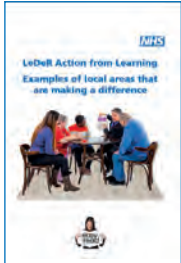


LeDeR Action from Learning

Examples of local areas that are making a difference

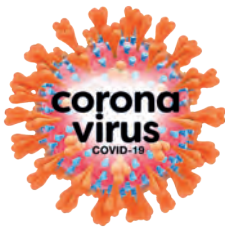


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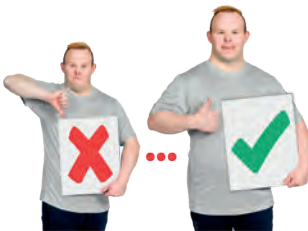


Introduction



This document goes with the
LeDeR Action from Learning report
which you can find on:

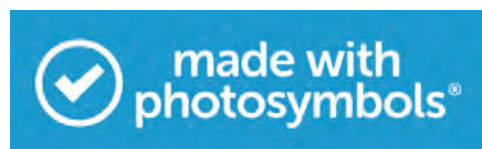
www.england.nhs.co.uk



It gives more examples about work
that the **NHS** has done to
make care better in the last year.

This EasyRead booklet was produced by

www.easy-read-documents.com





Stories about coronavirus



London vaccination packs



An **easy read information pack** about the coronavirus **vaccine** which was made for people who live in **London**.



The pack was sent to people who manage coronavirus vaccination centres **across London**.



Testing and vaccinations in Enfield

A coronavirus vaccination centre was set up at **Chase Farm Hospital** for people with a **learning disability** and **autistic people**

The clinic was bigger **than normal** and gave people **longer appointment times**

The clinic was shown on the **BBC news**



A coronavirus testing centre was set up in **Enfield** for **vulnerable people** who cannot get tested through the government website.



An **easy read website** about coronavirus was made for **Enfield residents**.



A form for quick reviews



In **London** and in the **North West of England CCGs** looked at the **deaths** of **people with a learning disability** who died with **coronavirus**.



A **Clinical Commissioning Group** or **CCG** is an **NHS** organisation that plans and pays for services in your local area.



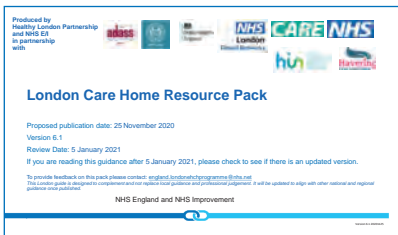
The team **quickly** looked at the **treatment** and **care** of people with a learning disability who **died from coronavirus**.



Information for London care homes



The **London Care Homes resource pack** explains how people who live in care homes can be kept safe and healthy.



The resource pack:

- tells you **how to contact a GP quickly**
- includes a **London coronavirus resource pack** for primary care workers such as GPs or nurses.





Online GP appointments



Ace Anglia is a self-advocacy group.



6

They worked with **six** other **self-advocacy groups** about the best ways to **keep in touch during lockdown** and:



- made an **easy read guide** about using **Zoom**



- made **videos** about **using the GP service** during lockdown

50



- held **weekly Zoom sessions** so that up to **50 people** could talk to a **GP** or a **nurse**



The **GP** and **nurse** Zoom sessions will carry on until **March 2022**.



The Zoom sessions are a good way to get more people to have their **annual health check** and get **vaccinated**.



Stories about dysphagia

A lot of people with a learning disability have **problems swallowing** which is called **dysphagia**.

Dysphagia workshop



Dysphagia has been linked to **hospital visits** that are **not planned**.



From November 2020 the **CCG** who plans and pays for services in **Bedfordshire, Luton and Milton Keynes**



ran **workshops** with different groups and organisations.



One of the workshops looked at supporting people who have **difficulties swallowing**.

Stories about breathing problems



Difficulties swallowing can **lead to breathing problems.**

Wakefield Lunch and Learn sessions



In **Wakefield** they started monthly **Lunch and Learn** sessions for **nurses.**



At the sessions they talked about **breathing problems** and the best ways to **support people** with a **learning disability.**

Keeping my chest healthy in Bradford



In **Bradford** they made an easy read care plan called '**keeping my chest healthy**'.



Each **care plan** looked closely at the support someone needs to **keep their chest healthy**.



40



More than **forty people** with a learning disability now have a **keeping my chest healthy** plan.

Stories about flu vaccination



Misfits Theatre Company made a video to raise awareness of **fake information** about the **flu vaccine**.



Go to www.youtube.com and search for 'misfits flu vaccination'.

or find it here:

www.youtube.com/watch?v=0NbP-G7g414

Contact podcast

contact
For families
with disabled children

Contact is a **national charity** for families with disabled children.



Contact worked with other organisations and groups to get **more young disabled people** to get a **flu vaccine**.



Contact made a **podcast**.



A **podcast** is a **sound recording** of **people talking** about different topics.

The **Contact podcast** included:



- Rosie speaking about the **reasonable adjustments** her son needed to get a **flu vaccine**.



- advice for **parents** trying to get **extra support** for their **child**.

Vaccination in South West London



In **November 2020** the local learning disability team in **Kingston**:



- set up a **flu vaccination clinic**



- gave out **easy read health information**.



Coronavirus vaccine clinics across **South West London** were set up using some of the same ideas because the **flu vaccine clinics** had worked really well.

Stories about Annual Health Checks



Putting people first in Merseyside



NHS Mersey Care supported people with a **learning disability** to get their **Annual Health Check**.



People First Merseyside wrote a **booklet** explaining how **important Annual Health Checks** are.



The booklet was sent to **health and care workers** in the **Cheshire and Merseyside** areas.



People First Merseyside are going to hold **local events** to tell more people about **Annual Health Checks**



In **Liverpool** they have had **face-to-face Annual Health Checks** with a healthcare professional.



Part of the appointment is used to make **health action plans** and **reasonable adjustments**.



Annual Health Checks in the West Midlands



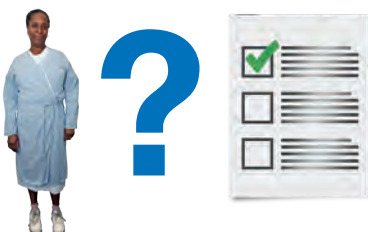
The **community learning disability nursing team** in the **Black Country** are doing a lot of work to increase the numbers of **Annual Health Checks**.



Mystery patients



In **Sunderland** they are making sure that **Annual Health Checks** are being done well.



The **Annual Health Check** is rated by a **mystery patient**.



This means **GPs** know they **could be rated** by a patient but **do not know** which patient is going to rate them.



The **mystery patient project** has:

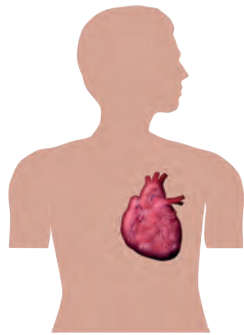
- helped to make appointments with **GPs much better**



- helped **GPs** to find new ways to make their **service better**.



The local learning disability team has written **information for GPs** to help them work out the **health risks** of **people with a learning disability**.



Stories about heart health



Stopping heart disease is a big goal of the **NHS Long Term Plan**.

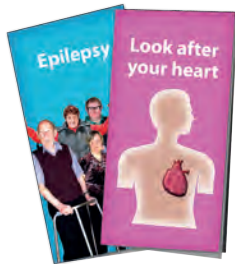
Heart health in the East of England



LeDeR reviews in the **East of England** showed that heart problems are **not** being **spotted fast enough**.



The **NHS** is working with self-advocacy group **ACE Anglia**



To give **better information** about **healthy hearts** to people with a learning disability who live in:



- Southend
- Essex
- Thurrock

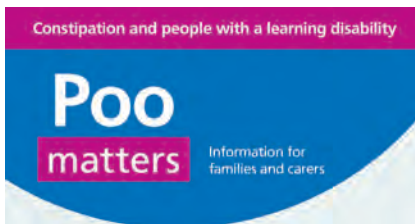


Easy read documents cover topics such as:



- lowering the risk of heart disease
- healthy living
- spotting heart problems.

Stories about constipation



Poo matters in South West England



NHS Bristol, North Somerset and South Gloucestershire CCG found out that **constipation** is a big health problem in the area.



A new project called **Poo Matters** started in **September 2020**:





a learning **disability nurse**
runs the project with **self-advocates**

Online workshops are run about:

- **poo health**
- how **eating different food** can help with **constipation**



Someone who took part in one of the workshops said:

“ I didn’t know that I had constipation. I pooped once every two or three weeks and thought that was normal. ”



The team are working on an **information pack** for health and care workers.

Stories about cancer



Learning about cervical screening

24



Twenty-four women with a learning disability took part in 2 workshops at **Leicester General Hospital**.



None of the **women** at the workshop had **used screening services** before.



The women got to try out **equipment** and **ask questions**.



Stories about end of life care



LeDeR reviews sometimes highlight end-of-life needs.



Working with older people in West Sussex



For **end of life care** to be good it is important to know the **life story** of the **person who needs care**.



In **West Sussex** they worked with **people who have dementia** and their **family** and **carers** to tell their story.



Training was given to anyone who **supports** a person with a learning disability.



This work will help anyone at **risk of dementia** and **older people** moving into a care home.



This work is part of a **project**:

- to get more people from **ethnic minorities** to **have their say** about the support they get.
- to use **technology** to support people to be independent.





Stories about advance care planning



In **London** there are new ways to make sure people with a learning disability and their families **play a big part in making choices**.



All **community nurses** have had training on how to complete an **advance care planning questionnaire**.



The advance care planning **questionnaire** includes useful **emergency medical** and **health information** for:



- NHS 111



- out of hours GPs



- ambulance crews.



Stories about work with people from minority ethnic groups

A new outreach worker



In **Norfolk** a new **learning disability outreach worker** is working with groups of people from **ethnic minorities** and other groups to get more people to:



- register with a **GP**



- get an **Annual Health Check**



- get the **flu vaccine**.



The outreach worker will work with people at high risk such as people who:

- have never had an **Annual Health Check**
- have not had an **Annual Health Check** for a **long time**.

The outreach worker will work with local services to support:

- **disabled adults**
- **travellers**
- **asylum seekers and refugees**
- **people from ethnic minority groups.**

