

# Oxleas



## Transition: Young people with Learning Disabilities

*Improving lives*

**Rachel Ford**

Transition nurse for Bexley



## Transition nursing

- Our primary aims are to
  - Identify young people transitioning from child to adult services and support where required.
  - Assess need
  - Refer on to relevant professionals in Adult services.

- <https://www.youtube.com/watch?v=UELyEBxS8oI>

## Who are we?

Psychology

Intensive  
Community Support  
Team

Psychiatry

Occupational  
therapy

Speech and  
language therapy

Physiotherapy

Nursing

- Mental health
- Complex physical health
- Transition

## Eligibility

- We work with adults (18+) with a diagnosis of moderate to severe learning disability with an identified health need that requires a specialist intervention.
- We sometimes see people with a mild learning disability if mainstream services are unable to support due to the complexities of the learning disability.
- This is decided on a case by case basis.



SEN – Learning Difficulties & Learning Disabilities

**Much larger population:**

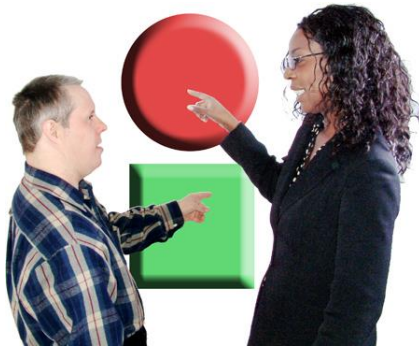
Includes Asthma, Epilepsy, Diabetes and Cancer.  
Includes Learning Disabilities, although not separately defined as a group.  
Includes any level of IQ  
Includes Autism  
Includes any disability preventing/hindering use of facilities 'generally provided' for others of the same age.

**Smaller population & 3 Core Criteria:**

1. Measured Cognitive Impairment (IQ below 70)
2. Assessed Adaptive Functioning
3. Started in Childhood.

Learning Disabilities

## What is a learning difficulty?



- Learning difficulties affect the way information is learned and then processed.
- **Dyslexia** - Mixing up of letters within words and words within sentences
- **Dyspraxia** - Affects fine or gross motor skills
- **Dyscalculia** - Difficulties with maths concepts and symbols
- **ADD** - Attention deficit Disorder
- **ADHD**- Attention Deficit Hyperactivity Disorder

## Learning Disability:

*'...there are three core criteria for learning disability:*

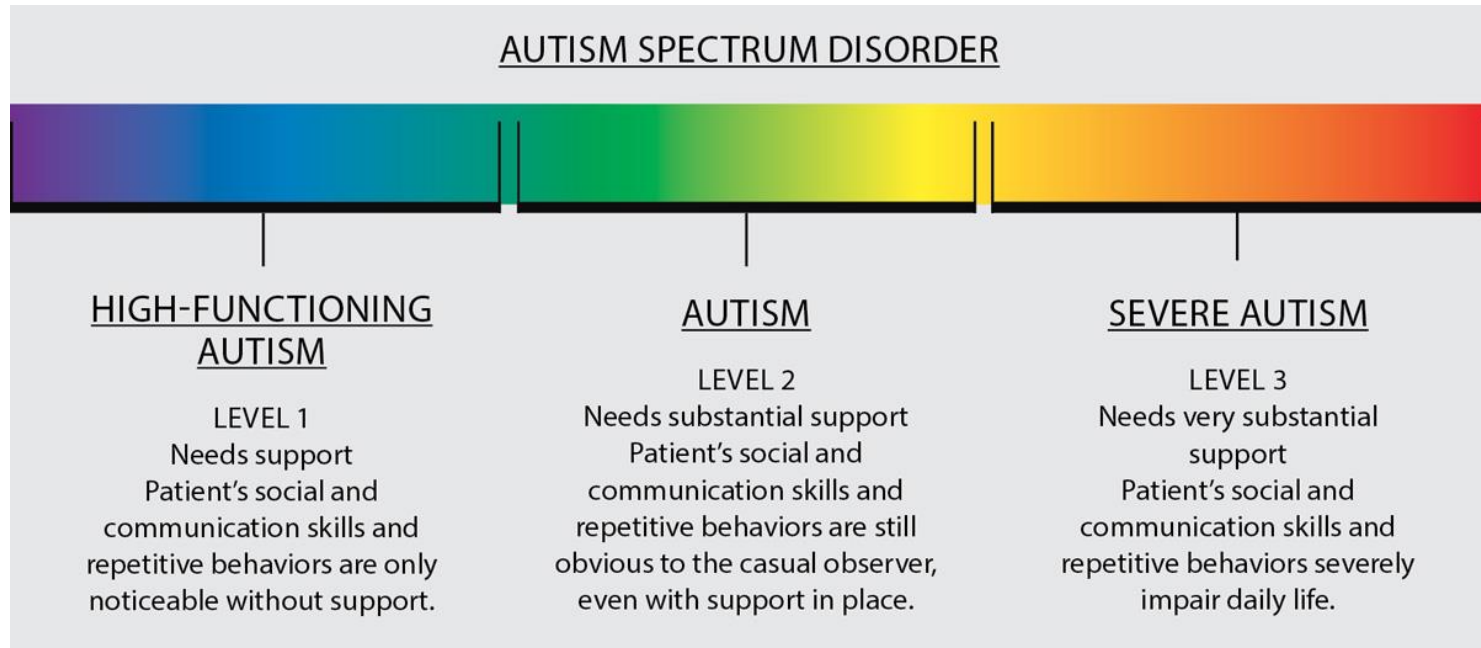
- 1. Significant impairment of intellectual functioning;*
- 2. Significant impairment of adaptive/social functioning;*
- 3. Age of onset before adulthood.'*

*'...classification of learning disability should only be made on the basis of assessed impairments of both intellectual and adaptive/social functioning which have been acquired before adulthood.'*





## Autism



- Where does it fit?
  - Autism sits separately from Learning disabilities and learning difficulties.
  - i.e you can have autism and not have an LD or an LD
  - However the percentage chance of having an LD alongside Autism is much higher than that in the general population.

## Transition – when does it happen?

CAMHS



Transition needs to happen at 18.

Transition planning meetings held with CAMHS 6 months before a young person's 18<sup>th</sup> birthday.

Physical health  
and therapies



Young people services retain clinical responsibility until a young person leaves school. Quite often this means that transition does not occur until 19 years old.

- What to expect from LD transition nursing?
- Identify eligible young people in their last year of school in collaboration with education and social care.
- Carry out a comprehensive assessment of need
- Work towards a smooth transition between child and adult health services
- Update the health part of the EHCP
- Provide you with a hospital passport and a black book



### Annual health checks
















- Available from your GP for people with a learning disability from 14 onwards
- Broad recognition of poorer health outcomes for people with a learning disability (re: access to services, hospital admissions, prevalence of health conditions and premature death).
- AHC's are a yearly overlook at someone's health.
- They aim to discover any undetected health concerns to enable earlier intervention.
- <https://www.youtube.com/watch?v=KRefv2slaNk>





Name :  
Date :

Annual Health Check Checklist - page 1  
Make sure the doctor or nurse talk about all of these and
















<p><b>Important Injections you might need</b></p>  <p><input type="checkbox"/></p>	<p><b>Things you might be Allergic to</b></p>  <p><input type="checkbox"/></p>	<p><b>How you like to be communicated with</b></p>  <p><input type="checkbox"/></p>	<p><b>Any changes to your mobility</b></p>  <p><input type="checkbox"/></p>	<p><b>Your height and weight and any health risks</b></p>  <p><input type="checkbox"/></p>
<p><b>Your blood pressure (BP) and Pulse to check your heart</b></p>  <p><input type="checkbox"/></p>	<p><b>What foods you eat and any health risks in your diet</b></p>  <p><input type="checkbox"/></p>	<p><b>What Exercise you do and ways to get fitter</b></p>  <p><input type="checkbox"/></p>	<p><b>Whether you Smoke, drink alcohol or take drugs and ways to help stop</b></p>  <p><input type="checkbox"/></p>	<p><b>The free Flu vaccine and how you can have nose spray if you can't ever allow injections</b></p>  <p><input type="checkbox"/></p>
<p><b>Talk about safe sex and about Sexual Health and periods</b></p>  <p><input type="checkbox"/></p>	<p><b>Talk about what is healthy Bowels (poo) and Bowel screening</b></p>  <p><input type="checkbox"/></p>	<p><b>For women -talk about checking Breast for lumps and about having Cervical screening</b></p>  <p><input type="checkbox"/></p>	<p><b>For Men - do you know about checking Testicles for lumps</b></p>  <p>Testicles <input type="checkbox"/></p>	<p><b>Whether you Eyesight has changed.</b></p>  <p><input type="checkbox"/></p>



## Annual Health Check Checklist page 2

Make sure the doctor or nurse talk about all of these and



<p>Whether you think your <b>Hearing</b> might have got worse</p>  <input type="checkbox"/>	<p>Your <b>Teeth</b>, and dentist and the health risks from having bad teeth and gums</p>  <input type="checkbox"/>	<p>Listen to your <b>Chest</b> and ask about whether you have been coughing</p>  <input type="checkbox"/>	<p>Talk about your <b>Swallowing</b> - Do you cough when you eat or find it hard to swallow?</p>  <input type="checkbox"/>	<p>Has your <b>Bladder (weeing)</b> changed - do you go more often or is it smelly or a dark colour?</p>  <input type="checkbox"/>
<p>If you have <b>Epilepsy</b> talk about how many seizures you get and how often</p>  <input type="checkbox"/>	<p>Check your <b>heart and lungs</b></p> <p>AAA screening</p>  <input type="checkbox"/>	<p>See if you are at risk of <b>diabetes</b> or check your diabetes if you already have it</p> <p>Diabetic eye screening</p>  <input type="checkbox"/>	<p>Check your <b>Muscles and Skeleton (bones)</b> because they can get weak as we get older</p>  <input type="checkbox"/>	<p>How you look after your <b>Feet</b> and cut your toe nails?</p>  <input type="checkbox"/>
<p>Talk about and check <b>Skin</b> for sores and moles</p>  <input type="checkbox"/>	<p>Talk about what you do and about your <b>thoughts and feelings</b> to check your wellbeing</p>  <input type="checkbox"/>	<p>See if you are at risk of getting <b>Dementia</b> and whether you need an assessment</p>  <input type="checkbox"/>	<p>Look at your <b>Medication</b> and see if it should be reviewed (STOMP LD)</p>  <input type="checkbox"/>	<p>At the end have you been given an <b>Annual Health Check action plan</b></p>  <input type="checkbox"/>

### How can you access our service?

- Transition from children's health services
- Self-referral
- GP
- We also take referrals from various other services.
- Referral form can be found at [Oxleas.nhs.uk](http://Oxleas.nhs.uk)
- <http://oxleas.nhs.uk/services/>
- We are based at Queen Mary's Hospital in Sidcup
- Contact number 0208 269 3300



Questions?



# Oxleas

**NHS**



Thank you

Improving lives

