



# LIVING WELL NEWSLETTER

Issue 3 January 2024

North Yorkshire and York

## COMING SOON ... REASONABLE ADJUSTMENT FLAG

The Reasonable Adjustment Flag is a national record that shows a person needs accommodations and may include details about their impairments and necessary adjustments.

Benefits:

- The Flag is immediately visible when the person is referred or presents for care, often when no other information is available.
- It will ensure that details of impairments and other key information (such as communication requirements) are shared consistently across the NHS – with patient consent.
- Supports carers to feel less stressed by informing them of adjustments to services.
- It can help to reduce stress both for the patient and those treating them.
- Specialist teams will be able to set the Flag – driving up the number of patients recorded on registers, who are identified for and can benefit from adjustments. This will help screening services to adapt services to ensure patients receive screening.



**Please see the resources section at the bottom for links to relevant and accessible information on Reasonable Adjustment Flag.**

## FOUR USEFUL WEBSITES ON HEALTH, AUTISM AND MENTAL HEALTH: JUST CLICK ON ICONS



**Healthier Together**

Improving the health and wellbeing of babies, children and young people in Humber and North Yorkshire



**Autism Central**



**DAISS CHAIN**  
Autism & Neurodiversity

**The Go-To**

For healthy minds in North Yorkshire

## LEDER ANNUAL REPORT 2022 IS PUBLISHED!

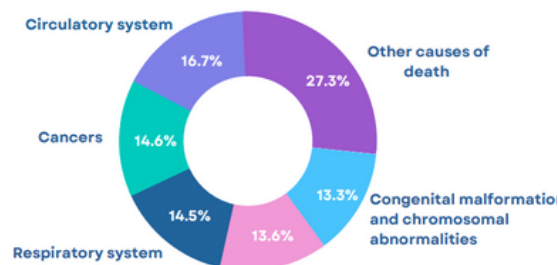
The LeDeR (Learning from Lives and Deaths – People with a Learning Disability and Autistic People) programme, funded by NHS England and NHS Improvement, was established in 2017 to improve healthcare for people with a learning disability and autistic people. LeDeR aims to:

- Improve care for people with a learning disability and autistic people.
- Reduce health inequalities for people with a learning disability and autistic people.
- Prevent people with a learning disability and autistic people from early deaths.

LeDeR summarises the lives and deaths of people with a learning disability and autistic people who died in England in annual reports.

***Please see the resources section at the bottom for links to relevant information and easy read materials on the LeDeR Annual Report 2022.***

### 5 MOST COMMON CAUSES OF DEATH (ICD-10 CHAPTER)



### AGE AT DEATH

**62.9\* years old** was the median age at death for people with a learning disability in 2022. This is an **increase from 2018**, where the median age at death was 61.8 years. This increase was seen despite the COVID-19 pandemic, showing a continuous improvement between 2018 and 2022.

# 62.9 YEARS

## CERVICAL CANCER AWARENESS MONTH

Cervical screening (also known as the smear test) helps prevent cervical cancer. It detects abnormal changes to the cervix so they can be monitored or treated before they get a chance to turn into cervical cancer.

Cervical screening should be offered to all women and people with a cervix aged 25 to 64.

It is offered:

- every 3 years for those aged 25 to 49
- every 5 years for those aged 50 to 64

Evidence has shown that screening uptake is lower in people with learning disabilities compared to the general population.

Please support individuals who are eligible to have a cervical screening.

***Please see the resources section at the bottom for links to relevant information and easy read materials on Cervical Cancer Screening including NHS population screening: information for transgender people.***



## HAVE YOU HAD YOUR ANNUAL HEALTH CHECK AND HEALTH ACTION PLAN YET?

People with a learning disability often have poorer physical and mental health than other people. This does not need to be the case.

It is important that everyone over the age of 14 who is on their doctor's learning disability register has an annual health check.

Individuals can ask to go on this register if they think they have a learning disability. Please support individuals and families/carers to contact their GP Surgery if they are not already registered to ensure they are invited to have an annual health check.

***Please see the resources section at the bottom for link to relevant easy read materials on Annual Health Checks including a video clip.***



## PINS PROJECT SUPPORTING NEURODIVERSITY IN SCHOOLS!

We're thrilled to announce our participation in the ground breaking Partnerships for Inclusion of Neurodiversity in Schools (PINS) Project, a collaborative effort with the Department for Education, Department for Health and Social Care, and NHS England. As part of the Humber and North Yorkshire Integrated Care Board, we're set to support 40 primary schools across our footprint, prioritising 18 in North Yorkshire and York, 14 in East Riding and Hull, and 8 in North and North East Lincolnshire.

Our local area project teams, featuring professionals from Health, Local Authority, Parent Carer Forums, and SENDIASS (special educational needs and disability information advice and support service), are carefully selecting schools based on specific criteria and local needs. The support package, totalling five days, will be delivered in-person by qualified professionals. Currently, we're in the process of creating a comprehensive delivery plan, gearing up for support to commence in the upcoming school year.

***For more details or if you wish to get involved, don't hesitate to reach out to Jacob Gilson, our North Yorkshire and York project lead, at [hnyicb-ny.nycypteam@nhs.net](mailto:hnyicb-ny.nycypteam@nhs.net).***



# INFORMATION AND RESOURCES

## Reasonable Adjustments and Reasonable Adjustment Flag

- [NHS Digital - Reasonable Adjustment Flag](#)
- [Gov.uk - Reasonable adjustments for people with a learning disability](#)
- [NHS England - Reasonable Adjustments \(Video Clips\)](#)
- [Mencap - Reasonable Adjustments \(Easy Read\)](#)

## LeDeR Annual Report 2022

- [Annual Report 2022 - Access to full report, summary, easy read and videos](#)

## Cervical Cancer Awareness Month

- [Gov.uk - Guidance: Supporting women with learning disabilities to access cervical screening](#)
- [Public Health England - Cervical screening: an easy guide](#)
- [Gov.uk - NHS population screening: information for trans and non-binary people](#)
- [Jo's Cervical Cancer Trust \(website contains easy read information and video clips\)](#)

## Annual Health Checks

- [Mencap Annual Health Check Easy Read Guide](#)
- [NHS England - Harshi's Annual Health Check and Health Action Plan \(Video\)](#)

**Contact: If you have any queries about this newsletter or any of the topics raised here you can contact us on [hnyicb-ny.mhld@nhs.net](mailto:hnyicb-ny.mhld@nhs.net)**