

ldt learning disability today

Conference and Exhibition

Olympia Conference Centre, London
Thursday 27 November 2014



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National Development Team **for inclusion**

The logo for the Health Charter. It consists of a teal square background. The words 'HEALTH' and 'CHARTER' are written in a white, outlined, sans-serif font, stacked vertically in the center of the square.

HEALTH
CHARTER

The Health Charter for Social Care Providers

Why did we develop it?



- People with learning disabilities experience health inequalities
- They die younger
- They have more sensory & physical impairments
- They experience poorer physical and mental health

The Confidential Inquiry



- Median age of death for men with learning disabilities 65 (UK population 78)
- For women median age was 63 (UK population 83)
- 42% of deaths (238 reviewed) were considered premature

The social determinants of poorer health



- Poverty causes poorer health
- Poor housing
- Unemployment
- Bullying and discrimination are predictive of poorer health
- Social isolation

Genetic, biological and environmental factors



- Some health problems are related to the reason a person has a learning disability
- Some conditions mean that people find it harder to cope in social situations

Communication and health 'literacy'



- Lack of understanding about own body
- Not able to tell people how they feel
- Care workers may not recognise pain and discomfort – and may not feel confident that they have the knowledge, skills and training needed to identify health problems or help people understand

Personal health risks and behaviours



- Less than 10% of adults with learning disabilities in supported accommodation eat a balanced diet
- Physical activity levels much lower than general population
- People with learning disabilities much more likely to be either/or overweight/ underweight

Access to services



- Lack of appropriate services
- Physical barriers to access
- Eligibility criteria
- Failure to make 'reasonable adjustments'
- Lack of expertise and discrimination
- Diagnostic overshadowing

So....

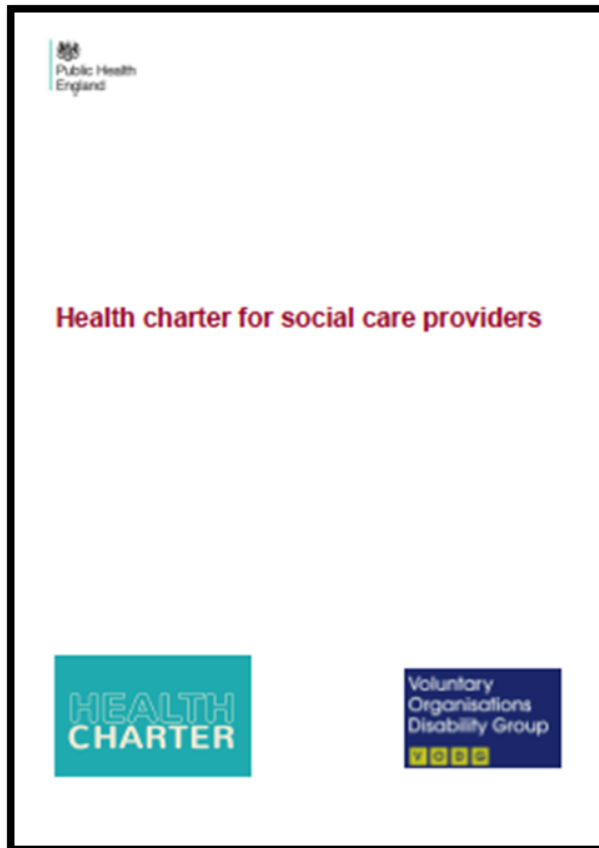


- Health inequalities are to an extent avoidable
- Poor health can impact on all aspects of life
- Poor health costs money
- Poor health is not just about health services
- Health is everyone's responsibility
- So we developed the Health Charter

How did we develop the Health Charter?

- Work with Sheffield on health inequalities
- Previous guidance for social care providers on addressing health inequalities – based on Improving Health and Lives work
- The Mencap charter
- Developed with Voluntary Organisation Disability Group (VODG) members, people with learning disabilities and families
- Launched on 6th March 2014

What is it?



- Charter (and easy read)
- Guidance
- Self-Assessment Framework
- Sign up on the VODG – website (57 signed up):
www.vodg.org.uk/health-charter/health-charter-home.html
- Plan to follow up in 11 months time

How do you think you could use it?



Thank you!



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