

Supporting people with a learning disability and/or autism who display behaviour that challenges, including those with a mental health condition



Service model for commissioners of health and social care services

October 2015



**Easy
Read**

This report is about people with a learning disability and/or autism who display behaviour that challenges.



It is about helping to make sure people get good support and services in their local community.



This report has been written for the people who plan health and social care services in the local community.

It should help to make sure services in the community are right for people with a learning disability and/or autism with behaviour that challenges.

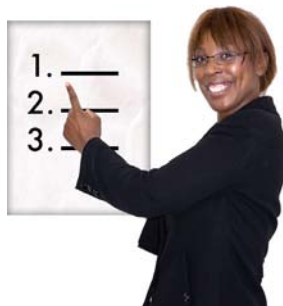
This report is the Easy Read version of the full report.



The full report is full of more detailed information.

You can download the full version from:
www.england.nhs.uk/learningdisabilities/care

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In this report we talk about people with a learning disability and/or autism.

They may be children, young people or adults.



Some people have a learning disability. Some people have autism. Some people have both a learning disability and autism.

For example:



Edward has a learning disability.



Gillian has a learning disability and also has autism.



Zach has autism but doesn't have a learning disability.

Some people with a learning disability and/or autism display behaviour that challenges.



There are lots of different reasons for this.



They may feel ill or in pain and find it hard to tell people.



They may get angry or upset because they are unhappy about something.



They may have a mental health problem that is making them upset.

This report is about people with a learning disability and/or autism **who also** display behaviour that challenges.

Most people with autism and most people with a learning disability **do not** display behaviour that challenges.

What do we mean when we talk about behaviour that challenges?

This can mean lots of different behaviours.



People might get angry or upset.



People might damage things.



People might hurt themselves or other people.



People might behave in ways that mean they get into trouble with the Police.

It's important that we have good support and services for people in the community.



With the right support people should be able to live in their own homes they have chosen in their community.



We want there to be fewer special hospitals in the future.

These hospitals are just for people with behaviour that challenges or a mental health problem. Some are only for people with a learning disability.

The right support in the community should mean **far fewer people go to special hospitals** in the future.



We are also helping people in special hospitals to move into their own homes in the community.

People have the right to a good life in their local community.

They have the same rights as other people.



They should have a good home in their local community.



They should be well supported and treated with dignity and respect.



They should be given support to help them have good relationships with their friends and family.



They should have support to stay healthy, safe and do things they enjoy.

Getting things right for people with a learning disability and/or autism



The right support and services in the community should help people to have better lives.

We have written 9 important ideas. We called them principles.



These 9 principles tell people who plan services how to help to make people's lives better.



Services and support need to be person-centred. They should listen to you and help you make your own choices.

Principle 1

I have an enjoyable and interesting life.



I have as much choice as possible about what I do.



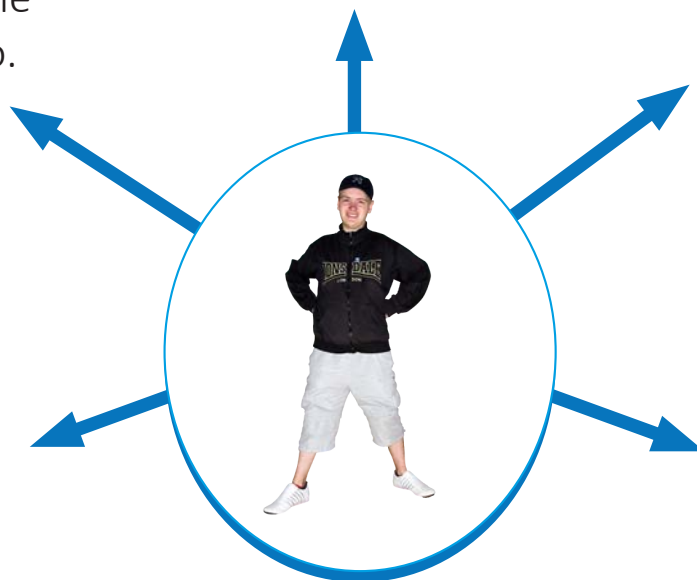
I get support to have good relationships with my friends and family.



I get support to do activities I enjoy.



I get support to go to school or college.



I get support to learn new skills and find a job.

Extra support for services like colleges and work projects.



These services may need training and support about how to work with people who have a learning disability and/or autism.

Principle 2

My care and support is well planned.

Local health and social care services need to know who may need extra support.



They will have a register to help them do this.



The register is a list of people in the community who may sometimes need extra support.



The register should help people to get the support they need before their problems become too serious.



People should get the extra support they need in their local community.



This extra support should help to stop people needing to go to hospital.

I should have a person centred plan.



My plan will tell people what I want my life to be like. It will also say what support I need.



I should help to write my plan.
I should have a copy of my plan

Plans to help with my behaviour and to help me in a crisis can be included in my person centred plan.



Children and young people should have a plan called an Education, Health and Care (EHC) plan.

I should have a named person who checks I get the right support.



They help to make sure everyone works together so I get the support my plan says I need.

Principle 3

I have choice and control about my care and support.



I should have help to communicate.



I should be given information about my support that I can understand.



I should have help to have my say.
I might have an advocate or go to a self advocacy group.



I should have a personal budget.
This gives me more choice about my care and support.

A personal budget is the money that is spent on a person's care and support. People can choose how to spend the money themselves.

Principle 4

I live in the community with support.



Support for families or carers who support someone with a learning disability and/or autism.



My family or carer should have a Carers Assessment. This finds out what support and training they need.



My family should have good support to help them support me.



My family should be able to have short breaks from supporting me. This gives me and my family time to do other things.



If my family is finding supporting me hard they should get extra help from experts in the community.

Support for paid care and support staff.



Staff should have training so they understand people who have a learning disability and/or autism.



Staff should have experience of working with people who have a learning disability and/or autism.

We don't want people to have to go to hospital if they can be supported in the community.



There should be somewhere else people can move to for a few weeks if there is a crisis.



People will get extra support. They should be able to move back home as soon as they feel better.

Principle 5

I have a choice about where I live and who I live with.



There should be a housing plan in each local area to make sure there are the right homes for people.



I should have a choice of housing in my local area. This should include small supported living homes.



I will have housing rights.
This means it is hard to move me out of my home if I don't want to move.

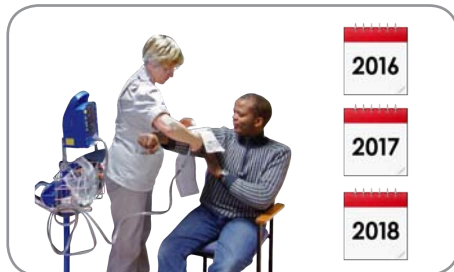
Young people leaving home and people moving out of hospital need a choice of housing.



They should have a choice of housing as soon as they start planning for their move.

Principle 6

I get good care and support from health services.



If I am aged 14 or over I should have a health check every year at my Doctor's Surgery.

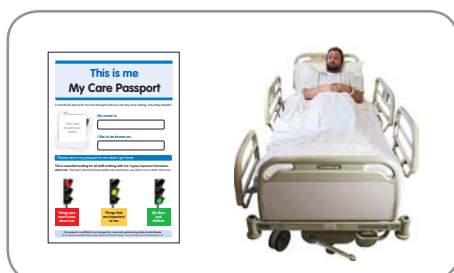
It is very important I have a health check if I have problems communicating.



If I have problems communicating I might not be able to tell people I feel ill or am in pain.



I should have a health action plan. This tells people about the support I need for my health.

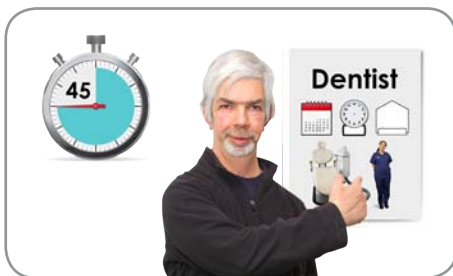


I should have a hospital passport. This tells staff in places like hospital how to support me.

There should be extra support to help people use health services in their local community.



Liaison nurses should help health staff to give me good support. This might be in a hospital or at my doctor's surgery.



Services should make reasonable adjustments for me. This is things like giving me longer appointments.

Health services should give good support to people with a learning disability and/or autism

This includes mental health services.



All health services should check how well they support people with a learning disability and/or autism.



People with a learning disability and/or autism should help to check that health services are good quality.

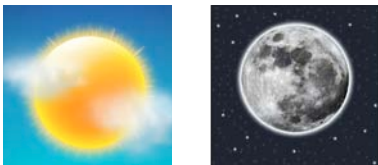
Principle 7

I get help from experts in the community if I need extra support.

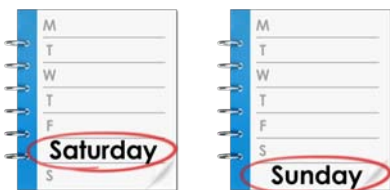
These experts can also work with other services to help them to support me.



These experts will understand the best ways to support people with a learning disability and/or autism.



These experts can help people during the day or night.



These experts can work weekends as well as Monday to Friday.



This extra support should help to make sure fewer people need to go to hospital.

Principle 8

I get help to stay out of trouble with the law if I need it.

There are services in the community that help people to stay out of trouble.



Youth Offending Teams support young people to stay out of trouble.



There are services to support people who have problems with drugs or alcohol.



There are services to help families who need extra support.

People with a learning disability and/or autism should be able to get support from these services if they need it.

Liaison and Diversion Schemes can help people who get into trouble with the law.

They can give extra support to people with a learning disability and/or autism.



They can help to make sure people get the support they need from health and social care services.



They can help to make sure people get support with their rights. This is about people being treated fairly.

People should also be able to have extra support from experts in the community if they need it.



These experts will be understand the best ways to support people with learning disabilities and/or autism.

Principle 9

If I need to stay in hospital because of my mental health or behaviour.



I should only stay in a hospital if the extra support I need cannot be given in the community.

If I do need to go to hospital.



The hospital must not become my home.

I should not stay in hospital longer than I need to.



Planning for me to move home should start as soon as I go into hospital, or even before I go in.



People will regularly check how I am being cared for and treated in hospital.

People should also regularly check why I am still in hospital and make sure I can leave hospital as soon as I am ready.

Special hospitals should be safe places for both adults and children.



People should be kept safe from harm.



I should stay in a hospital that is right for me.



Men and women should stay on different hospital wards.



Children should only stay in hospitals that are good places for children.



Children should have help with their education while in hospital.

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October 2015

Local Government Association (LGA)

Association of Directors of Adult Social Services (ADASS)

NHS England