



Health Checkers End of Year Report

2015-16

The Health Checkers team have done lots of work over the past 6 years to improve the health care of people with a learning disability in Worcestershire.

In 2015-16 they were funded through the Integrated Health and Social Care team by Worcestershire`s Clinical Commissioning Groups.

They work closely with the Staying Healthy subgroup of the Learning Disability Partnership Board.

Health Checkers continue to promote the work around health that they do in Worcestershire.

They were involved with some training with Change and NHS England to help produce a Quality Standards Toolkit that could be used nationally.

This year Lucy Hancock joined the Health Checkers Team.

Rachel Barrett continues to work as Health Checker Project Assistant.

Gail Greer was appointed in November as Health Checkers Project worker.



Sandra Hibbert continues to do some project work for Health Checkers.



Health Checkers carry out some of their work around the Big Health Aims of My Worcestershire Health Plan.

Big Health Aim 1-My GP Practice

GP Report

Health Checkers made plans to visit 17 GP surgeries across the County. They checked the quality of Annual Health Checks for people with learning disabilities and made recommendations.



People with learning disabilities are less likely to go to see their GP. Even if they do, they may not be able to explain what is wrong. They can end up in hospital with things like constipation, dehydration and urinary tract infections which could have been easily sorted out by the GP.

It is important that they have annual health check.

Ray told Health Checkers his story of having an Annual Health Check. (Speech Bubble)



“I was scared. I hadn` t had a check for 12 years. I popped into the surgery for my mum`s prescription and our GP wrote on the back of her prescription for me to come and see her on Thursday for a check”

Ray was worried about going for his annual health check. Health Checkers explained what would happen and a friend went with him on the day. Ray said that he wouldn't have gone otherwise. People with learning disabilities need to be explained what will happen when they have a health check.



Health Checkers gave a presentation to the South Worcestershire Clinical Commissioning Group. Lucy told them she had problems being weighed. She hadn't been weighed for 5 years because of being in a fixed wheelchair. Lucy wants to keep healthy.

Members of the Clinical Commissioning Group were shocked to hear this. They felt that they should do something about it. Health Checkers will do follow up visits later in the year to check if this is now happening.



Health Action Plan

Health Checkers worked with the Integrated Community Team and members of the Staying Healthy subgroup to make sure that this was updated into an acceptable format for people with learning disabilities.

The new Health Action Plan was launched at a promotional day with health professionals, people with learning disability and carers.



It was seen as a good piece of work between people with learning disability and the Integrated Community Health and Social Care team.

Since working on the Health Action Plan, Health Checkers have also helped update My Hospital Passport.

Members of the Staying Healthy group like this style of Easy Read information.



Big Health Aim 2-My Community visit

Last year Health Checkers wrote a Dental Report.

They sent it to NHS England for their response to their recommendations.

Health Checkers are still waiting for feedback about this report.

It is important that NHS England follow up and implement the recommendations.



Opticians Report

At the beginning of 2015 Health Checkers started planning to review high street Opticians. They wanted to see how accessible they were for people with learning disabilities and what reasonable adjustments were being made. Their report will be ready in June 2105.



Big Health Aim 3-My Hospital Visit

This year Health Checkers have attended 3 Learning Disability Acute Steering Group meetings at Worcester Royal Hospital.





These meetings are video linked between, Worcester Royal Hospital, Kidderminster and the Alexandra Hospital.

They are chaired by the lead nurse for Quality and Patient Experience at Worcester Royal Hospital and attended by the Liaison nurses and lead nurses of the hospital wards.



Health Checkers were able to talk about their unannounced hospital visits.

Health Checkers were invited to design an LD Champion badge for anyone who has become an LD Champion in the Acute hospitals.



They worked with the Liaison nurse Kay. They awarded badges and certificates to the Learning Disability Champions at Worcester Royal Hospital.



Big Health Aim 4- Complex Needs

Health Checkers have 2 Experts By Experience.

Over the past year continued to be invited to help to review people with learning disabilities in Locked Hospitals around the country.

The reviews are known as Care and Treatment reviews and are held every 6 months. Rachel and Laura have been attending these reviews around the country.

Worcestershire has been asked along with all other authorities to put together a plan to show how they are supporting people with learning disabilities when they are in crisis.





This is called the Transforming Care Plan.

People with learning disability should not be sent to live a long way from home.

There should be a plan for everyone who is in a Locked Hospital to leave as soon as they are well enough and to get support in their own communities.

Health Checker Rachel Barrett has been asked to attend monthly meetings as an Expert by Experience and also has been involved in putting the plan together.

Other work the Health Checkers do.



They helped get people with learning disabilities with Diabetes across South Worcestershire together with Care Quality Commission to talk about health services in their area.



They worked with Health watch to make sure that their Complaints leaflet was in Easy Read.

Helen Perry-Smith from South Worcestershire Clinical Commissioning Group talked about the future of Health Services in Worcestershire and what the money is currently spent on.

Claire Mitchell the Health Improvement Coordinator told us about Social Prescribing and Health Action Plans.

Social prescribing is about signposting people in the right direction to help them improve their health and to access services.



This might be helping someone lose weight or to stop smoking.
Health Action Plans would be used to show what had been
recommended to help the person with learning disabilities with this.



We have funding for Health Checkers until the end of March 2017.

In the future Health Checkers want to get involved in training for
health providers around understanding the needs of people with
learning disabilities.