


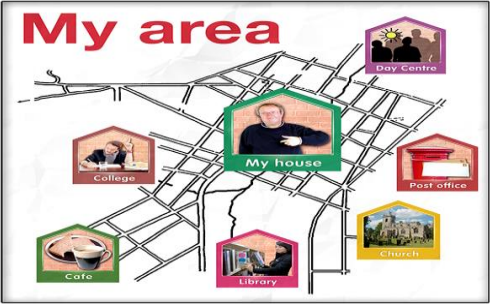
# BLMK Learning Disability and Autism Strategy 2023 – 2026





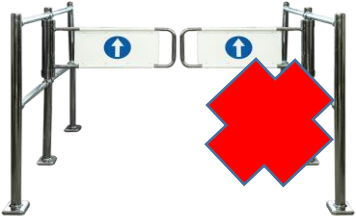
# Welcome

 A stack of spiral-bound notebooks with the word "Plans" written in large black letters on the top cover. Below the text is a photograph of three people (two men and one woman) leaning over a table, looking at a document together.	<p>The BLMK Learning Disability and Autism Strategy has been developed in partnership with the BLMK ICB board, healthcare partners and local communities.</p>
 A clipboard with a green border and a silver clip at the top. The word "Needs" is written in large black letters. Below it are four levels of needs: "Low" with a green checkmark, "Moderate", "Substantial", and "Critical".	<p>It tells us what we need to do and includes:</p> <ul style="list-style-type: none"><li>❖ The challenges</li><li>❖ Health needs</li><li>❖ The vision for local health services</li><li>❖ Our plans for the next three years.</li></ul>
 A female nurse in a purple uniform is standing and looking at a tablet computer. A male patient in a blue shirt is sitting in a hospital bed, looking at the tablet with her.	<p>Our aim is to improve health for local people and make BLMK a healthier place.</p>
 A stack of spiral-bound desk calendars. The visible pages show the months of December, August, July, June, and May, with dates written in small black text.	<p>This plan has been worked on for the last few months and has involved many people in BLMK.</p>

# Why do we need a strategy?


	<p>During our talks, we have heard that people with a Learning Disability and Autism want:</p> <ul style="list-style-type: none"><li>Better access to healthcare to stop them from getting ill.</li><li>Services that they can get to.</li><li>Services that meet their needs.</li></ul>
	<p>We know that to be healthy we need to look at more than health services.</p> <p>We need to look at our lives, the places we live and our community.</p>
	<p>Because of this, we have set up some priority areas.</p> <ul style="list-style-type: none"><li>❖ Improving access and quality of services.</li><li>❖ Only going to hospital when we need to.</li><li>❖ Preventing ill health and health inequalities.</li></ul>

# Our Strategy – what we are going to do.

<p><b>Communicate Compassionately</b></p>  <p>The illustration shows two women talking, a man with his arm around a woman, and a group of people around a table. Below them is the NHS CARE logo.</p>	<p>Planned roll out of the Oliver McGowan Training for all health and care staff.</p> <p>Deliver Autism awareness training for Primary Care staff, the Police and the Probation service.</p> <p>Continue to work with people with a Learning Disability and Autistic people, their families and carers, to deliver all areas of the strategy.</p>
<p><b>Offer Me Reasonable Adjustments</b></p>  <p>The illustration shows a person in a wheelchair with a speech bubble saying 'I need ...', a clock, and a sign that says 'easy read' with a person icon.</p>	<p>Create sensory friendly environments both in the community and inpatient settings.</p> <p>Co-design accessible information for people with Type 2 Diabetes.</p> <p>Develop an autism pathway across BLMK.</p> <p>Co-design a series of videos on what to expect when you access your health or care appointment.</p>
<p><b>Break Down Barriers</b></p>  <p>The illustration shows a metal barrier with a red X over it, symbolizing breaking down barriers.</p>	<p>Continue to work with people with a Learning Disability and Autistic people, their families and carers, to understand barriers to accessing services.</p> <p>Targeted work to increase Annual Health Checks for ethnic minority people and those who have not had an Annual Health Check in the last 2 years.</p>

	<p>Primary Care project to identify GP champions for people with a Learning Disability and Autistic people.</p> <p>These Champions will help to share learning with practices requiring support.</p>
<p><b>Put me at the Centre of my Care and Support</b></p> 	<p>Develop a neurodiversity wellbeing model across BLMK, including pre and post diagnostic support.</p> <p>Identify an initiative to increase the number of advanced care plans being delivered.</p> <p>Increase the number of Health Action Plans completed during the Annual Health Check.</p>
<p><b>Keep Me Well</b></p> 	<p>Develop a pilot project to centralise a BLMK TCP team &amp; ensure compliance with the new guidance.</p> <p>Commission Autism practitioner roles to support people at risk of admission to hospital. This will be a project pilot in Bedford and Milton Keynes.</p> <p>Develop a weight management initiative focused on prevention.</p> <p>Review the function &amp; areas of responsibilities of the integrated Learning Disability nurses across Bedfordshire and Luton.</p> <p>Review forensic pathways across BLMK.</p>

# How will this make a difference?

	<p>Better quality of care.</p>
	<p>Care in the right place with the right person.</p>
	<p>Reduce harm and cases of poor care.</p>
	<p>Improve physical and mental health for all.</p>
	<p>Improve life expectancy and quality of life.</p>
	<p>More choice and options to have the care you want.</p>

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