

Learning Disability Development Fund (LDDF) Progress report



Name of project: Health Action Plans and Better Health

Project Lead: Steve Hook

Project Targets from bid:

- To make sure all GP practices are doing health checks and health action plans
- To make sure all GP practices have had their training
- To give training to staff and carers on how to be health facilitators for people with learning disabilities
- To give workshops about health action plans to service users
- To check to see if health action plans are working and people are getting healthier – by talking to service users, their carers, staff and doctors
- To check to see if GP practices are giving a better service to people with a learning disability – by talking to service users, carers, and staff
- To start working with the PCT public health team to get information on the health of people with a learning disability in the City
- To start working with the PCT health promotion team to get better information about health for people with learning disabilities and the people who help look after them

How the bid says the project will do this work:

Carry on the work of getting Health Action Plans started and working well for adults with a learning disability in Brighton and Hove. This work is currently being done by Natalie Winterton who works in the Community Learning Disability Team.

The project will help G.P's and G.P Surgeries to learn more about what health needs people with a learning disability have and how they can provide a better service to people with a learning disability.

The GP practice will have a list of people with a learning disability at their practice, and give those people a proper check of their health every year.

The GP will also give each person a health action plan. This is a plan about a person's health and is written down for the patient and tells them what they need to do to be healthy and well.

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The GP practice will get training from us to help them do this, and make their service better for people with learning disabilities.

We will do some work to help staff and carers to be health facilitators.

We will also help service users understand what a health action plan is and how to get one.

We want the work on health action plans to carry on, and we would also like to do some other work.

We would like to help other health services like dentists, opticians and podiatrists (people who look after your feet) to give a better service to people with learning disabilities. We want to give them training, like the training the GP practices get.

We also want to do more work with the Primary Care Trust (PCT). We want to work with the public health department, who have information about the health of all the people in the City and what stops people from being healthy.

We want to work with them to get more information just about people with a learning disability in our City. We also want to help the health promotion team to do more work with people with a learning disability, so they can know more about how to be healthy and take part in healthy activities.

How much LDDF money the project got in 2008/9: £19,000

Name of person completing this report:

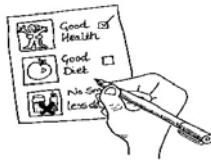
Natalie Winterton – Health Facilitator

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What the project did from April to July 2008:

1. 29 out of 47 GP practices in the City are doing health checks and health action plans for their patients with a learning disability. Work is going on to get more practices doing this.



2. 25 practices will be trained by the end of July 2008, and 4 more have arranged a date for training.



3. A training pack for staff and family carers has been made, and information about workshops will be sent out by the end of July. Workshops will start happening at the beginning of September 2008.



4. Workshops for service users are still being planned but should start in autumn or late 2008.



5. Finding out if people are getting healthier will start at the end of 2008 and beginning of 2009. Health checks and health action plans will have been happening for a long time then. This will make it easier to see if people think they are healthier.

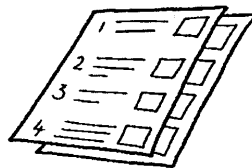
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6. Finding out if GP practices are giving a better service to people with a learning disability will start at the end of 2008 and beginning of 2009.



7. Work with the Primary Care Trust started in June 2008 to get information about the health and needs of people with a learning disability in Brighton & Hove. This work will keep going.



8. No work has happened yet with the Health Promotion team – this will start later in 2008 when we know a bit more about the health and needs of people with learning disabilities in the City.



What the project did from August to November 2008:

1. 4 GP practices have had training from the Health Facilitator since the beginning of August.

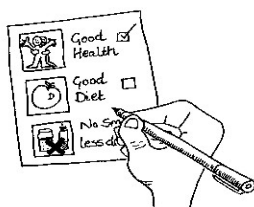


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2. 2 more GP practices have said they want to do health checks and health action plans. They will have their training soon.

3. This means that 29 GP practices out of 47 are now doing health checks and plans.



4. 586 people with a learning disability are registered at a GP practice where they can get a health check and health action plan.

5. A problem we had is that 1 GP practice said they didn't want to do health checks and plans anymore.

6. Some practices told us that they have found problems with people's health that they didn't know about before doing the health check. Problems like not seeing a dentist for a long time, a problem with someone's heart, diabetes and high blood pressure.



7. Staff at a local residential service said their GP practice was very good at doing the health check and health action plans for residents. They said it was a very helpful and positive experience.

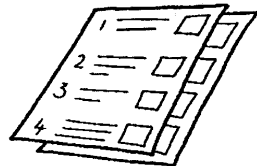


8. The Health Facilitator has given 2 workshops to staff about 'Being a Health Supporter'. 21 people came, and said they liked the workshops and found them useful. They also said what other information would help them. More of these workshops are being planned now.

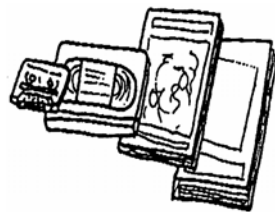
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9. The Health Facilitator has been to different meetings at the Primary Care Trust to see if they include people with learning disabilities in their work.

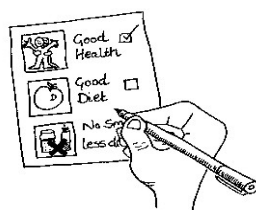


10. A copy of the DVD the Link Group made has been bought to be used to help train GP practices in a part of Kent. People in other parts of the country want to learn from our good work. They want to use our training materials.



What the project did from December 2008 to March 2009:

3 more GP practices have said they want to do health checks and health action plans. This means that there are now 32 practices doing them.



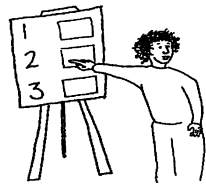
A big achievement is that one of the 3 new practices had always said they could not do the new service, but Natalie talked to them a lot and helped them see it was a good thing to do.



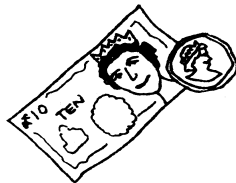
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4 more GP practices have had their training from Natalie.



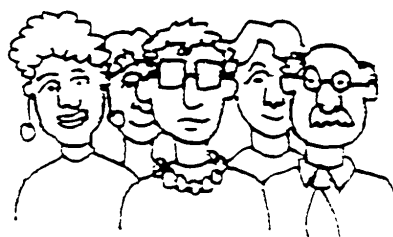
A very good thing to happen was that the Primary Care Trust (who plan and pay for all health services in the City) said they would pay for the Health Facilitator job when our LDDF money runs out in September 2009. This means the job is now permanent.



A problem was that not everyone who gets invited for a health check has gone to get one. We thought this might be because people were not sure what would happen. So Natalie wrote some information about health checks for the GP practices to send out.



A year ago we knew that 697 people with a learning disability in the City were on GP practice lists. Natalie helped the GP practices to make sure they had the right people on their learning disability lists. Now there are 873 people on GP practice learning disability lists in the City. This helps to make sure people get a letter telling them they can have their health check and health action plan.



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753 people are registered with a GP practice where they can get a health check and health action plan. Natalie is looking at ways for those that are left to get a check as well.



Natalie and some people from the Community Learning Disability Team had a stall at the Healthy Living Day at Jubilee Library. This was a big public event where people could find out about ways to be healthy.



The Future:

This project got more LDDF money to keep going in 2009/10. Natalie will carry on doing this work about health checks and health action plans. Natalie will also do new work with other health services like dentists and chemists.

