

Important advice for staff who support people with a learning disability or autistic people.





We all need to make sure that people with a learning disability and autistic people receive good care.



Research from the [Learning from lives and deaths – People with a learning disability and autistic people programme shows that people with a learning disability](#) shows that people with a learning disability:

- Are over twice as likely to die from illnesses that could have been stopped than other people.
- Die a lot earlier than other people



Research shows that autistic people:

- Have more health problems throughout life than other people.
- Are more likely to have a mental health condition than other people.



Due to this you will see patients with a learning disability or autistic people.

This guide aims to offer advice for day-to-day working.



The following points are important for staff who are caring for someone with a learning disability and for autistic people.



1. Staff should make sure they know the difference between your illness and your learning disability or autism.

This is to make sure you get the right treatment for your illness.



2. Staff should follow the information on your hospital passport (if you have one).



3. Staff should make sure you are involved with decisions about your health care and how you get treatment



4. Staff should make sure when supporting you that they know:

- What you like?



- What do you not like?
- What would be your first choice?



Everyone should get a good standard of care.



5. Staff should not make decisions on what you are able or not able to do and should talk to you about this.



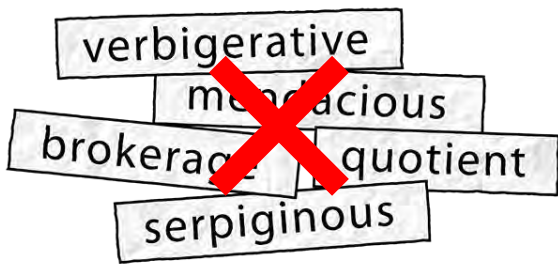
6. Staff should listen to you and your family and any carers who know you well.



7. The law says that staff must make changes you need to make sure you get the right care and support.



This is called making reasonable adjustments.



8. Staff should find out the best way to communicate with you.

They should not use jargon or long words.

They should use your hospital communication passport if you have one.



9. Staff need to make sure they know what you do when you are in pain or are uncomfortable.

They should know how this is different from how you are normally.



10. Staff must involve you in all decisions about your care or treatment unless you cannot do this.

They must follow a law, called the Mental Capacity Act.



11. Staff should ask for help from other staff if they need it.

This includes working with a learning disability liaison nurse if there is one in the hospital.



12. Staff should make sure that they support you in the right way if you are upset or scared.

They should help you stay calm and relaxed.



13. Staff should do training on how to support people with a learning disability or autistic people.

Access the learning here:
[The Oliver McGowan Mandatory Training on Learning Disability and Autism](#)



All of these are things
you should expect from
all health staff.