UNIVERSITY OF BIRMINGHAM

Changing Our Lives

‘Why are we stuck in hospital?’ – what we did, what we found and why it matters

Anne-Marie Glasby, November 2023

Background to research

- Many people spend longer than they should in hospital
- This means that they can not lead their chosen lives in the community
- It also puts them at risk of harm
- It is not a good use of public money

Methodology

- We wanted to learn of people's lived experience of being 'stuck in hospital'
- Joint project with University of Birmingham
- We spoke to 27 people with a learning disability and/or autistic people in 3 case study sites
- Also spoke with families, front line staff, commissioners, advocates and community based providers
- Reference group

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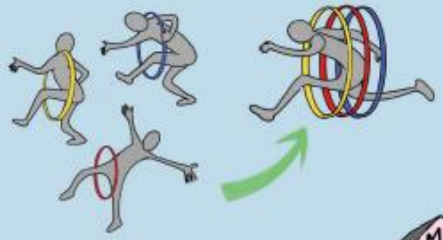
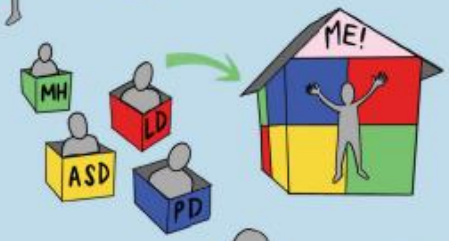
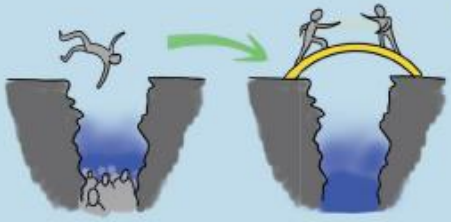
Changing Our Lives

'WHY ARE WE STUCK IN HOSPITAL?'

A guide to overcoming the barriers to people with learning disabilities and/or autistic people leaving 'long-stay' hospital







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FUNDED BY NIHR | National Institute for Health and Care Research

BASW The professional association for social work and social workers

CARE ENGLAND

dimensions

LDE Learning Disability England

NHS England

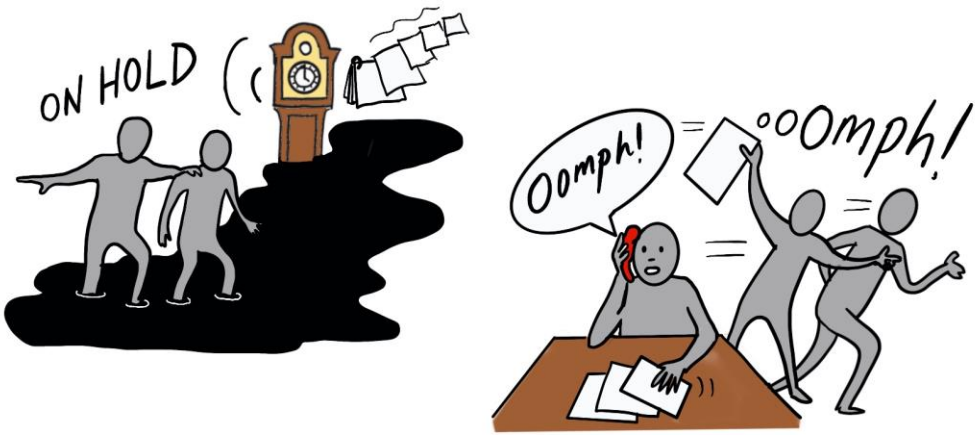
scie social care institute for excellence

Directors of adass adult social services West Midlands

The Challenging Behaviour Foundation

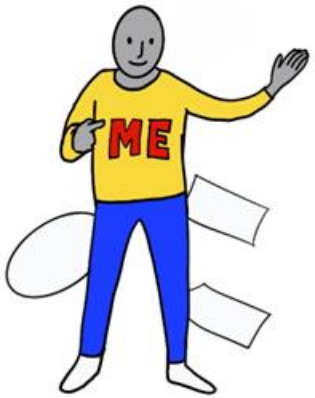
How can people become ‘unstuck’?

Our lives are on hold – do your jobs and get some ‘oomph’



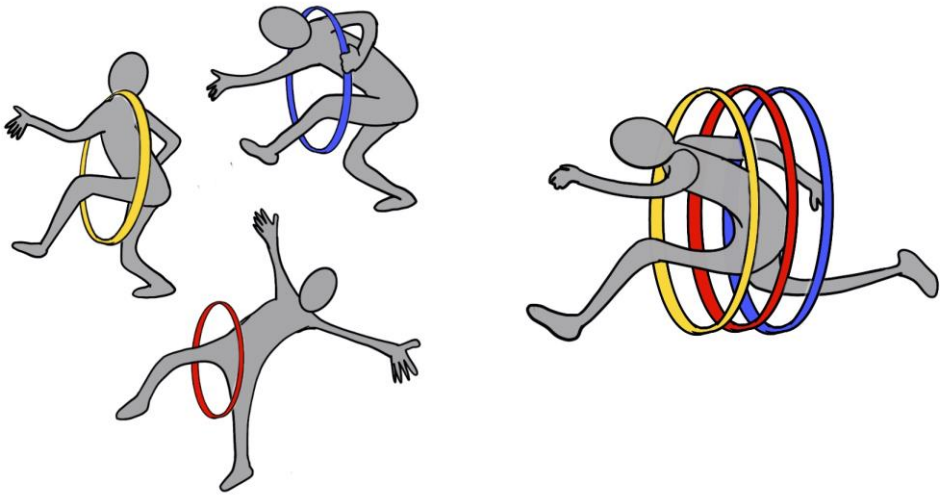
How can people become ‘unstuck’?

See the person behind the labels



How can people become ‘unstuck’?

Don’t make me jump through more hoops than is really needed

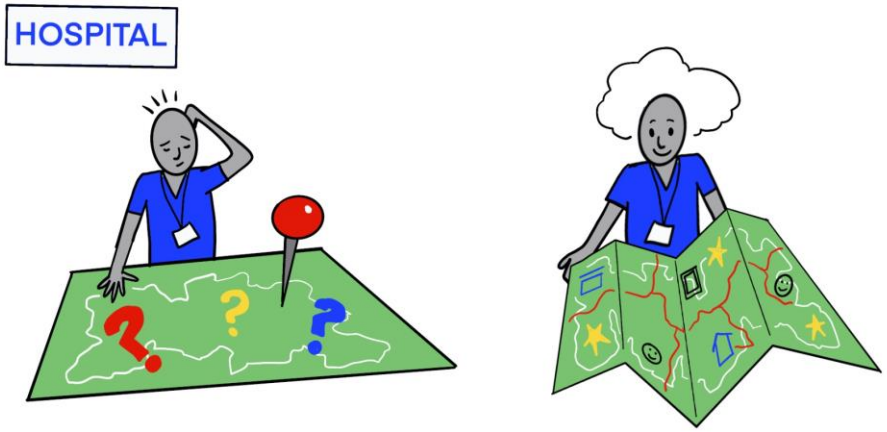


How can people become ‘unstuck’?

Make sure the criminal justice system is on board (if needed)

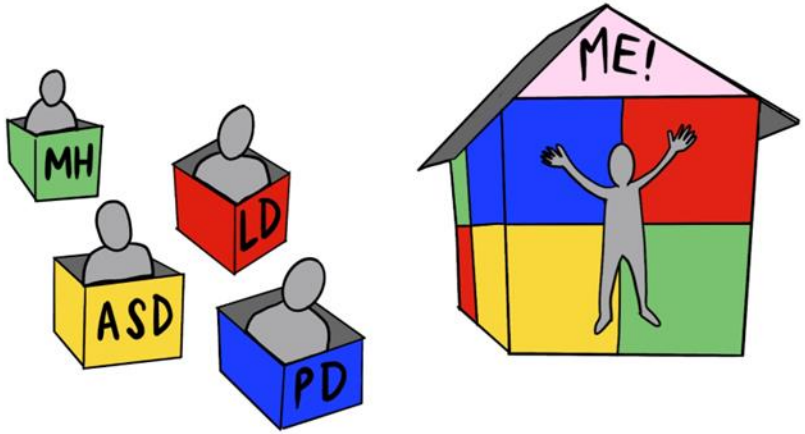
How can people become ‘unstuck’?

Help hospital staff know what’s available in the community



How can people become ‘unstuck’?

Don’t put us into boxes or ‘scatter-gun’

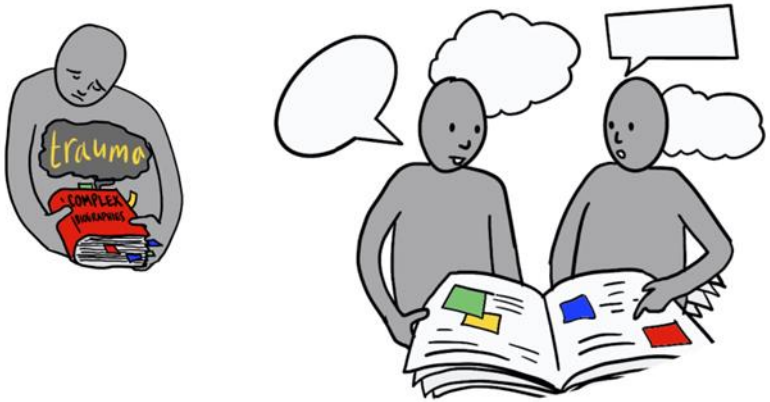


How can people become ‘unstuck’?

Give me the chance to try life outside

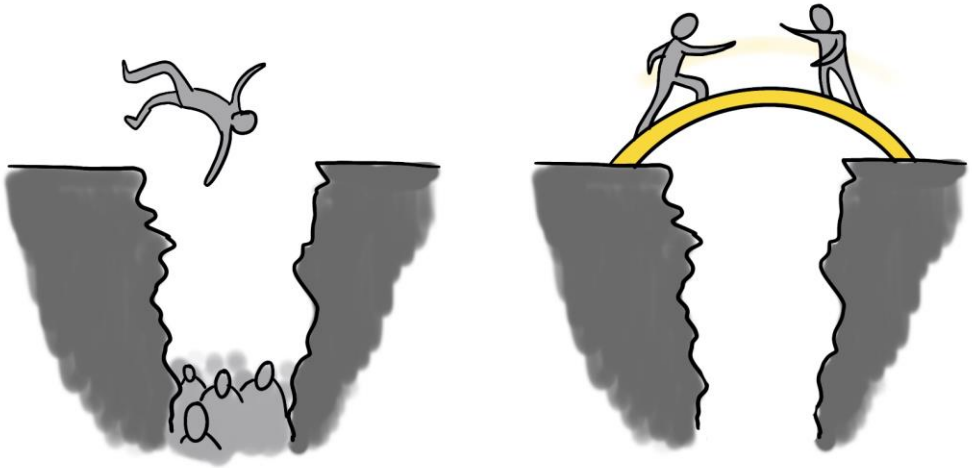
How can people become ‘unstuck’?

Please help me with the trauma I’ve experienced



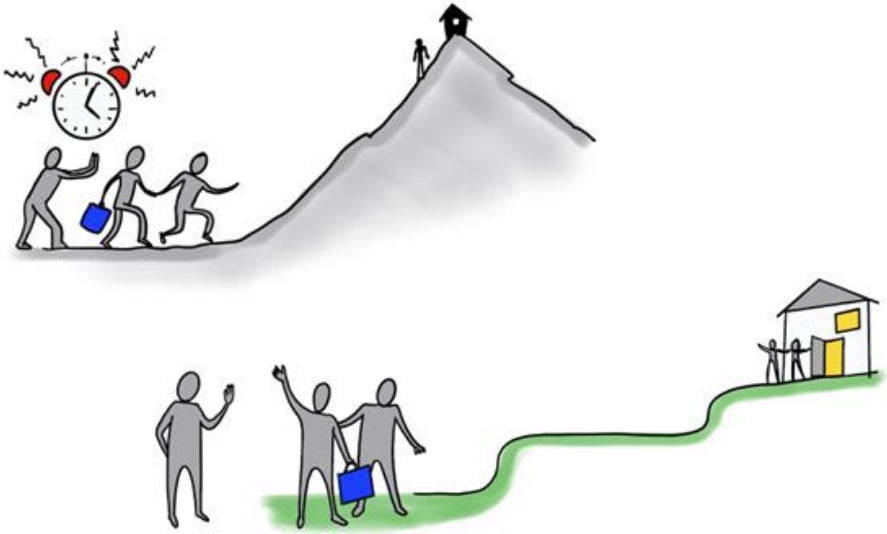
How can people become ‘unstuck’?

Don’t let us fall through the cracks

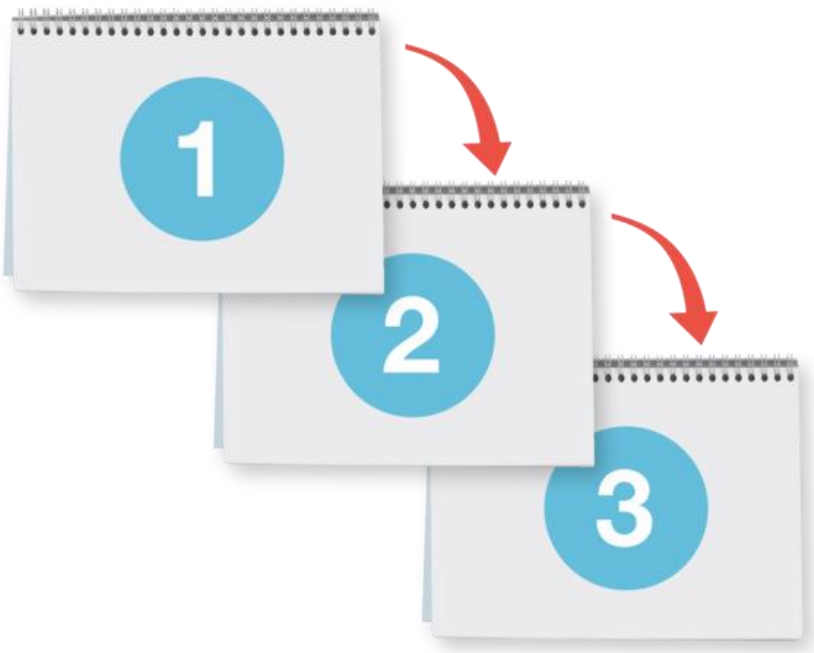


How can people become ‘unstuck’?

Don’t set us up to fail



Sharing Our Findings



- Policy guide
- Training film
- More accessible versions
- Exhibition
- Long report

The Ikon – 7th – 19th March 2023

Acknowledgements

This project is funded by the National Institute for Health and Care Research (NIHR) Health and Social Care Delivery Research (HSDR) programme (project reference NIHR130298).

The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care.

Thank you to everyone who took part and who helped in so many different ways

Find out more

https://www.birmingham.ac.uk/schools/social-policy/departments/social-work-social-care/research/why-are-we-stuck-in-hospital.aspx