

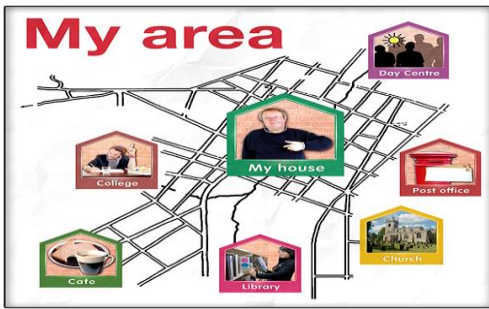
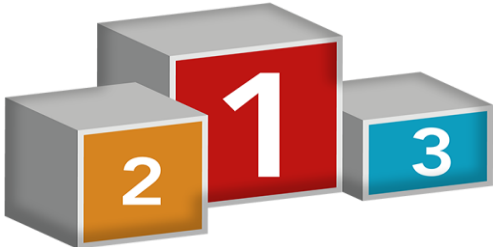
BLMK Learning Disability and Autism Strategy 2023 – 2026



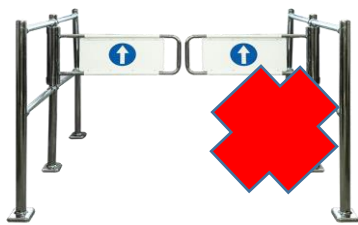
Welcome

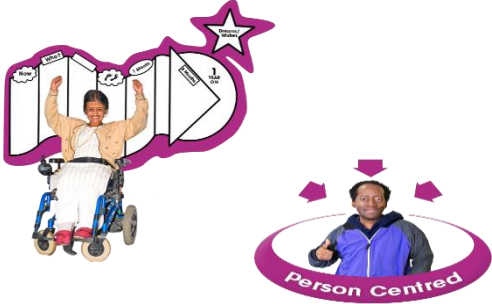
	The BLMK Learning Disability and Autism Strategy has been developed in partnership with the BLMK ICB board, healthcare partners and local communities.
	It tells us what we need to do and includes: ❖ The challenges ❖ Health needs ❖ The vision for local health services ❖ Our plans for the next three years.
	Our aim is to improve health for local people and make BLMK a healthier place.
	This plan has been worked on for the last few months and has involved many people in BLMK.

Why do we need a strategy?

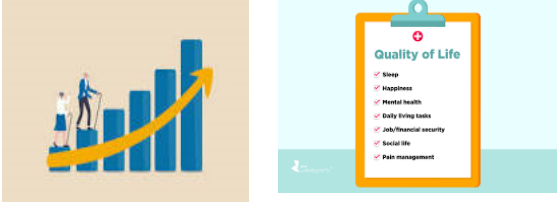
	During our talks, we have heard that people with a Learning Disability and Autism want: Better access to healthcare to stop them from getting ill. Services that they can get to. Services that meet their needs.
	We know that to be healthy we need to look at more than health services. We need to look at our lives, the places we live and our community.
	Because of this, we have set up some priority areas. ❖ Improving access and quality of services. ❖ Only going to hospital when we need to. ❖ Preventing ill health and health inequalities.

Our Strategy – what we are going to do.

Communicate Compassionately 	Planned roll out of the Oliver McGowan Training for all health and care staff. Deliver Autism awareness training for Primary Care staff, the Police and the Probation service. Continue to work with people with a Learning Disability and Autistic people, their families and carers, to deliver all areas of the strategy.
Offer Me Reasonable Adjustments 	Create sensory friendly environments both in the community and inpatient settings. Co-design accessible information for people with Type 2 Diabetes. Develop an autism pathway across BLMK. Co-design a series of videos on what to expect when you access your health or care appointment.
Break Down Barriers 	Continue to work with people with a Learning Disability and Autistic people, their families and carers, to understand barriers to accessing services. Targeted work to increase Annual Health Checks for ethnic minority people and those who have not had an Annual Health Check in the last 2 years.

	Primary Care project to identify GP champions for people with a Learning Disability and Autistic people. These Champions will help to share learning with practices requiring support.
Put me at the Centre of my Care and Support 	Develop a neurodiversity wellbeing model across BLMK, including pre and post diagnostic support. Identify an initiative to increase the number of advanced care plans being delivered. Increase the number of Health Action Plans completed during the Annual Health Check.
Keep Me Well 	Develop a pilot project to centralise a BLMK TCP team & ensure compliance with the new guidance. Commission Autism practitioner roles to support people at risk of admission to hospital. This will be a project pilot in Bedford and Milton Keynes. Develop a weight management initiative focused on prevention. Review the function & areas of responsibilities of the integrated Learning Disability nurses across Bedfordshire and Luton. Review forensic pathways across BLMK.

How will this make a difference?

	Better quality of care.
	Care in the right place with the right person.
	Reduce harm and cases of poor care.
	Improve physical and mental health for all.
	Improve life expectancy and quality of life.
	More choice and options to have the care you want.

Developed by Simone Mingay, Clinical Nurse Manager, ELFT