

Health of adults with a learning disability

Joint Strategic Needs Assessment

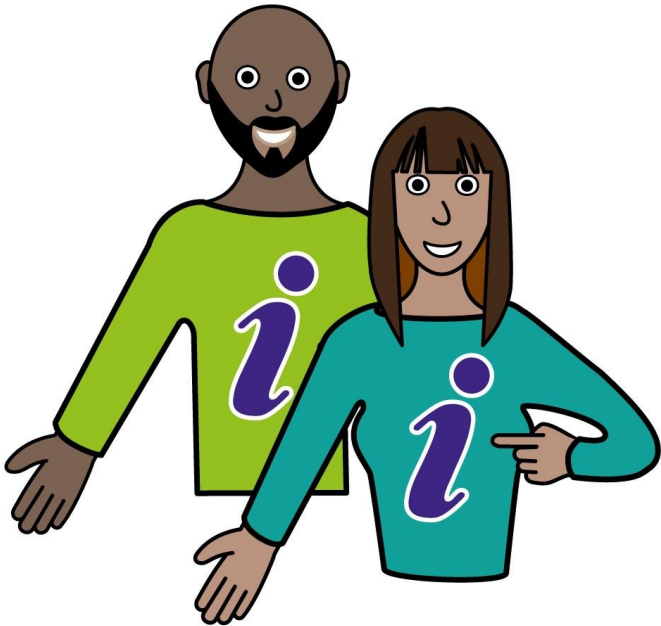
Cambridgeshire and Peterborough

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What is a Joint Strategic Needs Assessment?

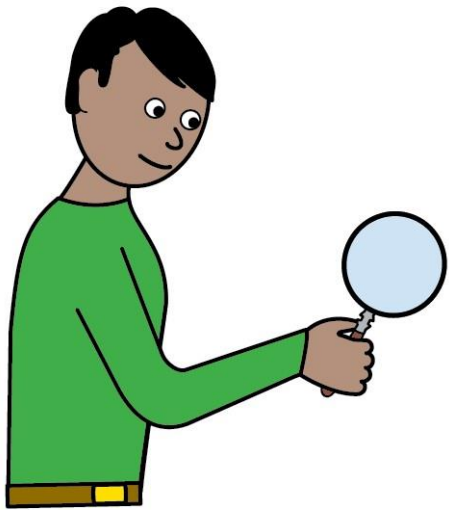
about us



- A Joint Strategic Needs Assessment looks at information and data about a group of people.
- This helps us to find out what they need to help their health.
- We have carried a Joint Strategic Needs Assessment for adults with a learning disability.
- We focussed on adults with a learning disability who live in Cambridgeshire and Peterborough.

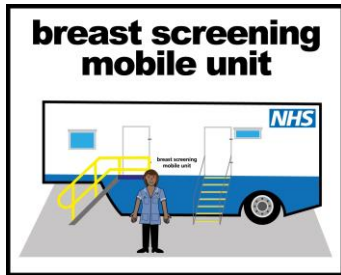
How did we carry out the Joint Strategic Needs Assessment?

finding out



- We looked at lots of data about the health of adults with a learning disability.
- We asked adults with a learning disability what they think is important for their health.
- We asked health and social care professionals who work with adults with a learning disability what they think is important.
- We summarised all of this information and made some recommendations.

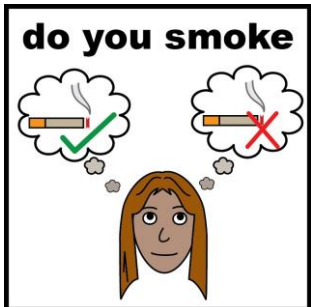
What did we find out about prevention?



- Adults with a learning disability are less likely to go to their cancer screening appointments.

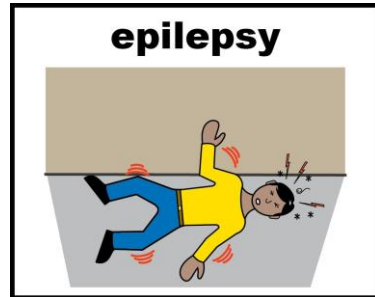


- Adults with a learning disability are less likely to be physically active.



- Adults with a learning disability are less likely to smoke or drink alcohol overall.

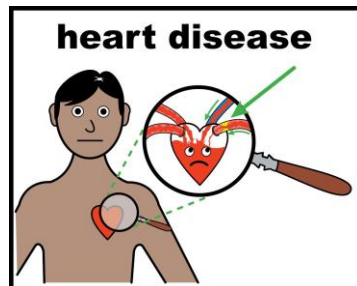
What did we find out about physical health?



- Adults with a learning disability are more likely to have epilepsy.



- Adults with a learning disability are more likely to have constipation.



- Adults with a learning disability are more likely to have other long terms conditions, for example diabetes, underactive thyroid and heart failure.

What did we find out about mental health?

- People with a learning disability are more likely to have depression.
- People with a learning disability are more likely to have anxiety.
- People with a learning disability are more likely to have schizophrenia.



What did we recommend?



- We recommended that all health services are able to make good quality reasonable adjustments

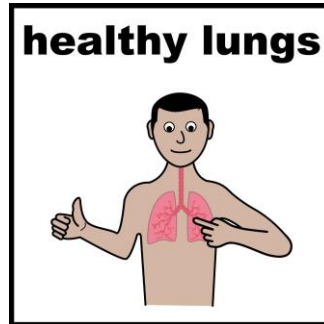


- We recommended that work on improving Annual Health Checks continues



- We recommended that specialist services for people with a learning disability should be the same in Cambridgeshire as in Peterborough

What did we recommend? (Continued)



- We recommended focussing on improving the respiratory health care pathway for people with a learning disability



- We recommended supporting informal carers of people with a learning disability



- We recommended supporting training for health and social care staff about the health needs of people with a learning disability

Acknowledgement

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