



Learning Disabilities Mortality Review  
(LeDeR) Programme



**Somerset**  
Clinical Commissioning Group

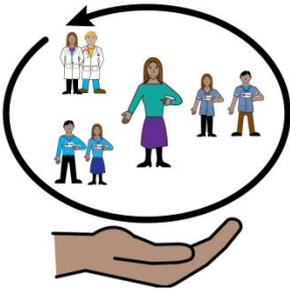


# Somerset Learning Disability Review Newsletter

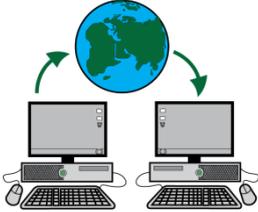
August 2019 – Number 3



# Welcome



In this newsletter we share how we can help improve health and care in Somerset for people with a learning disability or autism.



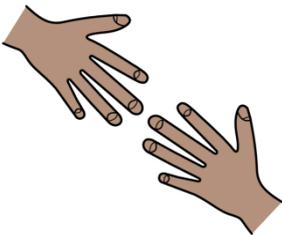
Sometimes you will see [blue web links](#) and emails to find out more. You can click these on your computer.



In this newsletter we talk about **Reasonable Adjustments** and looking out for signs that you may be getting very ill.



A **reasonable adjustment** is changing the way we usually do things to make sure people are able to use our services.



Making reasonable adjustments is so important. Small changes can make a big difference to help a person with learning disabilities or autism to access health and care.



The law says that all services have a duty to make reasonable adjustments. You can read more about this at: [www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/85012/easy-read.pdf](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/85012/easy-read.pdf)

# Reasonable Adjustments



There are a number of ways you can be supported to access health and care services. More information can be found below and at: <https://www.england.nhs.uk/learning-disabilities/improving-health/reasonable-adjustments/>



You should be spoken to **CLEARLY** with **EASY WORDS** or offered a different way to communicate.



You can be given a bit more **TIME** to make sure you understand the information given to you and that you are being understood.



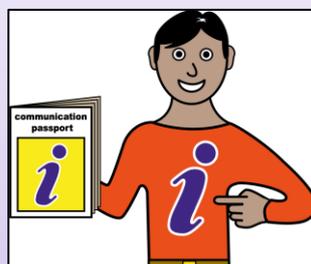
Your **CARER** or **FAMILY** should be able to help you to make a choice about how your health needs are supported.



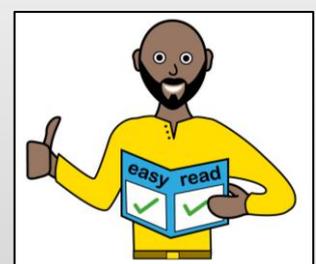
You can have an **APPOINTMENT** at a quieter or the best time of the day for you.



There should be a **QUIET PLACE** where you can wait so you do not feel anxious.

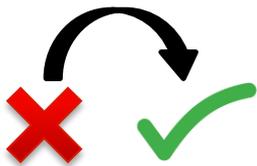
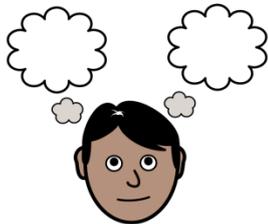
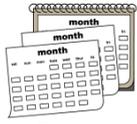
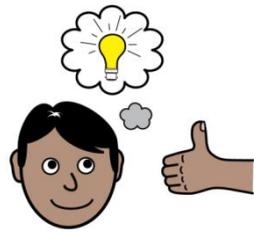


You should have a **PASSPORT** when going to hospital that has your likes, dislikes and needs.



Information about appointments, procedures and results should be in **EASY READ** format.

## What We Have Learned



The reviews we have completed have shown us good care that has been given in services. Some of these are:

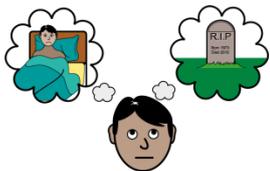
- Care staff being with a patient all the time for the first 3 days they were in hospital and taking them their favourite things to make help them feel safe and comfortable.
- The same staff caring for a patient over a long time helped with communicating their needs and making the best decisions about their care.
- A hospital team showed a patient what would happen during a procedure and used words in a different way to help them know more about it before they had it.
- A hospital offered extra visits for a patient to meet their staff and get to know them. They gave more options for appointment times and a quite side room for waiting in.

There are some things we need to work on to help make our services better. Some of these are:

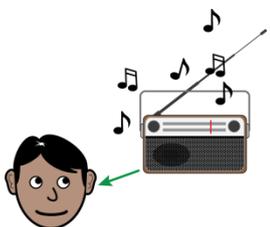
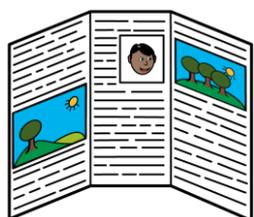
- Our services should use more ways of giving information to help people take part in health checks. This could be things like Easy Read letters or phone calls.
- Staff need to be given more training that helps them to support people with learning disabilities better.
- Hospital passports should be used more to help make it better for patients while they are there.
- Families and carers need to be spoken to more when a person is not able to say what they need or that they are in pain.

## Signs of Becoming Very Ill

People with a learning disability or autism are more at risk from **sepsis** than other people.



**Sepsis** is when your body reacts badly to an infection. It can make you very ill and you could die. You can read a leaflet on sepsis here: [www.hertfordshire.gov.uk/media-library/documents/adult-social-services/learning-difficulties-and-dementia/sepsis/what-is-sepsis-easy-read.pdf](http://www.hertfordshire.gov.uk/media-library/documents/adult-social-services/learning-difficulties-and-dementia/sepsis/what-is-sepsis-easy-read.pdf)



Amy is 12 years old and has Down's Syndrome and Autism. She has had sepsis many times in her life. You can listen to her mum telling her story here:

[audioboom.com/posts/7004840-sepsis-listen-to-us-part-one](http://audioboom.com/posts/7004840-sepsis-listen-to-us-part-one)

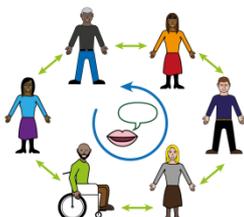


Sepsis can be harder to see in people that are not able to tell others when they are ill. This means we need to watch out for signs of sepsis. There is a short video on sepsis that you can watch here: <https://youtu.be/6XM6wLe8u6Q>

## National Update



The Government's is talking to people about making all health and social care staff have learning disability training.



NHS England has made a network for staff across health and social care to talk to each other about making services better for people with learning disabilities.

## Contact Us



The local area contact at Somerset Clinical Commissioning Group is:

Karen Taylor

[karen.taylor38@nhs.net](mailto:karen.taylor38@nhs.net)



01935 384101



Our Learning Disabilities webpage:

[www.somersetccg.nhs.uk/about-us/how-we-do-things/equality-and-diversity/learning-disabilities/](http://www.somersetccg.nhs.uk/about-us/how-we-do-things/equality-and-diversity/learning-disabilities/)



The LeDeR Programme contact details are:

[LeDeR-team@bristol.ac.uk](mailto:LeDeR-team@bristol.ac.uk)

0117 331 0686

[www.bristol.ac.uk/sps/leder/](http://www.bristol.ac.uk/sps/leder/)



On Twitter:

[@leder\\_team](https://twitter.com/leder_team)

#LeDeR



On Facebook:

[www.facebook.com/lederteam](http://www.facebook.com/lederteam)



On YouTube:

[www.youtube.com/channel/UCBaTd285nA7u6GgJyA2241A/](http://www.youtube.com/channel/UCBaTd285nA7u6GgJyA2241A/)