



LIVING WELL NEWSLETTER

Issue 2 November 2023

North Yorkshire and York

WE NEED TO TALK ABOUT ... CONSTIPATION

Constipation can be a life-threatening issue for people with a learning disability who are at heightened risk from complications if it is left untreated.

In fact, 23% of people with a learning disability who died in 2019 had constipation as a long-term condition. In North Yorkshire 34% of people on the Learning Disabilities Register have constipation as a co-morbidity.

People with a learning disability may also be less likely to recognise the symptoms of constipation and be able to communicate their symptoms, increasing the risk of serious consequences.

Please see the resources section at the bottom for link to relevant information and easy read materials on constipation.



FOCUS ON RESPIRATORY DISEASE

Respiratory disease is one of the biggest causes of death for people with a learning disability in England but many of these deaths are avoidable.

Incidence and mortality rates for those with respiratory disease are higher in disadvantaged groups and areas of social deprivation, and people with a learning disability are no exception to this.

Pneumonia, and particularly aspiration pneumonia, is a prominent cause of death in people with a learning disability. Up to 15% of all respiratory deaths reported were caused by aspiration pneumonia in 2021. People with a learning disability can have a one-off pneumococcal vaccination.

Please see the resources section at the bottom for links to relevant information and easy read materials on respiratory disease.



FOCUS ON POSITIVE BEHAVIOUR SUPPORT (PBS)

Positive Behaviour Support (PBS) is about working in partnership with people, treating them with dignity and respect and enabling them have a better life.

All behaviours have a meaning!

Positive Behaviour Support aims to understand what behaviours that challenge tell us so that the person's needs can be met in better ways. The way the person is supported often has to change to achieve this and this needs to be regularly reviewed by all the people involved.

Positive Behaviour Support is an approach that puts the person at the centre to make systems work for the person. We give the right support at the right time so people can thrive to their potential.

Please see the resources section at the bottom for links to relevant information and easy read materials on Positive Behaviour Support.



Images from BILD



INTRODUCING MONTANA BALDWIN

I am very passionate about ensuring people with a learning disability and Autism can live happy, healthy and independent lives.

Some of the support I can offer includes appointments, reasonable adjustments, transport, vaccinations, annual health checks, referrals and accessing the community. I also work closely with the Community Team for People with Learning Disabilities.

As well as supporting patients directly, I am also involved in project work which focusses on improving services and access for people with a learning disability and Autism. In a recent collaborative project with KeyRing, we supported some of Selby's Self Advocates to create an informative video about their experiences at the GP surgery. [You can see this video here.](#)

My name is Montana Baldwin, and I am the Learning Disabilities Care Co-ordinator for Selby Town Primary Care Network

It is so important that health professionals offer reasonable adjustments to make sure our services are accessible for patients with a learning disability and autism.

INFORMATION AND RESOURCES

Constipation

- [NHS England - Constipation resources for people with a learning disability](#)
- [NHS England - Constipation leaflets for families/carers and care professionals](#)
- [Mencap - Easy Read document on constipation](#)
- [NHS Derbyshire Healthcare - Poobusters: Constipation Awareness Video](#)

Respiratory Disease

- [NHS England - RightCare learning disability and aspiration pneumonia scenario](#)
- [PAMIS - Respiratory Health for People with Profound and Multiple Learning Disabilities](#)
- [Public Health England - Health Inequalities Respiratory Diseases](#)
- [Learning Disability Matters for Families - Respiratory Illness \(includes a video clip\)](#)
- [NHS East and North Hertfordshire & Hertfordshire Partnership University NHS FT - Pneumonia - An EasyRead Guide](#)
-

Positive Behaviour Support

- [British Institute of Learning Disabilities \(BILD\) - What Does Good PBS Look Like?](#)
- [BILD - Understanding Behaviour \(includes a video clip\)](#)
- [The Challenging Behaviour - Positive Behaviour Support \(includes links to information packs for families and video clips\)](#)
- [Medway Council - Easy Read - Positive Behaviour Support](#)

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