NHS Plan for people with a learning disability and autistic people

August 2019
The NHS Long Term Plan talks about what the NHS will do for the next 10 years.

There is an easy read version of the plan here: https://www.longtermplan.nhs.uk/wp-content/uploads/2019/01/easy-read-long-term-plan-v2.pdf

August 2019
The Plan includes some things the NHS is going to do with and for people with a learning disability and autistic people.

In the Plan these are called commitments.

This booklet tells you what the Plan says the NHS will do for people with a learning disability and autistic people.
Each local NHS area in England must now write a plan by the Autumn to say how they will do these things. The plan is for adults, young people and children.

They must involve people with a learning disability, autistic people and their families in writing their plans.

This is so people can say what will make services better for them and make sure people get the good quality care they need.

The plans will include making community services better so that people go to hospital less often and don’t stay in hospital longer than they need to.

The plans must also show how local areas will make sure that services make reasonable adjustments for autistic people and people with a learning disability when they need it.

Examples of reasonable adjustments are longer appointments, quiet rooms, or easy read, for instance.

Plans should show how people and families will be involved in checking the quality of care, treatment and support services.
All local plans should say:

1. How they will reduce the number of people in specialist hospitals for autistic people and people with a learning disability. These are often called **specialist hospitals**.

   This is about making sure people have better support closer to home.

2. How there will be **health checks** for more people with a learning disability. We want at least 3 out of 4 people with a learning disability to get an annual health check.

3. How plans for people with a learning disability and autistic people are connected to other local plans, for example:
   - mental health services
   - special educational needs and disability (called SEND)
   - children and young people’s services
   - health care in the criminal justice system
4. What local support there will be for autistic young people and people with a learning disability

5. How local NHS organisations will work with other local providers.

6. How they will make improvements using digital technology so health services know what reasonable adjustments people need.

Find out more at: www.england.nhs.uk/publication/learning-disability-newsletter-issue-9/

7. What support there is in the community if you are struggling to cope, get in trouble with the police or need help for your mental health.

Plans should say what support will be provided for people every day of the week.
### How this will happen

Money for the NHS Long Term Plan will be given to local **clinical commissioning groups** (CCGs) and other specialised services.

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<tr>
<th><img src="image" alt="NHS Clinical Commissioning Group" /></th>
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<tr>
<td>There will be money:</td>
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<tr>
<td>■ To ensure community services are available in all parts of the country for children and adults from 2020/21.</td>
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<th><img src="image" alt="Community Services" /></th>
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<td>There will also be money:</td>
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<tr>
<td>■ For <strong>keyworkers</strong> to support children and young people with the most complex needs from 2020/21.</td>
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<th><img src="image" alt="Mental Health Unit" /></th>
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<td>The first part of this money will be used to support the most vulnerable children and young people who require more intensive support.</td>
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<th><img src="image" alt="Money" /></th>
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<tr>
<td>More money for key workers will be made available to support children and young people within the community.</td>
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Stopping people with a learning disability dying too young

The work to find out why people with a learning disability are dying too young will keep going.

We will review more deaths - these are called learning disabilities mortality reviews.

Plans will show how these reviews should happen within six months after a person dies.

Make sure children and young people get the right medicine, treatment and care

Plans will show how STOMP-STAMP will be used in young people’s care and treatment from 2020/21.

This stands for Stopping the Over Medication of People and Supporting Treatment and Appropriate Medication in Paediatrics.

www.england.nhs.uk/learning-disabilities/improving-health/stamp
Plans will aim to take some health services into residential schools from 2021/22 including:

- eye checks
- hearing checks
- dental services

The national Learning Disability and Autism team will help local areas with their plans.
| **Listening to people in each local area** | Plans need to show how local areas are listening to people with a learning disability, autistic people and family carers.  
Local areas can use Ask Listen Do to help them do this better. Ask Listen Do is a project which makes it easier for people and families to give feedback, raise concerns or complain: [www.england.nhs.uk/asklistendo](http://www.england.nhs.uk/asklistendo). |
| **Better mental health services** | Specialised mental health services and learning disability services will be managed by the NHS over the next five years, with different providers. This will allow more specialist mental health care services for people at risk of going into special hospitals to be developed in the community.  
Decisions about how money is used for specialised mental health services will be made by lead providers for adult low and medium secure mental health services, CAMHS Tier 4 services and adult eating disorder inpatient services. |
<table>
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<tr>
<th>Giving people more control over their own health and care</th>
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<tbody>
<tr>
<td>Local NHS areas should offer people with a learning disability and autistic people who are eligible for a Personal Health Budget.</td>
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<tr>
<td>Personal health budgets and integrated personal budgets means you are given a budget and can choose how money is spent, to meet the needs in your personalised care and support plan.</td>
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<td>End of life care</td>
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<td>NHS England and NHS Improvement will spend more on children’s hospices and end of life care.</td>
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<td>Local plans should show what they will do with the extra money.</td>
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<td>More details will be available soon.</td>
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The national Learning Disability and Autism team is helping local areas and regions get ready for all the things they need to do over next few years.

This is things like:

- Supporting reasonable adjustments and use of digital technology.
- Helping more people have health checks
- Improving how autism is diagnosed in children and young people
Looking at how keyworkers for children and young people needs to happen, and other work about children and young people in hospital

Helping with ways of checking the quality of community services

More work to support people who are in specialist learning disability and mental health hospitals, or at risk of going into one

More work to look at why people with a disability can die younger than other people and what needs to happen
• Working with other parts of the health care sector

• Supporting the NHS to employ people with a learning disability

• Setting up a way to measure how well local areas are doing with their work

We will send out more information about this and other work of the national team over the coming months.

To find out more, email: england.learning.disability@nhs.net