

## Update on learning using a case study

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

### Tara

Tara enjoyed spending time with her family, including her sisters and fiancé. She lived in Gloucestershire all her life. Tara had some help with her care and daily living needs and someone to help manage money. Tara had a Learning Disability and Type 2 Diabetes. She also had depression, anxiety, a problem with her heart and a condition that caused difficulty breathing. Tara chose not to attend lots of her medical appointments. She went to hospital a lot because of her diabetes but would often choose to leave before having treatment. Tara struggled to manage her diabetes, including cooking and eating healthy food.

#### About her death

Tara collapsed because her heart had suddenly stopped beating. An ambulance was called, and she was taken to Gloucester Hospital. Sadly, Tara passed away just after getting there. Tara died from issues related to her diabetes.

#### Learning

- Tara was not known to the Communities Learning Disabilities Team (CLDT). Tara was known to the local diabetes team, who worked with her at times over the years. She struggled to manage her diabetes, as she did not understand about the importance of food choices. **Tara could not read the information given to her by health professionals. People should be given information about Diabetes in a way they can understand. This should include how to manage the condition, shop, cook and eat healthier.**
- **People can ask an Advocate to help get the reasonable adjustments they need. This might mean speaking up for them or helping them to understand something.**
- **Tara was not known to the hospital Learning Disability Liaison Nurses. People with a Learning Disability should have a flag on the hospital computer system. This tells the Learning Disability Liaison Nurses when you come in. Make sure you have this flag on your records.**
- **Tara was unable to read and write so could not read appointment reminders. People need to have appointment reminders in a way they can understand, like a phone call. Some people need support from someone else to go to medical appointments.**

#### Good Practice

- Tara was in regular contact with Adult Social Care and was well supported by a range of teams, including the enablement team.
- Tara walked a lot, so was getting lots of exercise.
- Tara trusted her doctor and would visit when she had a problem, but chose not to have annual health checks.

We would like to thank the families who have kindly given us permission to share the stories of their loved ones to help improve services. The name of this person has been changed to protect their identity.

## Resources and Action from Learning

Food choices can affect diabetes management. There are two types of diabetes. Type 1 diabetes is where the body cannot produce a hormone called insulin. Type 2 diabetes is where the body cannot make enough insulin or react to it. The panel wanted to share some accessible resources about diabetes, that includes information about different food choices.

What do I need to know about diabetes? (by Leeds University supported by Diabetes UK):

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

*Please note: This booklet has been made to SUPPORT conversations about diabetes.*

*It is not a standalone resource.*

What to do when you have Type 2 diabetes (by Diabetes UK): <https://bit.ly/3FtT2yL>



## 2023 LeDeR Conference

We are planning a local LeDeR Learning into Action Conference for health and social care professionals. The day will include workshops on the main learning themes, including dysphagia (trouble swallowing), talking about dying, going into hospital and spotting the signs someone is becoming unwell. We will also share the learning from the latest Annual Report.

**When:** Thursday 23 March 2023, 09:30 – 16:30

**Where:** Dowty Sports and Social Club, Down Hatherley Lane, Gloucester, GL2 9QH

**Book your free space here:** ["Dying To Make a Difference" A Conference to Share Learning. Tickets, Thu 23 Mar 2023 at 09:30 | Eventbrite](#)

**91%**  
  
**Complete**

**Numbers to Date  
(31 October 2022)**

**252 reviews  
done since  
2017**

Out of a total of 276.

If you have any feedback on this newsletter, please contact Paul Tyrrell via email: [paul.tyrrell@inclusion-glos.org](mailto:paul.tyrrell@inclusion-glos.org)

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>

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