



NHS Long Term Plan Feedback from our engagement



The NHS Long Term Plan

This is the plan about how the NHS will improve health services over the next 10 years.



One of the priorities is improving health services for people with a learning disability and Autism.

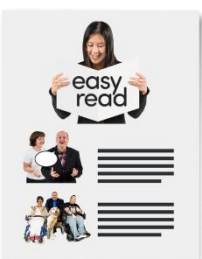


We asked people with a learning disability some questions about the plan.

63 people took part in discussions at groups run by SpeakEasy N.O.W. across Worcestershire.



What would make going to the Doctors or hospital easier?



- Information that is easy to understand



- Staff understanding about learning disabilities and Autism



- Staff knowing you have a learning disability or Autism



- Having things explained clearly



- Speaking to the person directly



- Having support to attend appointments



- Making adjustments – like longer appointments and a quiet time and place to wait



- Using Health Action Plans



What would help people to be looked after at home rather than going into hospital?



- More support at home with care tasks and medication



- People looking after us at home having an understanding of learning disabilities and Autism



- Knowing the person looking after you



- Good communication between medical staff, carers and support workers



What can services do to help keep people healthy?



- Easy to understand information about healthy eating

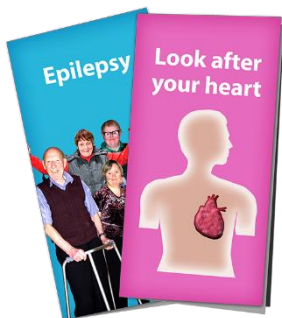


- Groups for people with a learning disability to learn about being healthy



- Support to –

- understand about being healthy
- to attend screening and health checks
- to understand about medication



- Information about –

- stopping infections spreading
- hygiene
- smoking and alcohol



How could technology be useful?



- Facetime or Skype for appointments



- Alexa to give reminders or call for assistance



- Apps to remind you to take medication



- Monitors, such as epilepsy mattresses



- Tablets with pictures to explain things



People with a learning disability might find it difficult to use new technology.

Some people might not want to use it.



It would need to be easy to use.

People would need support.