**Learning disability and autism newsletter**

|  |
| --- |
| **Annual health check resources around health lifestyle and weight**2 in 3 adults in the UK are overweight or obese. Having a learning disability increases this risk. Contributing factors can be poor eating habits and low level of physical activity. Obesity is also liked to social disadvantage and people with learning disability are more likely to fall in this group.General resources:Our website has a lot of resources for patients around healthy lifestyle, diet and exercise. [Resources for Learning Disability Annual Health Checks and Health Action Plans (Remedy BNSSG ICB)](https://remedy.bnssg.icb.nhs.uk/adults/learning-disabilities/resources-for-learning-disability-annual-health-checks-and-health-action-plans/)General resources:* [Let's Talk About Weight - step by step guide (publishing.service.gov.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fassets.publishing.service.gov.uk%2Fmedia%2F5b8d54d2e5274a0bd7d11928%2Fweight_management_toolkit_Let_s_talk_about_weight.pdf&data=05%7C02%7Cjuliane.matthies%40nhs.net%7Cbd1d59cadb5d4707983c08dcbb837d91%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638591420639892778%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2FB4hbDNlftOgzVDF9iN9lERaVDO9oFfMpwiABWmzJ2I%3D&reserved=0)
* Eat well guide with an updated eat well plate: [Eatwell Guide (publishing.service.gov.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fassets.publishing.service.gov.uk%2Fmedia%2F5bbb790de5274a22415d7fee%2FEatwell_guide_colour_edition.pdf&data=05%7C02%7Cjuliane.matthies%40nhs.net%7Cbd1d59cadb5d4707983c08dcbb837d91%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638591420639904770%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=8NfPA3JQPiykSIlzA%2B%2BHmDfxCFpTAuV2qWQcEZ9tFu0%3D&reserved=0)
* Language matters form obesity UK how to approach weight discussions with patients [MAC01941\_NN\_UK\_HCP\_Obesity\_Guidelines\_lo1b (squarespace.com)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fstatic1.squarespace.com%2Fstatic%2F5bc74880ab1a6217704d23ca%2Ft%2F612e32f5d423b36012a1bb16%2F1630417666068%2FFINAL_Obesity_UK_Language_Matters_2020.pdf&data=05%7C02%7Cjuliane.matthies%40nhs.net%7Cbd1d59cadb5d4707983c08dcbb837d91%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638591420639916386%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=GrnUYJnZUls93tWOZeFQZAyOAdtGUUKgvBmK5K6oksM%3D&reserved=0)
* Eat well, move more for families: [Healthier Families - Home - NHS (www.nhs.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fhealthier-families%2F&data=05%7C02%7Cjuliane.matthies%40nhs.net%7Cbd1d59cadb5d4707983c08dcbb837d91%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638591420639928315%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=OVd0dKv4a%2FRc02WQRS27D32jAIWGYzp%2Bf%2FYg%2Bz8XeSc%3D&reserved=0)

Learning disability specific resources:* For patients and carers: [Managing weight with a learning disability - NHS (www.nhs.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Flive-well%2Fhealthy-weight%2Fmanaging-your-weight%2Fmanaging-weight-with-a-learning-disability%2F&data=05%7C02%7Cjuliane.matthies%40nhs.net%7Cbd1d59cadb5d4707983c08dcbb837d91%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638591420639949783%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=YHGNLpDHJTG%2FJ5DTcLkePHNLesWggacyYQjtDec8c7I%3D&reserved=0)
* Easy read guides health lifestyle [Diet | A Picture of Health | Making Health Information Easier (southwest.nhs.uk)](https://www.apictureofhealth.southwest.nhs.uk/healthy-life-styles/diet/)
* Easy read guides for exercise [Exercise | A Picture of Health | Making Health Information Easier (southwest.nhs.uk)](https://www.apictureofhealth.southwest.nhs.uk/healthy-life-styles/exercise/)

Excellent and comprehensive guide for professionals: “Eating well: children and adults with learning disabilities -Nutritional and practical guidelines” form The Caroline Walker Trust [29552\_CVr:29552\_CVr (cwt.org.uk)](https://www.cwt.org.uk/wp-content/uploads/2015/02/EWLDGuidelines.pdf) |
| **Pneumococcal vaccine for adult patients with learning disability**Please consider offering a one-off pneumococcal vaccine to any adult with learning disability you consider at risk of aspiration pneumonia.See guidance on learning disability and aspiration pneumonia [NHS England » RightCare learning disability and aspiration pneumonia scenario](https://www.england.nhs.uk/long-read/rightcare-learning-disability-and-aspiration-pneumonia-scenario/#:~:text=Conditions%20that%20may%20be%20associated,risk%20of%20developing%20aspiration%20pneumonia.). The immunisation schedule has been updated ( not made it into the Green Book yet) [Complete routine immunisation schedule from 1 September 2024 - GOV.UK (www.gov.uk)](https://www.gov.uk/government/publications/the-complete-routine-immunisation-schedule/the-complete-routine-immunisation-schedule-from-february-2022#additional-vaccines-for-individuals-with-underlying-medical-conditions) |
| **The Victoria & Stuart Project** has co-produced an **End-of-Life Care Planning Toolkit.** It has 3 guides that explain how to approach discussions about death, dying and care planning with people with learning disability. A lot of resources for professionals and people with learning disability. [End of Life Care Planning Toolkit| Victoria and Stuart](https://www.victoriaandstuart.com/end-of-life-care-planning-toolkit) |
| **Resource pack Learning disability annual health check for care provider and care homes**This can be shared with your care homes to raise awareness of the annual health check and help carers and patients to prepare. Includes links to resources and a power point presentation.Attached and soon to be added to Remedy [Resources for Learning Disability Annual Health Checks and Health Action Plans (Remedy BNSSG ICB)](https://remedy.bnssg.icb.nhs.uk/adults/learning-disabilities/resources-for-learning-disability-annual-health-checks-and-health-action-plans/) |
| NHSE has created a **Find out more about the Learning Disability Register leaflet**There are versions for parents and carers and versions in easy read for people with learning disability[NHS England » Find out more about the Learning Disability Register – leaflet](https://www.england.nhs.uk/publication/find-out-more-about-the-learning-disability-register-leaflet/#heading-1)Resources has been added to our Remedy page [Resources for Learning Disability Annual Health Checks and Health Action Plans (Remedy BNSSG ICB)](https://remedy.bnssg.icb.nhs.uk/adults/learning-disabilities/resources-for-learning-disability-annual-health-checks-and-health-action-plans/) |
| **Next learning event “learning disability annual health checks- back to basics**”, 29th November 24, 12.30-14.00 via Microsoft teamsThis is aimed at clinical and non- clinical primary care staff involved with the learning disability annual health checks. Included introduction to the new Southwest Annual health check toolkit. Please register using the link below:[BNSSG Learning Disability Annual Health Checks – Back to Basics Tickets, Tue 26 Nov 2024 at 12:30 | Eventbrite](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2Fbnssg-learning-disability-annual-health-checks-back-to-basics-tickets-1053144145489%3Faff%3Doddtdtcreator&data=05%7C02%7Cjuliane.matthies%40nhs.net%7C3905b36c56484b9cf47608dcf2954153%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638651970063104117%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Kv2Jk85l6WkW847DVBpqeGK0%2Br2uGyXWHwLv%2FAMlONk%3D&reserved=0) |
| Feedback/questions: juliane.matthies@nhs.net ICB lead GP learning disability and autism |