

## **Berkshire Healthcare Foundation Trust Learning Disability Services Update to Wokingham HOSC**

The Community Team for People with Learning Disabilities (provided by BHFT) provides advice, support, assessment, treatment and therapies to support adults with learning disabilities with their specialist health related needs. The team is made up of Psychiatry, Psychology, Learning Disability Nurses & Health Support Worker, Occupational Therapy, Speech and Language Therapy, Physiotherapy, and Dietetics.

People with a learning disability are referred to the Adult Assessment Team to discuss their care and support needs. Support with personal budgets can be provided by Choice Champions - a peer support scheme run by people with Personal Budgets, who have been trained to help other people understand what it is like to have self-directed support.

For people with learning disabilities who are not eligible for support from Social Services, there are a range of services in the community who can provide support to help people develop their independent-living skills

Wokingham has a very active Partnership Board which aims to challenge barriers and promote opportunities

Please see below a list of some examples of the workshops that have been undertaken over the past year in partnership with the Learning Disability Partnership Board, BHFT and other services:-

- Oral Health Workshop (Jan16)
- Loneliness Health Workshop (Mar16)
- Choices Relationships Workshop (May16)
- The Big Conversation Workshop – discussing information and support from Health & Social Services (July16)
- Fit for Life Course (Jan17)
- SeeAbility 'Looking after your Eyes' Workshop (Feb17)

All GP surgeries in the Wokingham borough provide Annual Health Checks for people with learning disabilities. These have proved very effective in detecting new health issues and monitoring general health and have resulted in people accessing their GP more frequently. However sometimes due to visiting regularly people feel that they no longer need to have a health check which may result in some health conditions not being monitored.

Royal Berkshire Hospital has a Learning Disability Co-ordinator who seeks to ensure that people with learning disabilities are supported with all aspects of their hospital visit. Royal Berkshire NHS Foundation Trust have listened to people with learning/multiple disabilities and their carers, who say that waiting, even a short length of time, can be frustrating and make them even more anxious. Because of this, they aim to 'fast track' vulnerable people with outpatient appointments. Normally, people with learning/multiple

disabilities will be seen at the beginning of clinics or shortly after they arrive. They have now also introduced a bleep system so that if there are unavoidable delays the person can be given a bleep and can wait in other areas that might be more appropriate to their needs.

People with learning disabilities have a history of experiencing health inequalities when compared to the general population (Emerson et al, 2010) and are known to have poorer health than the general population. The impact of health inequalities often mean that people with learning disabilities die at a younger age than their non-disabled peers. BHFT have implemented a Clinical Review Group which reviews the deaths of all people with learning disabilities who have been in contact with BHFT services in the 12 months prior to their death – to review the circumstance and seek to identify good practice and also areas for learning and improvement. If necessary further investigation is carried out or detailed referred on to Safeguarding or the Clinical Commissioning Group where relevant (due to issues identified beyond the responsibility of BHFT).

The national Transforming Care Programme seeks to ensure people with learning disabilities are supported in their community, with personalised support provided by multi-disciplinary health and care teams, with more innovative services to give people a range of care options, including personal budgets, so that care meets individuals' needs. And to seek to ensure there are early, more intensive support for those who need it as a result of behaviour that challenges, so that people can stay in the community, close to home. Where required specialist inpatient care should be local and only for as long as is needed and necessary. In Berkshire there is work underway seeking to establish an Intensive Support Team which would seek to enable the avoidance of admissions (unless clinically appropriate) and to speed up discharges from specialist LD inpatient services.