



What is Health ?



Food



- Less fatty food
- Less sugary food
- More fruit and vegetables

Healthy weight



- Have a health check
- Eat less fat and sugar
- Exercise

Exercise



- Try to exercise every day
- Try different exercises
- Walk
- Exercise with friends

illness



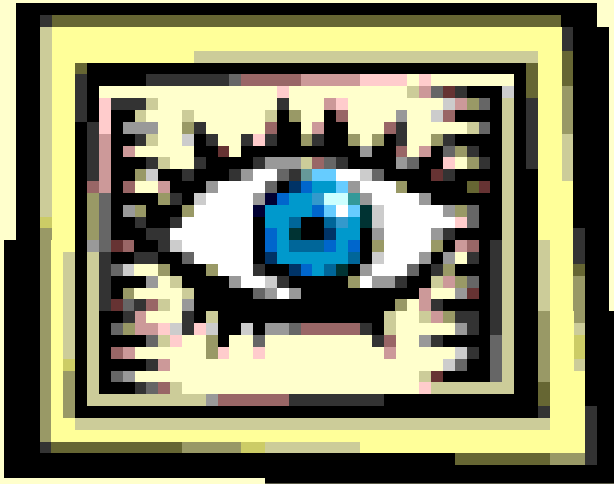
- Learn more about your health
- Doctors, nurses and pharmacists are there to help.

Teeth



- Go to the dentist
- Brush your teeth
- Eat less sugar

Eyes



- Go to the optician
- Protect your eyes from the sun
- Use glasses when you need them

Hearing



- Hearing test
- Check for wax
- Don't put things in your ear
- Avoid loud noises

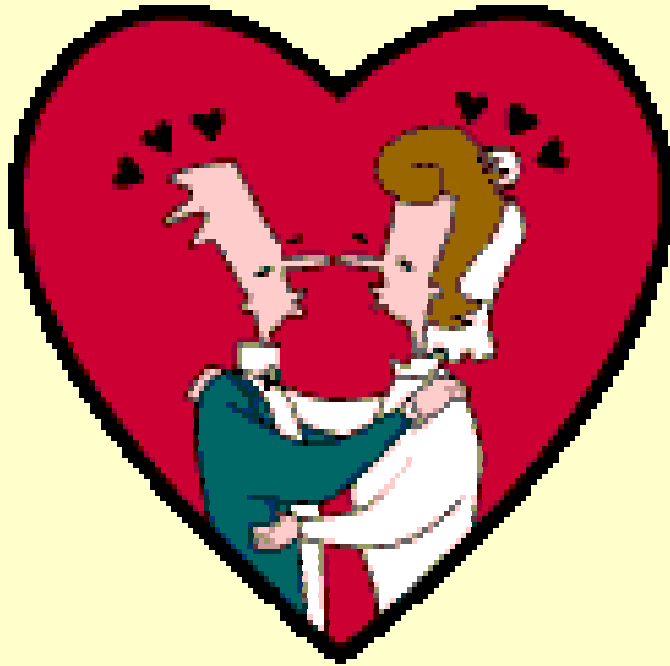
Life Choices



- Don't smoke
- Learn about safe amounts of alcohol
- Don't take drugs

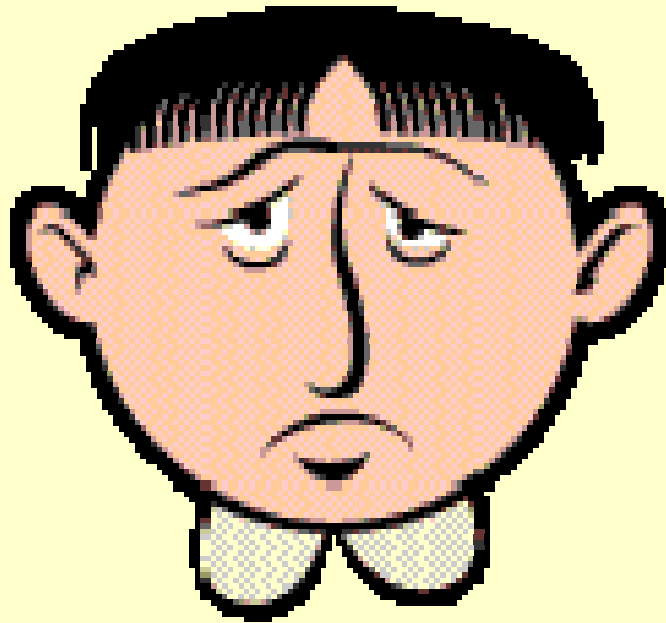


Sexual Health



- Protect yourself from sexually transmitted diseases

Mental Health



- Talk about your problems
- Take time to relax
- Enjoy different activities
- Spend time with friends

Medical conditions



- Learn about your health condition
- Let others know if they need to
- Let the doctor know if things change

Keeping Clean



- Hand washing
- Baths and showers
- Nice smells

Keeping Safe



- Road safety
- Accidents in the home
- Fire
- Crime

Feet



- Go to a chiropodist
- Make sure shoes fit and are comfortable



The Health of People with Learning Disabilities

Early death

Mental health

Epilepsy

Respiratory disease

Dental problems

Gastrointestinal cancer

Obesity

Osteoporosis

Low levels of physical activity

Dementia

Poor screening uptake

Thyroid disorder

Sensory
impairments

Poor access

Poor education about health

Epilepsy



- More than 1 out of every 5 people with learning disabilities have epilepsy
- It is often harder to treat

Obesity



- More than half of men with learning disabilities and three quarters of women are obese.
- Obesity is particularly a problem for people with Down syndrome and Prader-Willi.

Mental Health



Mental Health can happen or be made worse by:

COMMUNICATION PROBLEMS, PHYSICAL, VERBAL AND SEXUAL ABUSE, LACK OF MEANINGFUL EMPLOYMENT, FRIENDSHIP, LEISURE AND RELATIONSHIPS, AND INADEQUATE SOCIAL SUPPORTS.

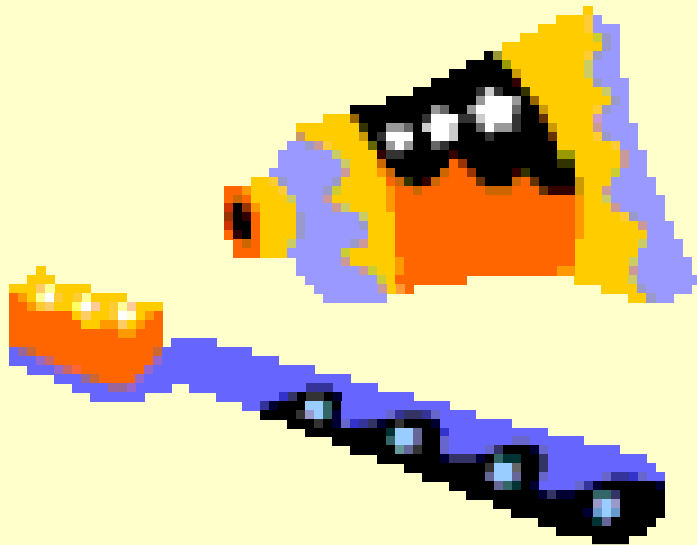
People with learning disabilities are 3 times more likely to suffer from Schizophrenia and up to 3 times more likely to have depression

Eyesight



Over half of the population wear spectacles most of these are over 40. People with learning disabilities eyesight gets worse at a younger age than other people.

Teeth



Over 36% of adults with learning disabilities and 80% of people with Down syndrome have teeth and gum problems

Breathing problems



Respiratory disease
is the main cause of
death for people
with learning
disabilities

Going into hospital and to the doctors



It is harder to get treatment for health problems. Health services often do not help to make it easier for people who find it hard to communicate or understand. Parents and carers of people with learning disabilities often struggle to make themselves heard. Staff often don't know enough about disability.



Who is DES?

- It stands for
Directed Enhanced Service.
- It means GPs will be given money to provide better services for people with a Learning Disability.



What do they have to do?

- They must work with the Local Authority to make sure they know all their patients who have a learning disability.
- Attend training about Learning Disability.

What do they have to do?

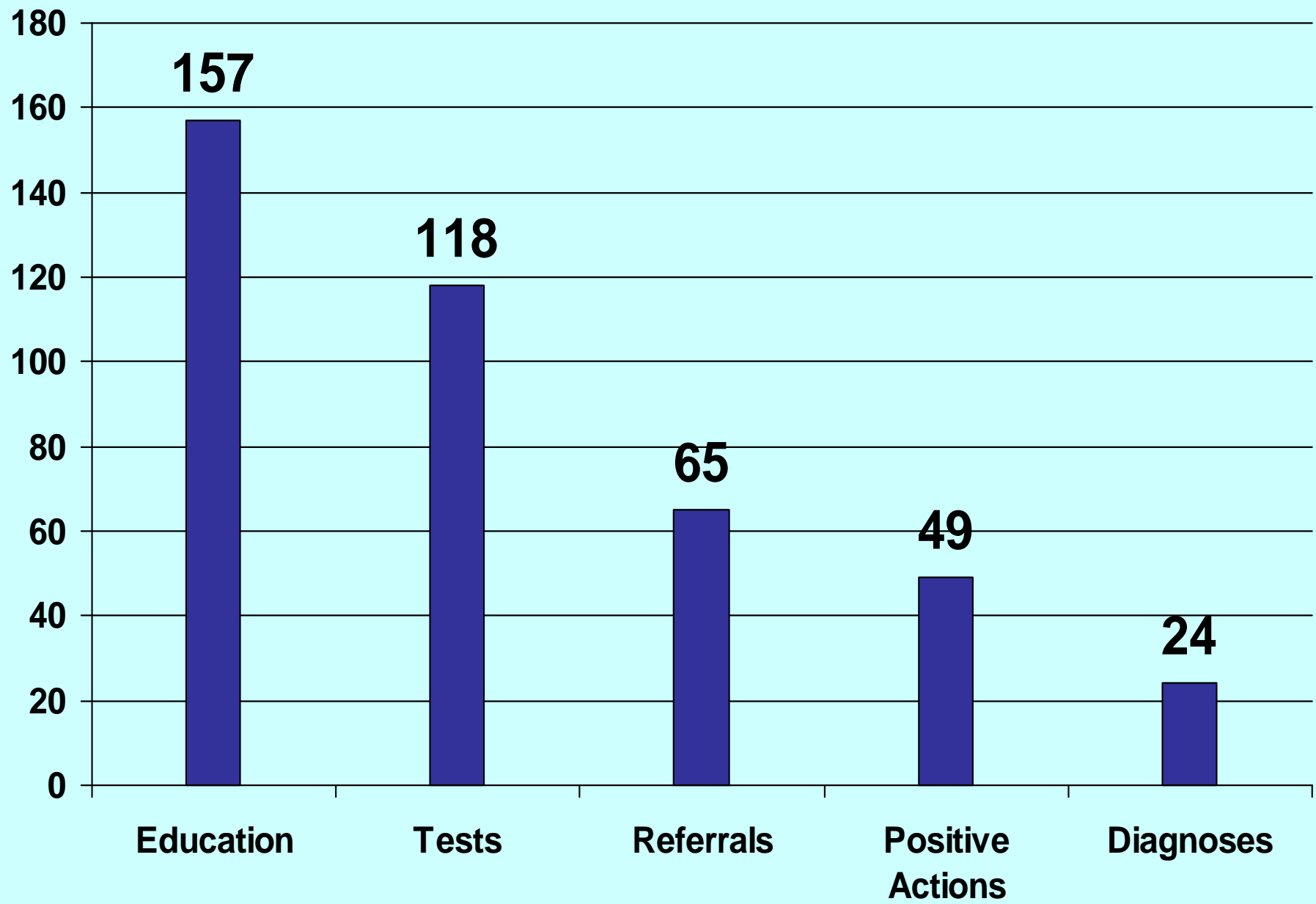
- Provide a thorough health check for their patients with a learning disability.



How will this
help?

Helping people with their health in Teesside

- We help people to have health action plans and go to the doctors for health checks.
- We collected information about 100 people who had done this.



Education

| | | | |
|---------------------|----|-------------------|----|
| • healthy eating | 43 | smoking cessation | 8 |
| • testicular checks | 17 | medication | 19 |
| • medical condition | 18 | managing epilepsy | 3 |
| • skin care | 2 | breast screening | 15 |
| • pain management | 6 | alcohol intake | 5 |
| • sexual health/ | | management of | |
| • contraception | 6 | anxiety | 15 |

Tests

- attended a general health check 62
- attended opticians 24
- attended dentist 22
- had a medication review with a doctor 8
- had a cervical smear 2

Referrals

| | |
|-------------------------------|----|
| • GP | 25 |
| • Physiotherapist | 15 |
| • Podiatrist | 6 |
| • Speech and language therapy | 7 |
| • Occupational therapist | 2 |
| • Continence services | 5 |
| • Other services | 5 |

Positive Actions

- Increase in physical Activity 28
- had a vaccination update 4
- attended weight management sessions 15
- Stopped smoking 2

Diagnoses

- had high blood pressure identified 8
- had anaemia identified 1
- had ear wax identified/treated 5
- hearing problem identified 3
- had a thyroid problem identified 4
- had diabetes identified 1
- had breast cancer identified 1
- had cataracts identified/treated 1

Any Questions?

