



The NHS Long Term Plan for People with Learning Disabilities & Autism

Learning Disabilities and Autism:

Promoting Positive Outcomes

12th March 2019, Manchester

The NHS Long Term Plan



- Published in January 2019
- An ambitious and wide-reaching plan for the whole of the NHS
- Focusses on the delivery of health services for the next 10 years
- Aims to ‘Future Proof’ the NHS and ensure our health service is fit for the future

Strategy



- Ensure people have a good start and end of life
- Focus on health inequalities and major health conditions
- Promote system-wide working and broaden notions of 'care' and wellbeing (lives)
- Promote service-user, patient and carer engagement
- Focus on staff wellbeing and workforce challenges
- Ensure services are 'digitally-enabled'
- Ensure services provide value for money

Clinical Priorities

1. Cancer
2. Mental health
3. Care for people with two or more chronic medical conditions
4. Supporting people to age healthily and tackling issues such as dementia
5. Children's health (incl. Maternity & Neonatal health)
6. Cardiovascular and respiratory diseases
- 7. Learning disability and Autism**

The Long-Term plan for Learning Disabilities & Autism



***People with learning disabilities
and/or autism should lead longer,
happier and healthier lives in their
communities.***

Long-Term Plan



Context

1. Premature and avoidable death:
 - *Pneumonia, sepsis, dementia, cardiovascular & epilepsy*
 - *Age of death around 25yrs younger than general population.*
2. Under recognition and treatment of ill health
3. Too many people residing in hospital and living away from the places they call 'home.
4. Over-use of psychiatric medication
5. High levels of restraint, segregation & seclusion
6. Mistreatment and abuse in NHS funded care

Long-Term Plan



Strategic Context

1. Transforming Care Programme
2. Ending the Mistreatment & Abuse of Disabled People in NHS Funded Care
3. Reducing Restrictive Practices with People with Learning Disabilities
4. Stopping Over-Medicating People with Learning Disabilities (STOMP)
5. Learning Disability Mortality Review (LeDeR)
6. Improving access, experience & outcomes of NHS services (Learning Disability Improvement Standards)

Long-Term Plan



Five Commitments

1. Reduce morbidity and the number of preventable deaths
2. Improve understanding of learning disabilities and autism within the NHS
3. Reduce waiting times for specialist services
4. Establish more care in the community; less care in hospitals and ensure services are inclusive;
“all means all!”
5. Improve the quality of inpatient care across the NHS and the independent sector

The Long-Term plan for Learning Disabilities & Autism



- Acknowledges that the needs of people with learning disabilities and the needs of people with autism can be very different and should be looked at separately.
- Makes a further commitment that the NHS will employ more people with learning disabilities and/or autism.

Long-Term-Plan Commitments [1]



**Reduce
mortality &
preventable
deaths**



Annual Health Checks



Improvement Standards



Information Sharing

Tackle increased morbidity & preventable deaths

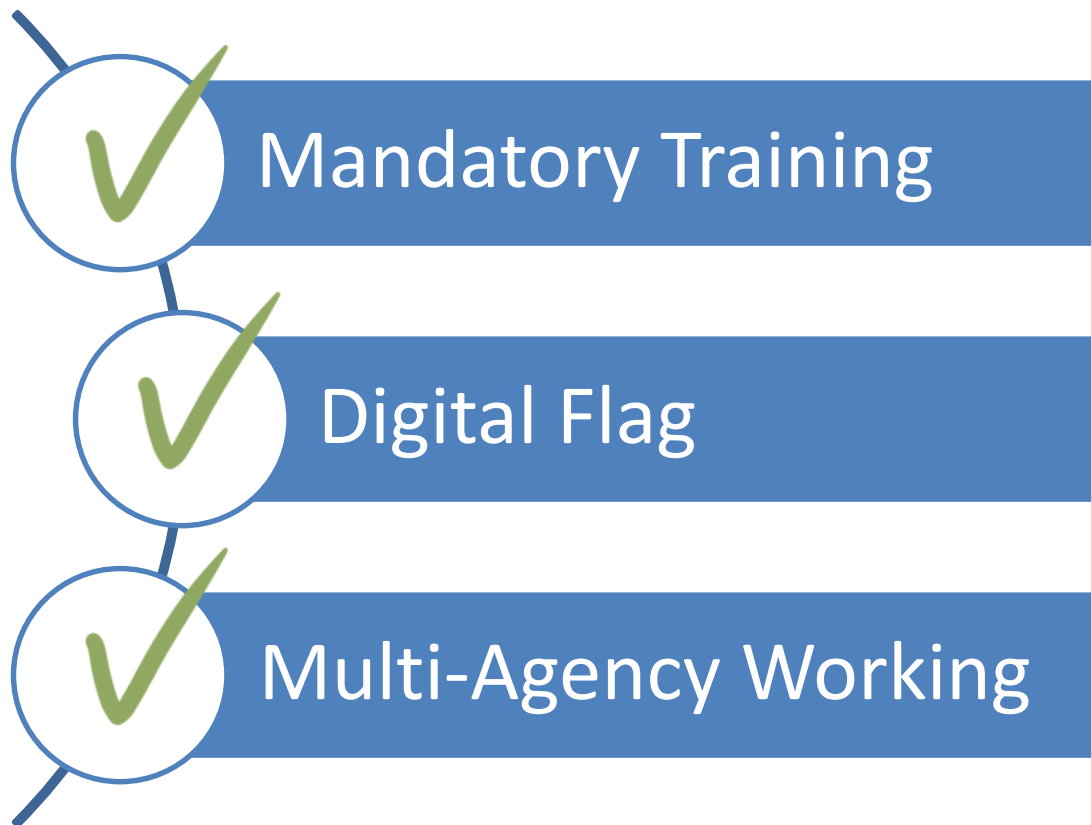


1. Increased Annual Health Checks (incl. Autism)
2. Increased use of Health Action Plans
3. Increased collaboration and joint working between specialist and mainstream services
4. Increased service-user, family and carer involvement in care decisions
5. Named workers for people with long-term conditions – continuous relationship with health & social care services

Long-Term-Plan Commitments [2]



**Improve
understanding
of Learning
Disability &
Autism within
the NHS**



Improve understanding of learning disabilities & autism within the NHS

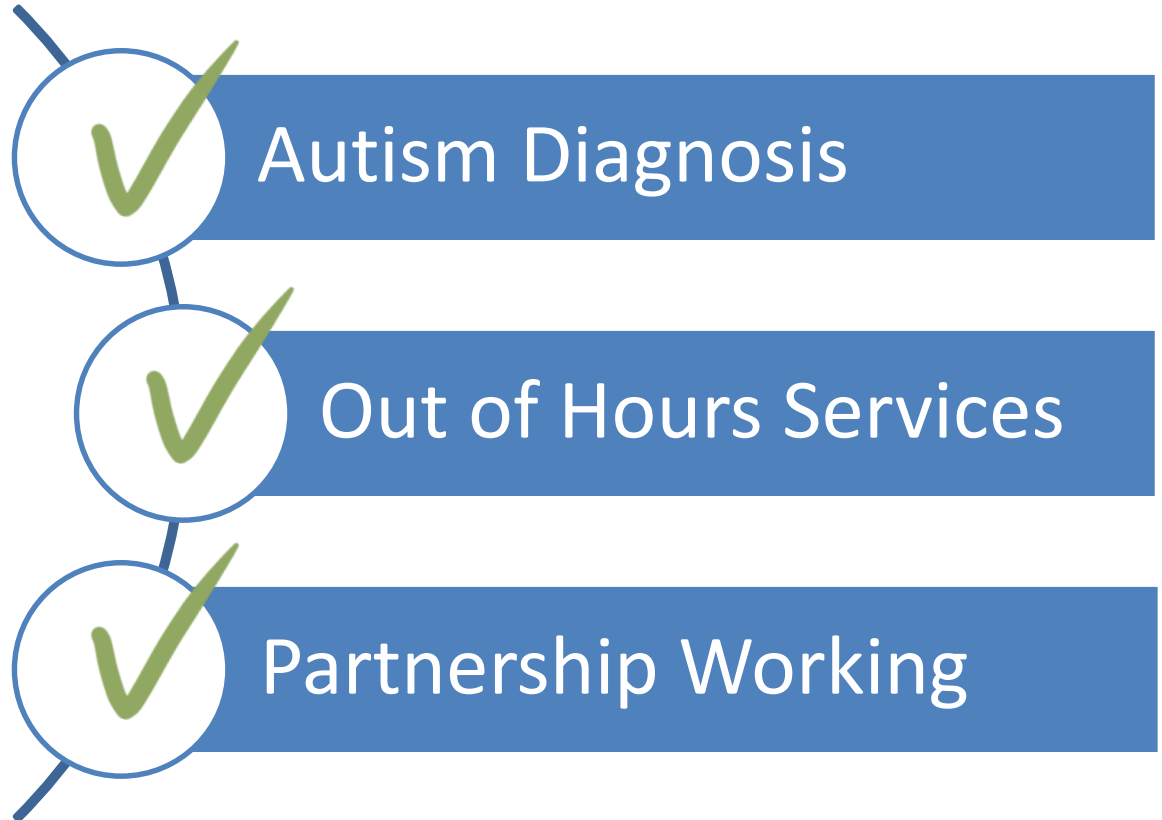


1. Mandatory awareness (and communication) training for *ALL* NHS staff
2. Closer working between mainstream and specialist services
3. Inclusive services – reasonable adjustments.
Particularly for the other clinical priorities:
(Cancer, Mental Health, Dementia, Maternity, Cardiovascular & Respiratory Care)

Long-Term-Plan Commitments [3]



**Improve
access to
specialist
health
services**



Improve Access to Specialist Services



1. Ensure children and young people get better and quicker diagnosis of Autism
2. Ensure specialist community learning disability services include:
 - Multi-Disciplinary Support
 - Intensive Community Support Services
 - 7-day/week Crisis Services
 - Community Forensic Services (FOLS)
3. Establish specialist clinics for hearing checks, eye tests and dental checks for young people.

Long-Term-Plan Commitments [4]



**More
community
services; less
reliance on
inpatient care**



* 30 adult beds/million ; 12-15 CYP beds/million

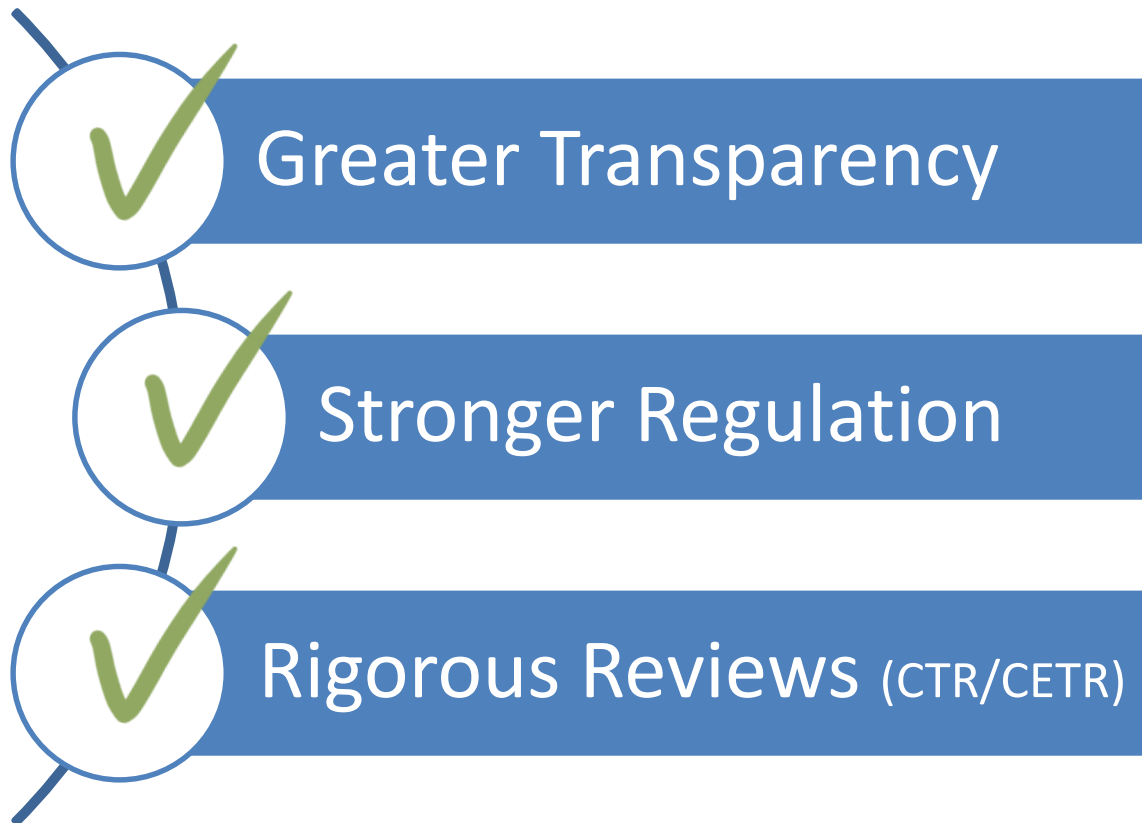
Promote community provision and ensure services are inclusive

1. Fewer people admitted to hospital
2. Shorter lengths of stay
3. Stop overmedicating, least restrictive approaches
4. Ensure *ALL* NHS services make reasonable adjustments for people with learning disabilities and/or autism
5. Audit NHS Improvement Standards within acute hospital settings
6. Employ key-workers/link workers to support access to services

Long-Term-Plan Commitments [5]



Improve the
quality of
care across
the NHS &
independent
sector



Improve quality of care across the NHS and independent sector

1. Increased service-user, family and carer involvement in care decisions
2. Greater involvement of learning disability specialists throughout the NHS
3. Reduce poly-pharmacy & stop overmedication (STOMP)
4. Ensure use of least restrictive approaches

'A life like any other'



*Developed by the Yorkshire & Humber
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Learning Disabilities and/or Autism (2019)*