

## Themes and important resources for advice and support.

LeDeR helps us learn about the lives and deaths of people with a Learning Disability or Autism. LeDeR wants to reduce the unfair differences in healthcare that can be prevented.



**5 cases quality checked in all.**



**Numbers to date  
What the panel said.  
What we can learn.  
Good practice in action.**



### Health Passports!

It is vital healthcare workers take the time to read someone's My Health Passport. They include important information about the person, how they communicate and the reasonable adjustments they need. Health passports help to make hospital care personalised and an experience that is a positive as possible.

Here is the link to 'My Health Passport' that can be filled in on the computer:

<https://bit.ly/3jzZk46>



### The Oliver McGowan Mandatory Training

Local training has been extended until June 2022. A start date for the national training has not yet been set.

This training was designed and is delivered by healthcare workers, people with lived experience of learning disabilities, autistic adults and their carers. It is free to attend and will be helpful to anyone who works with people with a learning disability or autistic adults. The training is split into two levels. For more information and to book your place, please follow the link: <https://bit.ly/3nd1rM5>

**The training can now be booked up until June 30th for both levels.**

The LeDeR Panel felt it would be good for staff working in Supported Living communities to attend the Oliver McGowan Mandatory Training. This helps to get a better understanding of how to communicate with a person who has a learning disability and learn about reasonable adjustments they may need.



### Advocacy

The LeDeR panel wanted to highlight the importance of advocacy (speaking up). Having an advocate makes a difference to a person's quality of life. POhWER is the main provider of advocacy services in Gloucestershire. POhWER are the people to ask about getting an advocate to help you access and use health and social care.

Inclusion Gloucestershire can give advocacy and mentoring support. They also run a network of groups involved in speaking up across the South West. The network is called Your Voice.

POhWER Website: <https://bit.ly/3meboK9>

Inclusion Gloucestershire's Advocacy Services: <https://bit.ly/3H5H7Ew>

Your Voice Website: <https://bit.ly/3h9KPCd>

Advocacy Focus Easy Read guides on the different types of advocacy: <https://bit.ly/3LL15YN>



### Advance Care Planning and using the ReSPECT forms

It is good practice to involve everyone in advance decision making. This is when you make plans for your future health and care, should you not be able to in the future. For example, what you would like to happen if your heart stopped. This conversation should start with a healthcare professional talking with the person, their family and carers. It is important everything is written down using the ReSPECT form.

To view the ReSPECT training material for healthcare workers, follow this link: <https://bit.ly/3sUu03O>

Coming soon...a set of videos, with case studies, to raise awareness of the importance of the ReSPECT process and mental capacity.



### Health Screenings and Annual Health Checks

The LeDeR Panel wanted to remind everyone that it is really important people with a Learning Disability have an Annual Health Check and go to their Health Screenings (for example breast cancer screening or bowel cancer screening).

Having an Annual Health Check will help you stay fit and healthy, find out more here: <https://bit.ly/3zQOIVo>

It is important that people with a learning disability are on their Doctor's Learning Disability Register. This will make sure they are invited for an Annual Health Check and can get the reasonable adjustments they need. For example, this could be having more time to see the Doctor. Reasonable adjustments are a legal right.

Health screenings are offered by the NHS to see if people are showing signs of certain health problems.

Screening can help get earlier treatment.

To find out about Easy Read resources (locally and nationally) follow the link: <https://bit.ly/3Hi1puD>

### Spotting the signs of becoming unwell

It is important to share learning about how we can spot someone is becoming unwell or is in pain.

There are resources we can all use to help people:

RESTORE2 resources (by Hampshire, Southdown and Isle of Wight CCG). The form: <https://bit.ly/3KA6ikw>.

The RESTORE 2 Mini poster: <https://bit.ly/3KtjebO>

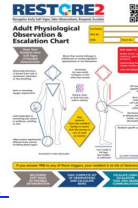
Videos by the West of England AHSN and Health Education England:

Soft signs of deterioration (becoming unwell) : <https://bit.ly/31T0Etc>

Recognising deterioration (becoming unwell) in people with a learning disability: <https://bit.ly/3yiJn8A>

Possible signs of deterioration (becoming unwell) – the Stop and Watch Video (by North Cumbria CCG): <https://bit.ly/3le6mWo>

What type of pain and where is it (by Ipswich, East Suffolk and West Suffolk CCG): <https://bit.ly/3tpjYlm>



### What we have learnt from LeDeR

- People who have advocates have better outcomes.
- ReSPECT forms are useful in an emergency. They list what people want from their healthcare.
- There were examples of personalised care to meet individuals needs. This included re-training staff in wound care. This can help people live in their own homes for longer.



For more information on LeDeR or to report a death to the programme please visit this website: <https://www.leder.nhs.uk/>

To view the national LeDeR policy in full please follow this link: <https://www.england.nhs.uk/wp-content/uploads/2021/03/B0428-LeDeR-policy-2021.pdf>

To view the national LeDeR policy in easy read please follow this link: <https://www.england.nhs.uk/wp-content/uploads/2021/03/LeDeR-Policy-2021-Easy-Read.pdf>

If you have any feedback on this newsletter, please contact Paul

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