



**Leicester, Leicestershire
and Rutland**

Health and Wellbeing Partnership

We are a learning disability friendly practice

Guidance pack



Learning Disability (LD) Friendly Practice Award

Introduction

As a health service provider, GPs have a duty to make reasonable adjustments for disabled people, including physical and mental conditions which might be treated as a disability under the Equality Act depending on the effect they have on an individual's daily life. From 1 July 2022, all health and social care providers registered with CQC must ensure that their staff receive training in learning disability and autism, including how to interact appropriately with people with a learning disability and autistic people. This should be at a level appropriate to their role.

This document has been developed as a self-assessment toolkit for practices to measure how well they are meeting the needs of patients with a learning disability and/or autism. To complete this questionnaire, we would recommend a team meeting with as many staff as possible, especially those who are completing the learning disability annual health checks. Each point should be discussed, agreed, and answered. There are links throughout the document that relate to the points discussed and these can be used to give guidance and support future practice. **All standards set out in bronze need to be met before moving onto silver and finally gold.**

By carrying out the self-assessment you will be assessing the quality of your service, making positive changes and improvements, reducing health inequities, and improving of the quality of service you provide for people with a learning disability in your practice. The self-assessment tool should be reviewed regularly to ensure all improvements are documented and are reflected accurately. Regular reviews also ensure acknowledgment of progression through from bronze to gold.

Background

People with a learning disability and/or autism have poorer physical and mental health than other people and studies have shown that they can die on average 20 years younger than the rest of the population. The Confidential Inquiry into Premature Deaths of People with Learning Disabilities (CIPOLD 2013) reported that people with a learning disability are three times more likely to die from causes of death that could have been avoided with good quality healthcare. Many of these deaths are avoidable and not inevitable.

Clinical evidence shows that annual health checks can identify undetected health conditions early, ensure the appropriateness of ongoing treatments and promote health, for example through screening and immunisation. NHS England, with the support of key partners, are prioritising efforts to increase the number of children, young people, and adults whose learning disability is known to their GP through having their status recorded on the Quality and Outcomes Framework (QOF) register so that they can receive a health check and other reasonably adjusted and proactive care.

The [NHS Long Term Plan](#) set an ambition that by 2023/24, at least 75% of people aged 14 or over with a learning disability will have had an annual health check.



Our aim

The aim of the Leicester, Leicestershire, and Rutland (LLR) LD Friendly Practice Award is to improve health outcomes for people with a learning disability living in LLR by supporting Practices to improve care quality and patient experience. Everyone is entitled to good healthcare, and it is vital that LD patients have equal access also.

The award aims to recognise good practice in providing accessible health care to people with a learning disability and encourage continuous quality improvement.

Accreditation of the award follows a simple process:

- Practices apply and provide the required evidence that they meet the standard
- A panel of health professionals and people with lived experience will review applications and approve the award level, they will provide feedback as to why the level of award was awarded and what practices can do to reach the next level
- A register of LD Friendly Practices is maintained by LLR Health Equity Team

About this guide

This guide is for Practices who are considering applying for the LD Friendly Practice Award and sets out what they need to do to.

The introduction of the award aims to improve patient experience and health outcomes by:

- Emphasising the importance of accessibility, reasonable adjustments, and personalisation
- Increasing uptake to identify unmet health needs
- Supporting practices and other health and care professionals to work together
- Increased learning disability awareness for staff
- Improving prevalence through case finding

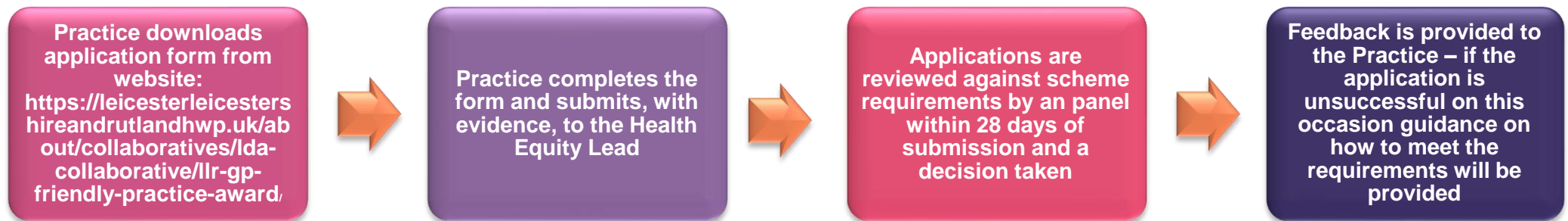
The name of the award and the logo were created with Insight Training and people with lived experience (people who have a learning disability and autistic people).

Practices will be awarded either bronze, silver or gold:



Certificate awarded:





Application Process

Practices may apply to the scheme at any time and may re-apply if an initial application is unsuccessful in achieving the award for which they were aiming. The panel will provide constructive feedback on why the application was unsuccessful to support a subsequent application within one month of the panel date.

A register of practices with the award will be maintained by the Health Equity Lead, practice status will be reviewed and updated as each practice submits a new application.

The LD Friendly Practice Award can be withdrawn if there is clear evidence that a requirement is no longer being met.

The LDHC Network Panel reviewing applications will be made up of active network members and will include as a minimum:

- Transformation Clinical Lead Learning Disabilities Leicester Leicestershire and Rutland ICB
- The Health Equity Lead or deputy
- Primary Care Liaison Nurse
- An ICB representative
- Someone with lived experience

Helpful resources

https://www.ndti.org.uk/assets/files/Annual-Health-Check-Toolkit-Final.pdf	NHS England » Easy read letter: health checks
Learning disabilities health check scheme: supporting information - NHS England Digital	Annual health checks and people with learning disabilities - GOV.UK (www.gov.uk)
Cervical screening myth busting video: https://youtu.be/d0M7JEnDNhY	Cervical screening experience video: https://youtu.be/U8DHFxeKrBk
People with learning disabilities: health checks audit tool: People with learning disabilities: health checks audit tool - GOV.UK (www.gov.uk)	Learning disability and autism - Learning disabilities - NHS (www.nhs.uk)
Guidance: Learning disability - applying all our health Learning disabilities: applying All Our Health - GOV.UK (www.gov.uk)	Involving people with a learning disability, autistic people and family carers: NHS England » Involving people with a learning disability, autistic people and family carers
Learning Disability Profiles: Learning Disability Profiles - PHE (includes guidance on reasonable adjustments)	Health and Care of People with Learning Disabilities: Health and Care of People with Learning Disabilities - NHS England Digital
LeDeR: https://www.england.nhs.uk/learning-disabilities/improving-health/mortality-review/	eLearning: https://www.minded.org.uk/Component/Details/638978
GP contract: https://www.england.nhs.uk/gp/investment/gp-contract/	https://www.england.nhs.uk/wp-content/uploads/2020/02/20-21-qof-qi-supporting-people-with-learning-disabilities.pdf
MENCAP annual health checks: https://www.mencap.org.uk/advice-and-support/health/dont-miss-out/dont-miss-out-annual-health-checks	https://digital.nhs.uk/services/general-practice-gp-collections/service-information/learning-disabilities-health-check-scheme#2020-21
NHS England » Creating a highly usable and accessible GP website for patients	GP prescribing booklet : for GPs and other healthcare professionals who prescribe and review psychotropic medication.
NHS England » Stopping over medication of people with a learning disability and autistic people (STOMP) and supporting treatment and appropriate medication in paediatrics (STAMP)	'Some good ways to communicate with people with very complex needs' leaflets available from the Easy Health website - www.easyhealth.org.uk/content/some-good-ways-communicate-people-very-complex-needs
Books beyond words' pictures free to download from the Beyond Words website (http://app.booksbeyondwords.co.uk/webapp/subcategory?id=7&cid=1)	'Making it work: Shared decision-making and people with learning disabilities' available on the Royal College of Nursing website: (www.rcn.org.uk/about-us/policy-briefings/pol-4112)
'Nottingham Advance Care Plan. Easier Read Version' and 'My end of life plan' Nottinghamshire Healthcare NHS Trust, available on the Dying Matters website - www.dyingmatters.org/gp_page/end-life-care-adults-learning-disability)	Treat Me Well Mencap

Patient stories

- Floyds story - Annual health checks Saturday clinic - service user experience <https://youtu.be/UmL5x2s6ck>
- Lorraine's Story – patient experience and annual health checks - [Learning Disabilities and Autism: Lincolnshire Partnership NHS Trust \(lpft.nhs.uk\)](https://www.lpftr.nhs.uk/)
- Charlotte's annual health check and health action plan - <https://youtu.be/TBZpaJbeg2g>
- Harshi's learning disability annual health check and health action plan - <https://youtu.be/ocU8XhD1kh8>

With thanks to:

- NHS Lincolnshire Integrated Care Board
- NHS Coventry & Warwickshire Integrated Care Board
- Insight training

