

Greenwich Health Plan for People with Learning Disabilities 2006 - 2011

November 2006

1.1 Greenwich Primary Care Trust has written this plan with help from:

- Greenwich Council
- Oxleas Foundation Trust
- Queen Elizabeth NHS Trust
- the Voluntary Sector
- service users.

■ It says how we want to **make health services better** for you over the next 5 years.

We want to make sure:

- that your health and healthcare **gets better**
- that you have the **same access and rights** to health services, and that your care is given **in the best way**.

This means listening to **your** experience of health services and working to make services better.

People with learning disabilities have worse health than other people.

People often find it hard to live in a healthy way. They put on too much weight, or have unhealthy teeth and gums.

- Many people with learning disabilities have problems like heart disease, epilepsy or a mental illness.
- Less people with learning disabilities go for **tests** to see if they have cancer.
- People with learning disabilities live **shorter lives** than other people.
- Sometimes when people with learning disabilities are ill, **nobody notices**.

So it is very important to get health services right for you. What should you expect from local Health Services?



Making the health of people with Learning Disabilities better will help you to live the life **you** want in the community.

- **Information** on how to stay healthy.
- To be able to use the services **they** need.
- To be treated as an **individual** and with **dignity**.



What would be OK to expect of a Health Service?

- For you to be able to **get regular health checks**
- For you to be able to see a **local doctor or nurse**
- That surgeries or health centres should have **professionals** who are **specially trained** to meet your health needs
- That there will be nurses whose job it is to sort out your support if you have to go in to hospital.
- That **people with complex needs** should have a **Learning Disability Nurse** to organise their care.
- That information about your health needs will be added into their **Personal Health Profiles**.



Improving Health Action Plan Actions (Draft)

- 1 Better ways for you to tell us your worries and ideas for making services better.
- 2 Make **health promotion better**
- 3 Better access to services
- 4 Develop **Health Facilitation** and introduce **Health Action Plans**
- 5 Make the training for **Health Professionals** better on your health needs.

