

# Learning Disabilities Liaison Link

Winter 2018 Issue 3



*Wishing everyone a happy and healthy 2019*

**Contact us to book your free Annual Health Check Training today**

### Where are we based?

Community Learning Disabilities Team  
Westbourne  
Scott Business Park  
Beacon Park Road  
Plymouth  
PL2 2PQ

### What we need from you:

If you are caring for a patient that has a Learning Disability and you need advice for a possible referral please contact our Referral Co-ordinator:-

Vicky Carr Email: [vickycarr@nhs.net](mailto:vickycarr@nhs.net)

All referrals will be shared at an MDT meeting in order to allocate the patient and/or direct the referral for the most appropriate care.

### For advice and guidance you can contact the Primary Care Liaison Nurses:

Annette Koshti-Richman  
or  
Jon Anderson

**Telephone number:-**  
01752 434033

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### Hello from Annette and Jon

We would like to say a huge thank you to Helen Sykes (PDT Practice Lead/Placement Manager) for arranging for Jon and myself to deliver training as part of the Preceptee Programme. We both enjoyed delivering our 'Making Reasonable Adjustments for Vulnerable Adults' training to all the Preceptees and would be very happy to be cared by any of the wonderful staff we trained. We wish them all many happy years of working with Livewell Southwest.



Quote by ... Robert M Hensel

**"There is no greater disability in society than the inability to see a person as more."**

## ANNUAL HEALTH CHECKS (AHC)

NHS England recently published guidance regarding the provision and uptake of annual health checks. This guidance states that they wish to see an increase of 10% year on year, in the number of people with a learning disability (all ages) identified on GP registers having the Annual Health Check.

The outcome is for 75% of people on GP registers, and eligible for AHCs, to have had one by March 2020.

As Liaison Nurses we do not underestimate the enormity of this task and are actively seeking ways to support surgeries as part of our role. We are able to deliver free training to staff that provide the AHC's. The training takes approximately 2 hours and certificates will be provided to participants. We have previously provided training to GP's, Registered Nursing Staff and HCA's and strongly believe that a more open approach with undertaking the AHC's will free up other clinicians time and help promote the health and wellbeing of all patients with learning disabilities.

Training can be booked direct via ourselves as we deliver training on site at your Surgery.

If anyone would like to display a copy of the Annual Health Check Poster please contact me. These have already been posted to all GP surgeries and Libraries, but I can supply more if needed.

## CONTRIBUTIONS

If anyone has any suggestions or wish to share strategies that they have found helpful when working with people with Learning Disabilities please email me or Jon on:-

[annette.koshti-richman@nhs.net](mailto:annette.koshti-richman@nhs.net) or  
[jonanderson2@nhs.net](mailto:jonanderson2@nhs.net)

We can then include this information in the next newsletter.

### Quote by Wayne Dyer

**"If you believe it will work out, you'll see opportunities. If you believe it won't, you will see obstacles."**

## TRAINING

Clinicians from the Community Learning Disabilities Team are also delivering the following training:-

- Autism Spectrum Conditions
- Dysphagia Training
- LD Mental Health Awareness
- LD Self Harm & Suicide Awareness
- LD & Personality Disorder
- Learning Disabilities & Dementia Training
- Making Reasonable Adjustments (now provided to Livewell Southwest Preceptees)
- Positive Behavioural Support
- Sensory Awareness
- SHEALD
- Total Communication Training

Further information can be found via:  
[https://www.livewellswacademy.co.uk/course#learning\\_disability](https://www.livewellswacademy.co.uk/course#learning_disability)

## TRAINING FROM SPEECH AND LANGUAGE

The Speech & Language Therapy team at Westbourne are happy to provide you with any training or support around eating & drinking difficulties or with a patients communication needs. Please contact the Primary Care Liaison Nurses for more information.



### MMR Vaccine Information

Having attended the Practice Nurse Forum I was made aware of the following advice which I would like to share with everyone as it affects not only all of us, but all our service users/patients and families too. The following information is from the letter sent by Public Health England, 7th December 2017:-

"Patients over the age of three years and four months who do not have two recorded doses of MMR vaccine remain eligible to receive two doses. There is no upper age limit to offering MMR vaccine and practices should maximise opportunities to ensure that patients are fully vaccinated."

The guest speaker also explained how there has been a Measles outbreak in the Devon area and was actively encouraging all staff etc. to have the MMR vaccine as assumed exposure as a child does not necessarily keep you safe.

### MICRO LEARNING - What are Reasonable Adjustments? (Mencap, 2018)

Under the Equality Act 2010, the NHS must make sure that disabled people have the same access to health services as everyone else. This means the NHS must try to make it as easy for disabled people as anyone else to use Health services. This is called Making Reasonable Adjustments.

Equal healthcare is a basic right, meaning that everyone should have equal access to treatment. However, equal does not mean the same. These adjustments could be physical things, such as wheelchair access in hospitals or easy read appointment letters.

Reasonable adjustments could also be things like priority appointments if someone finds it difficult waiting in their GP surgery or hospital, or longer appointment times if someone needs longer with a doctor or nurse to make sure everyone understands the information they are given.

The duty to make reasonable adjustments aims to make sure that a disabled person has access to and is able to use services in the same way (or as close as possible) as a non-disabled person. This duty is anticipatory which means that the responsibility of making reasonable adjustments is on the organisation, meaning they must think in advance about disabled people and the range of impairments they may have.

Generally, it is considered that the easier an adjustment is to make, the more likely it is to be considered reasonable. However, just because something is difficult to implement does not mean that it cannot also be reasonable.

### Referrals to other Services

We have recently followed up a concern raised by Derriford Hospital where a department had not been made aware that the patient had a learning disability. I have been asked to gently remind everyone to remember to document this on the referral documentation/letter. This would be really appreciated as it helps the receiving team to ensure they have the relevant information available such as Easy Read Guides or have made contact with the Learning Disability Liaison Team at Derriford Hospital for support.

## EASY READ APPOINTMENT LETTERS

Please find below a free site that services can access to produce their own appointment letter. It very easy to use and can be adapted by adding photos of your service.

<http://www.surreyhealthaction.org/>



## Community Learning Disabilities Team Weighing Clinic

Do you have wheelchair-bound service users who require weighing for their Learning Disability Annual Health Check?

For more information, including dates

contact :-

Westbourne on 01752 314033



## NEWSLETTER INFORMATION



The newsletter contains a wealth of useful information such as the flu, sepsis and cold weather. It is for people with a learning disability and people with autism.

The newsletter can be downloaded via:-  
<https://www.england.nhs.uk/learning-disabilities/about/get-involved/newsletters/>

## CERVICAL SMEAR TEST INFORMATION

A very informative web site for women with learning disabilities is:-

[www.jostrust.org.uk/about-cervical-cancer](http://www.jostrust.org.uk/about-cervical-cancer)  
Telephone:- 0808 802 8000

The website has a short film to watch and useful guides for women who are eligible for smear tests.

## USEFUL CONTACTS That might benefit people with learning disabilities

**Special Olympics Wednesday Club** age 16 +. 6.30pm to 8.30pm  
01752 408271/516165 YMCA Plymouth, Honicknowle Lane. Weekly charges apply.

**Art, Craft and Laughter** (creating healthy minds) 07880327022 Art and Craft Days.  
Tuesdays and Thursdays. Unit 85, Stoke Business Park — booking essential. Charges apply.

**Hands2gether** Day Support Services for pottery, art and mixed media activities.  
01752 658784 Sessions run Monday to Friday. Unit 90-92 Christian Mill Business Park,  
Tamerton Foliot Road—telephone for further information. Charges apply.

Community Learning Disabilities Team, Westbourne, Scott Business Park, Beacon Park Road, Plymouth PL2 2PQ

*Supporting people to be Safe, Well and at Home*

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