The Health of People with Learning Disabilities in Scotland 2017

Easy read booklet
Who we are

We are NHS Health Scotland.

NHS Health Scotland is a National Health Board.

National Health Boards make decisions about healthcare.

What we do

We work together with other organisations to make sure everyone has the same access to healthcare.

We want to help people’s health to get better across Scotland.

Why we are writing this booklet

In 2004 we wrote about the health of people in Scotland with a learning disability.

We wrote about your health problems and how we can help you stay healthy.
We asked some people at Edinburgh Napier University to write a new report. They know a lot about the health of people with learning disabilities.

Since 2004 there have been a lot of changes to the NHS in Scotland.

One of the changes means the NHS and social care services work together.

Some of the services you will get will now be provided by the Health and Social Care Partnership.

We know more about what makes people with learning disabilities healthy and what makes them feel unwell.
People with learning disabilities are less healthy than other people. This might be because of where they live, how much money they have or their disability.

People with learning disabilities find it more difficult to get help to stay healthy.

The report tells us about health problems that you might have. It tells us what changes we need to make to our services. This means people will get the right help.

You can read the full report on our website. www.healthscotland.scot
Health problems included in the report

The people from Edinburgh Napier University read lots of information about health problems that people with learning disabilities might have. Some examples are;

- getting hurt and having to go to hospital
- heart and blood pressure problems
- stomach problems
- eating healthily
- exercise choices to stay healthy
- looking after your teeth.
What we found out about the health of people with learning disabilities

People with learning disabilities need help to stay healthy and live longer.

Some people with learning disabilities have complex health needs.

Complex health needs might mean;
- You have more than one health problem
- You need support to talk to staff

Health problems might affect your body or your mind.

People with complex health needs might need special support to help them stay healthy. They might also need more help when they are ill.

Their carers might also need this help.
People with learning disabilities are now more healthy and live longer. But the reasons they get ill might be different from other people.

We want to have enough staff and the right services to help people with learning disabilities.

We want to support these people now and in the future.

We want people with learning disabilities to get the right help early.

This helps you to stay healthy and be able to have a good life.

People with learning disabilities find it difficult to get help from health services. This is because of how the services work.

The health of a person with learning disabilities might get worse if they can’t get help.
What we think should happen

- Find out more about people with learning disabilities and their health.
- Ask people with learning disabilities if their local services need to get better.
- Plan how to make our services better for you.
- Create a plan to check the health of people with learning disabilities in Scotland. This is called a programme.
- Make sure there are enough health services for you. We want people working in these services to know about your needs.
- Teach people working in our services how to help people with learning disabilities.
- Find out more about the best ways to help people like you. We will ask people in Scotland and other countries about this.
- Make it easier for people with learning disabilities to get help.
What are we doing next?

✔ NHS Health Scotland will share this information with other people, for example
  • Scottish Government
  • The people who work for health and social care services
  • Any other people who are interested.

✔ NHS Health Scotland will work with these people to decide what we all need to do to make the health of people with a learning disability better.

✔ NHS Health Scotland will do this in a fair way for everyone.

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