardyldn.com/covid-19-book>

Dziękuję

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