

North East & Yorkshire Region

Learning Disability & Autism Programme

January 2024

(1) Latest Publications & Reports

Several national learning disability and autism publications, guidance and reports have been published recently. See more details on these below:

- [‘Learning from Lives and Deaths’ - LeDeR Report 2022](#) The North east and Yorkshire Learning Disability and Autism Team are working closely with our ICS Health Inequalities Leads on recommendations from the report.
- [NHSE National Guidance](#) To support integrated care boards to commission acute mental health inpatient services for adults with a learning disability and autistic adults. Easy read version now included.
- [Health and Care of People with Learning Disabilities, Experimental Statistics 2022/23](#) This NHS Digital publication provides information about the key differences in healthcare between people with a learning disability, people who are autistic and those without a learning disability and who are not autistic.
- [Meeting the Needs of Autistic Adults in Mental Health Service National Guidance](#) This guidance is for integrated care boards, health organisations and wider system partners and provides advice on how to improve the quality, accessibility and acceptability of care and support for autistic adults to meet their mental health needs, both in the community and in inpatient settings.
- DHSC Statutory Discharge Guidance Published 26th January 2024. New statutory [guidance](#) has been published setting out best practice in relation to how NHS bodies and local authorities work together to support discharge from all mental health and learning disability and autism inpatient settings. In the annex, there is additional guidance on how budgets and responsibilities should be shared to pay for section 117 aftercare (Mental Health Act 1983). Updated [Hospital discharge guidance](#) has been published adding detail on new legal duties to involves families and carers in discharge decisions and for local authorities and NHS bodies to cooperate on enabling discharge. The updated guidance also provides additional detail on good practice in care transfer hubs.



(2) Training & Events

CANDDID Conference (15th March 2024)

The CANDDID Conference in March 2024 will be focused on; *meeting the needs of children and young people with neurodevelopmental conditions and their families.*

The conference will focus on research/ evidence which can help operational services better meet population needs. Click [here](#) to view the conference flyer.



Research on Post-Diagnostic Support for Autistic Young People

Ambitious about Autism worked with autistic young people to co-design an online peer support course called [Understanding You, Discovering You](#). This course supports autistic young people to explore what autism is, develop a positive autistic identity, and equips young people with practical skills, with the aim to improve their mental health.



Makaton Training Available for Nurses

A new eLearning resource for nurses to develop their understanding of Makaton and learn basic Makaton signs, has been added to the [NHS Learning Hub](#). The training provides information about the different ways in which people communicate, and how nurses need to consider these different options when caring for people. It also provides key techniques and tips to use as nurses to improve communication skills and provides resources that will help us as nurses to learn skills to effectively provide care for people with different communication needs and styles.



Supported Housing and Mental Health Webinar: A Core Role for ICSs (2nd February 2024)

Join this Care Provider Alliance and NHS England [webinar](#) which will explore how integrated care partnerships can bring together housing, social care, primary, community and hospital care to better support local people living with mental health issues. The session has been planned in partnership with the National Housing Federation.



Anna Freud and AT-Autism have joined forces to deliver the National Autism Trainer Programme, an autism train the trainer programme commissioned by NHS England and completely free to delegates. The National Autism Trainer Programme offers a suite of four-day, online trainings for delegates working in six distinct settings. To find out more about each of the respective four-day trainings coming up in February and to book your free place, please follow the link below, and select the setting that is applicable to you: [Find out more and book your place](#)



Further training dates are available in February and March, to find out more and book your place, follow the link below and select the training applicable to you: [View all training](#)

Bespoke, local, and Small – Small Supports for people with complicated lives and support needs. We are pleased to launch a new monthly programme of online events for 2024; people involved in the programme and the day-to-day delivery of support to people will be sharing their thoughts, words, and much learning over the coming months. The sessions include:

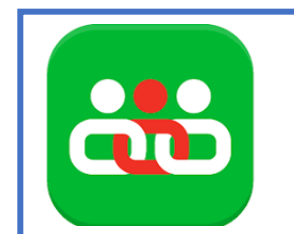
- Why Small, Bespoke, Person Centred and Local? With Bill Love and Doreen Kelly
- Lessons Learnt and Outcomes shared. With Dave Barras, Steve Bardsley (Leeds) and Fiona Ritchie
- Launching our Living Library of Stories. With Sam Smith
- What Good Looks Like. With Helen Toker-Lester



These events will be on the last Thursday of the month between 12pm and 1pm, so please come along and bring your lunch, and spend an hour learning more about the work of Small Supports Organisations and the NDTI Programme. Please see attached flyer.

Trauma-Informed Care – Online Learning Available through eLfH

Recognising that NHS and social care staff are routinely exposed to trauma at work and experience moral injury, NHSE has worked in collaboration to design bespoke 'trauma-informed care training', ensuring these workforces become truly trauma-informed. Whilst there is an acknowledgement that embedding trauma-informed care requires a systematic, multifaceted approach, the aim of this trauma-informed training is to support the learner in deepening their understanding on the importance of becoming more trauma sensitive in the way care is delivered, both as an individual and within a team or service. Visit <https://www.e-lfh.org.uk/programmes/trauma-informed-care/>



One-off or Small Personal Health Budgets: Breaking Down Barriers," is scheduled to take place, **virtually via Microsoft Teams on: 27th February 10:00AM to 12:00PM**

Purpose of session – To share where Small/One Off Personal Health Budgets (PHB) have been used in a way that breaks down barriers, unblocks part of a pathway or provides a more personalised approach for an individual.

What this session is – An opportunity to hear from teams who are using Small/One Off PHBs to support people innovatively that either solves an issue they have, unblocks a pathway or provides a better service for the individual.

At this session is – An opportunity to hear from teams who are using Small/One Off PHBs to support people innovatively that either solves an issue they have, unblocks a pathway or **Who should attend** – ICS, Local Authority & VCSE colleagues who want to use Small/One Off PHBs to support their work and provide an alternative to traditional services.

To register: Please [click here](#)



Network Huddle: Social Prescribing and Perinatal Mental Health on Thursday 15th February 10am – 12pm via Microsoft Teams. Join us to welcome colleagues from across the system and hear about this exciting work, with an extended opportunity to take part in the Q&A. The VCSE Maternal Mental Health Services Project is led by Ways to Wellness, in partnership with the NHS, Voluntary Community and Social Enterprise sector (VCSE) organisations and Maternity Voices Partnerships.

The project aims to lead to improved maternal mental health through integrating VCSE support into the pathway to reduce health inequalities supporting the best start in life agenda with benefits for women, partners, their babies and the whole family unit in the perinatal period. Funding is provided by the North East and North Cumbria Mental Health ICS and Perinatal Mental Health Clinical Network team, as part of the NHS England Maternal Mental Health Fast Follower programme for the development of four social prescribing link worker prototypes to support women with mild to moderate mental health needs from pregnancy to babies second birthday.

The prototypes are based in VCSE provider organisations in Sunderland, Middlesbrough, North Cumbria and Northumberland and have been in operation for 18 months, learning from the prototypes will be shared at this Network Huddle. Please share this information with your Networks to encourage a broad attendance.

The session will be recorded and widely shared for those unable to attend live – please register for a place to ensure you are sent the link after the session.

To register for your place – please click [here](#).



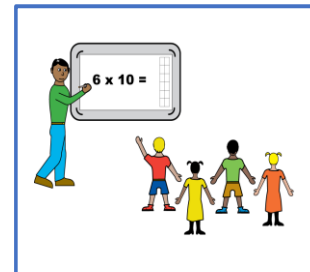
Reasonably Adjusted Clinic Toolkit & Video

The North East and Cumbria Learning Disability Network, have collaborated with the North West and North Cumbria Respiratory Network, to produce a new [video and toolkit](#), showcasing a reasonably adjusted clinic for patients with a learning disability. These resources aims to help health and social care professionals to better support patients, and help reduce the number of avoidable deaths through respiratory conditions.



Arranging Education for Children who Cannot Attend School because of Health Needs

[This guidance](#) outlines how local authorities and schools can best support children who cannot attend school because of physical or mental health needs. This document includes statutory guidance from the Department for Education. Local authorities must have regard to that guidance when carrying out their duty to arrange suitable education for children who cannot attend school because of health needs.



Resources to Support Use of Continuous Positive Airway Pressure (CPAP) Equipment

Obstructive sleep apnoea (OSA) can be common in people with a learning disability, in particular people with Down's syndrome. Untreated OSA can impact on mental health as well as causing significant risks to physical health. OSA can be life-threatening if the risks of non-compliance with continuous positive airway pressure (CPAP) treatment are not understood. NHSE have developed some resources for [healthcare professionals](#) working with and supporting people with a learning disability and autistic people.



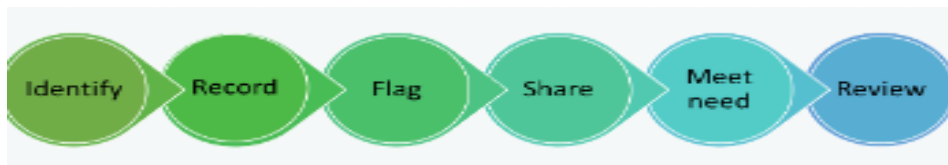
There are also [resources for carers](#), and [an easy read guide to CPAP](#).

Today, in collaboration with the Local Government Association (LGA) and Association of Directors of Adult Social Services (ADASS) as Partners in Care and Health, we have published a [letter](#) which identifies five key actions that will have the biggest impact on supporting people with a learning disability and autistic people to leave mental health hospital. Nearly 10,000 discharges to the community have been achieved since 2015. The letter asks colleagues working in integrated care systems across health and social care to make a concerted effort to continue to help people with a learning disability and autistic people leave hospital when they no longer need hospital care.



This letter follows on from the publication of the [Joint guiding principles for integrated care systems – learning disability and autism in October 2023](#). These principles for integrated care systems set out how partners in local systems should work together to improve the lives and outcomes of people with a learning disability and autistic people, of all ages.

(4) Reasonable Adjustment Digital Flag Update



The Reasonable Adjustment Digital Flag (RADF) mandate applies to all health and publicly funded social care. It applies across NHS and independent providers, social care (as providers) as well as independent contractors such as GPs and dentists. It also impacts all health and care IT system suppliers.

We are currently in phase one of the RADF implementation and we are asking organisations to conform to phase one requirements by 31 March 2024. We will be sharing a checklist in coming weeks, essentially at this time organisations should ensure that systems are in place to identify, record, flag, share, meet and review and update reasonable adjustment needs on their own systems and records.

Organisations should ensure that they identify the disability and associated reasonable adjustment requirement of their existing registered or known patients or service users during routine appointments or interactions with the service. All patients with a learning disability and/ or patients who are autistic must have a Flag on their record to indicate this, which is visible to all those who are involved in the care of the patient.

The RADF is a marker on a patient's record to identify their disability and their reasonable adjustment needs, which is visible throughout their care and treatment.