

The Transforming Care Approach

Transforming care is a national programme led by NHS England which is all about improving health and care services so that more people with learning disabilities and/or autism can live in the community, with the right support, close to home and have the same opportunities as anyone else. The programme of work will ensure that families are:

- getting the support they need to live long and healthy lives
- being treated with the same dignity and respect
- having a home within their community
- being able to develop and maintain relationships and
- getting the support they need for to have a healthy, safe and fulfilling life.

New ways of working are being established to help families get the right help at the right time. One example of this is a greater focus on the Care-Co-ordination role to help families access and understand the offers of support available to them across health and social care systems. More details about the programme are set out here <https://www.england.nhs.uk/learning-disabilities/>

Education and Health Care Plans

Health, education and social care systems are working hard to work together to share pathways and processes that work together and are easier to understand. An Education and Health Care Plan (EHCP) will help families work with professionals based on an assessment of individual need. More details about EHCPs are here <https://www.gov.uk/children-with-special-educational-needs/extra-SEN-help>

Care Education and Treatment Reviews

Where children or young people are at risk of a hospital admission a Care Education and Treatment Review (CETR) may be called by the family or professional. When a CETR is called this means that the family and professionals all get together to review the needs and requirements of the young person and decide on the best next steps by working together. A clinical expert and a family member who has had similar experiences from another area will be present to help planning with fresh eyes. Here is a tool to help planning and understanding of the process <https://www.england.nhs.uk/wp-content/uploads/2017/03/my-care-treatment-review-symbol-updated.pdf>

The full toolkit on CETR is available on the NHS England website here <https://www.england.nhs.uk/wp-content/uploads/2017/03/children-young-people-cetr-code-toolkit.pdf>

Annual Health Checks

All people with a learning disability aged 14 and above are entitled to an annual health check. This is usually with the GP or practice nurse. The annual health check is important because it can help identify any health problems before they get worse, and help adults and young people to receive the care that they need. The Health Check also includes a health plan which will give information on how to stay healthy and make recommendations for other referrals if they are needed. The annual health check is recommended in the SEND Code of Practice guide for health professionals which can be viewed here

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/502913/Health_Professional_Guide_to_the_Send_Code_of_Practice.pdf

NHS England are working to make sure that more people are receiving a health check. If you think you or someone you know should have an annual health check, you can contact your GP surgery to arrange one. More details about Annual Health Checks can be found here <https://www.mencap.org.uk/advice-and-support/health/dont-miss-out/dont-miss-out-annual-health-checks>

STOMP (Stop Over Medicating People with a Learning Disability and/or Autism)

NHS England is leading a campaign to help people understand more about medication for people with learning disabilities. A report in July 2015 found that many people with a learning disability and/ or Autism are being given strong medication when they don't really need it.

These medicines are called 'psychotropic'. Some people are prescribed this medication to try to manage behaviours that challenge. The medication can be very useful for treating mental illness such as psychosis or depression. However there is no evidence that the medicines help stop 'challenging behaviour'. It is important that you don't stop taking medicines without speaking to your doctor first.

If you are worried about medicines for yourself or someone that you know, you should talk to the person who prescribed them to you and ask for a medication review. This could be your GP, Specialist Doctor, pharmacist or nurse prescriber. More information about STOMP can be found here: <https://www.england.nhs.uk/learning-disabilities/improving-health/stomp/>