

Learning disability and autism update

June 2024

Welcome

In this new look update email, we have included important information that was shared on social media in June so you have this all in one place.

We have tried to make it plain English.

What we are going to cover in this update email:

- Learning Disability week 17 to 23 June 2024
- Unpaid Carers week
- Diabetes week
- Newsletter edition 17 - New!



Learning Disability Week

Learning Disability Week 17 to 23 June 2024



It was Learning Disability week between 17 June and 23 June.

The theme for this year was "Do you see me?" It was about being seen, heard and valued.

We shared some new resources on social media that we want to share with you all.

Messages from colleagues who work in the Learning Disability and Autism Programme

We think it is really important to employ people with lived experience.

Listen to Jodie Williams an NHS England, Learning Disability and Autism Programme Network Manager talk about how her role at NHS England supports her to feel seen, heard and valued.



Watch a short video from Paul James, one of our programme staff with lived experience talking about how his role at NHS England enables him to be 'seen heard and valued'.



Listen to this film from Tom Cahill National Director of the Learning Disability and Autism programme at NHS England. He asks colleagues working across the NHS to think about 'what more staff can do to support people with a learning disability to receive the right care and support'.

Tom talks about the roll out of the Reasonable Adjustments Digital Flag and encourages staff to do the training.

He also talks about how important it is to be seen, heard and valued as a person with a learning disability at work.



Resources shared during learning disability week

The Reasonable Adjustment Digital Flag

The NHS are rolling out the Reasonable Adjustment Digital Flag, which is a note on a person's record, that helps staff to know what reasonable adjustments someone with a disability needs. [This Easy Read leaflet tells you more about the Reasonable Adjustment Digital Flag](#)

[There is training to tell staff what they need to do to support the roll out of the Reasonable Adjustments Digital Flag.](#) And to offer the right kind of reasonable adjustments to people with a learning disability and autistic people, so we can improve access to care and reduce health inequalities.



If you work within the Care sector, please access the free staff training above to implement the Reasonable Adjustment Digital Flag, helping it to become part of a standard approach to care and treatment for all people with a disability.



STOMP STAMP

[You can also check out what the STOMP STAMP team have been working on.](#) They have developed training which has been aimed at health care professionals, people with a learning disability and autistic people. These are modules 1 to 6.

Health and social care professionals can now access new eLearning sessions modules 7 to 9 about this.

Staff should share module 10 with people with lived experience and their family carers.

Life planning podcasts for people with a learning disability

Life Planning is an important way for commissioners and clinical teams to support people with a learning disability and autistic people to move out of hospital. [Find out more in this article.](#)

Or you can listen to one of these podcasts:

[The first podcast talks about what Life Planning is.](#) It gives examples of how Life Plans are being used in Cornwall to support people with a learning disability and autistic people to move out of hospital.

[The second podcast is Amy's story](#) where she shares her own experiences of being admitted to hospital and how a Life Plan helped her move out of hospital and into her own home.



Unpaid Carers week

It was Unpaid Carer's week on 10 June to the 16 June.

We'd like to say a huge "Thank You" to all of you who are carers, for all the great work you do to support your loved ones.

See the video's below from two of our family carers who work in our programme. They talk about how they are being seen and heard and are able to co-produce at work.

Watch this short video from Mary Busk, a Senior Family Carer Advisor talking about her role at NHS England, explaining about how she has helped to shape guidance and resources.



Watch the video of Fazilla Amide, who started working for NHS England as a Family Carer Advisor and now leads our Engagement team. She explains what staff can do to make sure people with a learning disability, autistic people and their families are seen, heard and valued.



If you need any information or support as an unpaid carer, the links below may be helpful

[National Network of Parent Carer Forums](#)

[Contact](#)

[Carers UK](#)

[Carers Trust](#)



Diabetes Week

It was also Diabetes week from the 10 June to the 16 June 2024.

We've put together some helpful resources help you to understand, or to explain to others about this serious illness.

Type 1 Diabetes

[Easy read information about Diabetes Type 1](#)



Type 2 Diabetes

[Easy Read information about Diabetes Type 2](#)



Monitors

Watch this video to learn more about monitors you can use to check your blood sugar levels.



If you are Autistic you can learn more about your diabetes from these websites:

[Learning Zone - Discover more about your diabetes. | Learning Zone](#)

[Diabetes and Me | Diabetes UK](#)

If you are a Family carer or a professional

[Here is some more information about caring for people with diabetes](#)

If you are diabetic, here's some information about looking after yourself:

[How to look after your feet | Diabetes UK](#)

[Eating with diabetes | Guide to diabetes | Diabetes UK](#)

Diabetic Screening

If you are diabetic, remember to go for your screening when invited:

[Eye screening](#)

[Foot check](#)

Easy Read and Plain English Newsletter



Easy Read and Plain English Newsletter

[We have just launched our Learning Disability and Autism Programme Newsletter number 17](#)

There are versions in Easy Read and Plain English.

Topics include:

- The Reasonable Adjustment Digital Flag
- National guide for acute mental health inpatient services for adults
- What is diabetes?
- How to get support and speak up – people who can help you
- Keep updated

The newsletter was coproduced with the wider programme, together with members from the Learning Disability and Autism Advisory Group.

Please share the link with anyone you think would like to read it.

We would love to hear any feedback. Email us at engage@nhs.net