

Help individuals with a learning disability stay well this winter

Communications pack 2022-23

This pack contains a wealth of practical communications messaging and resources to support individuals with a learning disability gain access to, and receive the best, in health care this winter and beyond.

It has been developed to be used by Communications Leads, Learning Disability commissioners, Local Area Contacts, Learning Disability nurses, wider health professionals, social care workers, families/carers, and advocacy groups.

In the South West, we want to make every contact count for individuals with a learning disability. Please use this communications pack to maximise engagement with your stakeholders and ensure this group of people, who often face significant health inequalities, receive the very best health care and outcomes this winter and beyond.

Make Every Contact Count

As well as making sure individuals with a learning disability receive the vaccinations they are entitled to, we want to stress the importance of ensuring every contact is used to maximise their health and wellbeing now and in the future.

For example, when inviting those on the GP Learning Disability Register to attend their Flu/COVID-19 vaccines, can enough time be given to allow an [Annual Health Check](#) (AHC) at the same appointment? If the GP has not got the availability, then could a nurse, or any other clinically competent member of your multidisciplinary team, carry this out?

Recruitment into ARR's roles in the South West had the highest increase in the country. With more direct patient care staff available, we urge local systems to use the workforce flexibly and creatively to alleviate pressures, including those on GPs. Helping more individuals with a learning disability receive their AHC as we head into winter (resulting in quality Health Action Plan) will support them to stay well this winter and into 2023.

Barriers to Primary Care faced by individuals with a learning disability

Use this hard-hitting video which focuses on the challenges people with a learning disability experience when accessing primary care. Individuals with a learning disability often experience worse physical and mental health and are three times more likely to die from avoidable causes. Good access to Primary Care and Annual Health Checks are proven to help improve health outcomes and reduce health inequalities.

[Animation around the challenges of people with learning disabilities in primary care - YouTube](#)

How to stay well this winter

Access and share the latest stay well this winter Easy Read leaflet [We are here to help you stay well this winter](#), which covers:

- What to do if you think you have coronavirus
- COVID-19 booster vaccine
- What to do if you are feeling ill and it is not coronavirus
- Flu vaccine
- Keeping warm
- Keeping active
- Taking care of your mental health
- Making sure you have the right medicines

- What you can do at home if you are ill
- Handwashing
- Prescriptions
- Looking out for other people
- Getting help from NHS Volunteer Responders
- 6 things to remember:
- Get a flu jab
- Get your coronavirus booster jab when it is offered
- Heat your home to at least 18C if you can
- Find out about help to pay for your heating at www.simpleenergyadvice.org.uk
- If you start to feel ill contact NHS 11 by phone or online
- Check on other people who might need extra help in the winter
- Where to get the right medical help
 - Contacting NHS 111
 - Contacting your doctor or pharmacy
 - How to get a coronavirus test
 - How to find out more

Key messages

These are the key messages that you should be sharing widely to reach individuals with a learning disability, their families, and carers this winter:

1. Getting your flu and COVID-19 vaccines are two of the most important things you can do to keep yourself and others around you safe this winter.
2. Contracting COVID-19, flu or both can be very serious, particularly for those considered at risk.
3. Having the COVID-19 and flu vaccines will also reduce the chance of you spreading COVID-19 and flu to other people who may be more at risk of serious problems from the viruses.

4. Flu and COVID-19 spread easily, even from people who show no symptoms. The best way to protect yourself and others around you is by getting the flu and the COVID-19 booster vaccinations.
5. The COVID-19 and the flu vaccine can be given on the same day. For people that are eligible for both, there may be opportunities to get the two vaccines at the same time.
6. You should be invited for an Annual Health Check if you are on the GP Learning Disability Register
7. It is important to get your Annual Health Check every year to help you stay healthy and well.
8. If you care for someone with a learning disability, they are entitled to an Annual Health Check.

Flu vaccine

Resources

These resources around the flu vaccine are aimed at people with a learning disability, their families, and carers, and encourage the uptake of the flu jab this winter:

- NHS Easy Read Poster: [Get your free flu jab](#)
- NHS Easy Read Leaflet: [Protect yourself from flu](#)
- NHS Flu vaccination [video](#) for people with a learning disability
- NHS Flu vaccinations [video](#) for carers
- Misfits Theatre Company [video](#) tackles flu vaccination misinformation
- Camilla attends her flu jab appointment in this [video](#)
- A number of [simple text resources](#) are available for downloading/ordering
- This [easy read poster](#) is to encourage people with a learning disability to be vaccinated against flu this winter. A supporting easy read leaflet from [UKHSA agency](#) is available.
 - Flu film edits for use on social media – [Here](#)

- Accessible social media cards – [Here](#)
- Easy read - Autumn booster invitation letter 16+ VF – available to download via [CommsLink - FutureNHS Collaboration Platform](#)

Flu vaccination film for people with a learning disability

- A short film about the importance of the [flu vaccination for people with a learning disability and autistic people with certain health conditions](#). The film covers why it is important, who is eligible for a free vaccine, where you can get the vaccine and reasonable adjustments.

Flu vaccination film for carers of people with a learning disability

- A short film for [carers of people with a learning disability](#) about the importance of vaccinating themselves and the people they care for. The film covers why it is important, who is eligible for a free vaccine, where you can get the vaccine and reasonable adjustments.

Coronavirus autumn booster vaccine

Key messages

These are the key messages that you should be sharing around the coronavirus autumn booster vaccine for individuals with a learning disability this winter:

You should be invited for your coronavirus booster vaccine if -

- You are on the GP Learning Disability Register
- You are registered as a carer with your GP
- You are in a high-risk group for coronavirus
- If you have not been invited and you think should have been, you can contact your GP to book an appointment.

JCVI advice – who is eligible?

The government have accepted final JCVI advice which states the following people should be offered a COVID-19 booster vaccine this autumn:

- residents in a care home for older adults and staff working in care homes for older adults
- frontline health and social care workers
- all adults aged 50 years and over
- persons aged 5 to 49 years in a clinical risk group, as set out in the Green Book
- persons aged 5 to 49 years who are household contacts of people with immunosuppression
- persons aged 16 to 49 years who are carers, as set out in the Green Book.

What does this mean for people with a learning disability and autistic people?

- This update confirms that you are eligible for an autumn booster if you are aged 5 years or above and are on the GP Learning Disability Register.
- Your carers are also eligible.
- Invitations for the COVID autumn booster have started to go out. Easy read letters for people aged 16+ on the GP Learning Disability register landed around 29th September.
- In addition, invitations for children are being sent to their parents and guardians as they become eligible.
- If available, you may be offered a flu and COVID vaccination at the same time when you attend your appointment.

Not received an invite letter

What if you believe you are eligible and haven't been invited?

Contact your GP practice and ensure that you are on the GP Learning Disability Register.

If not, ask to be added - this will ensure that you are invited for the COVID-19 autumn booster and for your Annual Health Check.

If your GP practice does not think you should be on the GP Learning Disability Register, ask to speak to your GP about this.

If you have ongoing concerns around accessing a COVID-19 autumn booster for yourself or someone you look after, contact the Ask Listen Do team – england.asklistendo@nhs.net

Resources

These resources around the flu vaccine are aimed at people with a learning disability, their families, and carers, and encourage the uptake of the flu jab this winter:

- Governments' Easy Read leaflet [COVID-19 Booster](#)
- NHS Easy Read letter [Autumn booster invitation letter](#)
- NHS Covid-19 vaccination [video](#). This is a short film which talks about coronavirus and the coronavirus vaccine. It describes how important it is to have the vaccine and what you should do after you've had the vaccine.
- COVID-19 autumn booster easy read invitation letter – [Here](#)
- Accessible social media cards - [Here](#)

Green Book update reminder

Eligibility of people with a learning disability for the COVID-19 autumn booster vaccination:

As outlined in the recent [Autumn COVID-19 booster and flu system letter](#), this update confirms that people aged 5 and over on the GP learning disability register are eligible for the COVID-19 autumn booster vaccine following updated Green Book guidance.

Please offer the COVID-19 autumn booster vaccination to everyone on the GP learning Disability Register and their carers. Those eligible can [book online](#) or phone 119 as long as it has been three months since their last dose.

Annual Health Checks and Health Action Plans

As well as working towards increasing vaccination uptake this winter, we have a lot of work to do to increase the uptake of Annual Health Checks. Currently the South West is:

- the lowest performing region in the country for Annual Health Checks
- 4.6% below the national average
- has the lowest increase in completion rate (Sept 21- Sept 22)
- only have one system that is meeting the national average

Notably the number of individuals on the GP Learning Disabilities Registers has gone up. This can be taken into consideration when reviewing uptake data. However, headline data (Nov 2022) feels bleak despite lots of great work happening.

Some of this *might* be down to recording errors. Please investigate and if it is, let us know england.learningdisabilityandautism-sw@nhs.net. Whatever is going on, we need to work together to improve uptake in the region.

Evidence shows people with a learning disability tend to have worse physical and mental health than the general population. Good quality healthcare and effective access to Primary Care services are key to tackling these inequalities.

The Long Term Plan commitment is that by March 2024, 75% of people aged 14 and over on a GP learning disability register will have had an Annual Health Check.

Key messages

These are the key messages that you can be sharing in relation to Annual Health Checks:

- You should be invited for an Annual Health Check if you are on the GP Learning Disability Register
- It is important to get your Annual Health Check every year to help you stay healthy and well

- If you care for someone with a learning disability, they are entitled to an Annual Health Check.

Guidance

[Improving identification of people with a learning disability: guidance for general practice \(england.nhs.uk\)](https://www.england.nhs.uk)

Resources

These resources are aimed at people with a learning disability, their families, and carers, and encourage the uptake of Annual Health Checks:

- Watch videos of [Harshi](#) and [Charlotte](#) talk about their Annual Health Checks and health action plans, to help them keep healthy.

For healthcare professionals

- [Introduction to Annual Health Checks for Primary Care](#)
- [Conducting Annual Health Checks remotely for people with a Learning Disability](#)
- [Mental Capacity Act - how it can support people with a learning disability at Annual Health Checks](#)
- [Reasonable adjustments for people with a learning disability](#)

For carers, families and people with a learning disability

- [Introduction to Annual Health Checks for people with a Learning Disability for carers and families](#)
- [Oral Health for people with a learning disability](#)
- [Introduction to Annual Health Checks for people with a Learning Disability](#)
- [Health Action Plans to support people with a learning disability](#)

Reasonable Adjustments

The NHS should make it as easy for disabled people to use health services as it is for people who are not disabled by making reasonable adjustments. Here are some resources to support this:

- Watch this short film on [Kareem's experience of reasonable adjustments](#) and find out about the sort of support you could ask for.
- Find out more about [reasonable adjustments](#) on the NHS England webpage.

Making sure people have the right medicine

It is important that people get the right medicine at the right time. Too much medicine can make you ill. There's lots of work being done to help people get the right medicine called STOMP and STAMP.

- STOMP means- Stopping over medication of people with a learning disability and autistic people
- STAMP means- supporting treatment and appropriate medication in paediatrics (children)

Resources

These resources are aimed at people with a learning disability, their families, and carers, and talk about STOMP/STAMP and ensuring people get the right medicine at the right time:

- Watch [Ethan's story](#) about how he's been able to reduce his anti-epileptic medicine and is enjoying life a lot more.
- Watch [Shane's story](#) about how he's been able to reduce the medicines he is on and now is less anxious, has a lot more energy and lives the life he wants.
- There is [free online training](#) for families, carers and staff to help STOMP out over-medication. Find out about how to get the right support and medicine.

- There is a [guide to stopping over medication for autistic people](#), from the National Autistic Society.
- There is an [easy read guide to stopping over medication](#)
- The [easy read guides are in 8 different languages](#).
- [Find out more about the STOMP STAMP work](#) on the NHS England website (not easy read)

Knowing the signs of sepsis

Sepsis is an illness when your body reacts very badly to an infection. It's sometimes called blood poisoning. Severe sepsis can be more prevalent in winter, so it is important to know the signs. If you think you might have sepsis, it is important that you go to hospital straight away.

Resources

These resources are aimed at people with a learning disability, their families, and carers, and supports them to recognise the signs of sepsis:

- [Signs of sepsis](#)
- [How to avoid sepsis](#)
- [After you've had sepsis](#)
- This [video shows you how someone might behave differently if they have sepsis](#)
- This [video has a really catchy song about the signs of sepsis- to help you remember](#)

Children and Young People

Initiatives and resources to help the most vulnerable CYP and their families:

- [Child poverty facts and figures | CPAG](#)
- [Hot Topics presents #PovertyKillsChildren Tickets, Fri 9 Dec 2022 at 09:30 | Eventbrite](#)
- [Family hubs and start for life programme: local authority guide - GOV.UK \(www.gov.uk\)](#)
- [National Centre for Family Hubs](#)

- [FareShare - Getting Food](#) [Food redistribution - Tesco PLC](#) [Asda launches £1 cafe meal deal for over 60s to help with cost of living](#)
- Contact helpline [Contact - for families with disabled children | Contact](#)
- [Help if you have a disabled child: Overview - GOV.UK \(www.gov.uk\)](#)
- Benefits [Benefits - Citizens Advice](#) [Where to get debt and benefits advice - Shelter England](#)

Mental Health

We all need a bit of help with our feelings from time to time, but this can be especially true over the colder, darker, often more isolating winter months.

Resources

- [An easy read leaflet from MIND](#), which gives ideas we can all try in order to improve how we feel.
- [An easy read factsheet from Rethink](#), which gives advice on how to access mental health support.

Healthy eating and obesity

Lesley Le-Pine, Associate Learning Disability Projects at NHS Bristol, North Somerset & South Gloucestershire Integrated Care Board recently presented at the regional Health and Wellbeing network about tackling obesity. Find out more about the fantastic programme of work they have undertaken to empower people to understand their body, learn to cook and make better food choices which have resulted in weight loss, reducing risk factors of dying and pooing every day! Contact england.learningdisabilityandautism-sw@nhs.net

Cost of living





With the cost of living rising and the energy crisis continuing into winter, it is important that people with a learning disability understand how to stay warm, well and know where to access financial help should they need it.


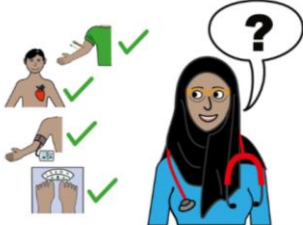
Resources

- Learning Disability England has created a selection of [useful resources](#), including information on energy bills, staying warm and well, financial help and more.
- My Life My Choice 'Our Champion's' has produced an [Easy Read guide](#) to help individuals.

Join the conversation

Download social media graphics via the [Future NHS platform](#)

  Be safe from coronavirus. Book your booster vaccine when you are invited.	  Remember to book your coronavirus vaccine appointment if you have been invited. You can have it at the same time as the flu vaccine, or one at a time.
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 <p>NHS</p> <p>The flu and coronavirus vaccines can help keep you safe and stop you getting very unwell.</p>	 <p>NHS</p> <p>You should be invited for an Annual Health Check if you are on the GP Learning Disability Register.</p> <p>Having an Annual Health Check can help you stay well.</p> <p><small>nage copyright @LYPFT</small></p>
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NHS

If you care for someone with a learning disability, help protect them this winter.

They are entitled to both the flu and coronavirus booster vaccines and can have them at the same time.

<p>Messages</p>	<ul style="list-style-type: none"> • People aged 5 and over on the GP learning disability register and their carers are eligible for the autumn coronavirus booster vaccine • If you have received an invitation about the autumn coronavirus booster vaccine book an appointment at your GP practice now.
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	<ul style="list-style-type: none"> • If you have received an invitation about the autumn coronavirus booster vaccine – stay safe – get your vaccine now. • If you have received an invitation about the autumn coronavirus booster vaccine and you are worried then speak to your GP. • If you have not received a letter about the autumn coronavirus vaccine and you are aged 5 and over and on the GP learning disability register. Please contact your GP to book an appointment for you and your carer. • Talk to your doctor or nurse if you are worried about needles. • You can have your covid vaccine at the same time as the flu vaccine, or one at a time. • If you're in a high risk group for covid your GP practice should invite you for your booster, but if you haven't heard anything you can contact your GP
<p>Links to share</p>	<p>Easy read guide to boosters- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1037885/UKHSA-12222-COVID-19-booster-vaccination-easy-read.pdf</p> <p>Gov guide to the autumn booster https://www.gov.uk/government/publications/covid-19-vaccination-autumn-booster-resources/a-guide-to-the-covid-19-autumn-booster</p> <p>Information about how to get a booster on NHS.UK https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/how-to-get-a-coronavirus-vaccine/how-to-get-a-booster-dose/</p> <p>JCVI guidance (in case people ask us who is high risk) https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1102459/Greenbook-chapter-14a-4September22.pdf</p>

Photo/graphic?



NHS
Remember to book
your coronavirus
vaccine appointment
if you have been
invited.

Stay safe.



Remember to book your
coronavirus vaccine appointment
if you have been invited.



Keep safe with your
coronavirus vaccines.

Talk to your GP or nurse
if you are worried.





Keep safe with
your coronavirus
vaccines.



Talk to your GP or
nurse if you are
worried.

Images copyright @LYPFT

	<p style="text-align: right;">NHS</p>  <p>Keep your child safe with their coronavirus vaccines.</p> <p>Talk to their GP or nurse if you are worried.</p> <p style="text-align: right;">NHS</p>  <p>Be safe from coronavirus.</p> <p>Book your booster vaccine when you are invited.</p> <p><small>Image copyright @LYPFT</small></p>
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Facebook Post (~~striketrough~~ when done, so we don't repost J)

1
 If you have received an invitation for the autumn coronavirus booster vaccine, please book an appointment at your GP practice. You can have your coronavirus vaccine at the same time as the flu vaccine, or one at a time.

More information



Easy read leaflet about the booster vaccine-

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1037885/UKHSA-12222-COVID-19-booster-vaccination-easy-read.pdf

The government guide to autumn booster vaccine (not easy read)

<https://www.gov.uk/government/publications/covid-19-vaccination-autumn-booster-resources/a-guide-to-the-covid-19-autumn-booster>

#LearningDisability #FamilyCarers #Coronavirus #Vaccine #CovidVaccine

 	<p style="text-align: right;">NHS</p> <p>Remember to book your coronavirus vaccine appointment if you have been invited.</p> <p>Stay safe.</p>
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Alt text- Remember to book your coronavirus vaccine appointment if you have been invited. Stay safe.

2

You should be invited for your autumn coronavirus booster vaccine if-

- You are aged 5 or over and on the GP learning disability register
- You are a carer for someone with a learning disability
- You are in a high risk group for covid (see <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/how-to-get-a-coronavirus-vaccine/how-to-get-a-booster-dose/>)

If you have not been invited and you should have been, you can contact your GP to book an appointment.

#LearningDisability #Autism #FamilyCarers #Coronavirus #Vaccine #CovidVaccine



Remember to book your
coronavirus vaccine appointment
if you have been invited.

Alt text- Remember to book your coronavirus vaccine appointment if you have been invited.

3

If you haven't booked coronavirus vaccines because you are worried about it- talk to your doctor or nurse. There's lots they can do to help.

#LearningDisability #FamilyCarers #Coronavirus #Vaccine #CovidVaccine



Keep safe with
your coronavirus
vaccines.



Talk to your GP or
nurse if you are
worried.

Images copyright @LYPFT

Alt text- Keep safe with your coronavirus vaccines. Talk to your GP or nurse if you are worried

4.

If your child or young person has been invited to have a coronavirus vaccine, please book their appointment at their GP practice. Talk to their doctor or nurse if they are scared of needles, there is lots they can do to help. If you have other worries- you can talk to their doctor.

#LearningDisability #Autism #FamilyCarers #Coronavirus #Vaccine #CovidVaccine



Keep your child safe with their coronavirus vaccines.

Talk to their GP or nurse if you are worried.

Alt text- Keep your child safe with their coronavirus vaccines Talk to their GP or nurse if you are worried.

Tweets

1.

If you have received an invitation for a #coronavirus booster vaccine, please book an appointment at your GP practice. You can read this easy read leaflet about the booster https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1037885/UKHSA-12222-COVID-19-booster-vaccination-easy-read.pdf

#LearningDisability #Vaccine #CovidVaccine



Remember to book your coronavirus vaccine appointment if you have been invited.



Stay safe.

Alt text- Remember to book your coronavirus vaccine appointment if you have been invited. Stay safe.

2.

If you have received an invitation for a #coronavirus booster vaccine, please book an appointment at your GP practice. Find out more about the autumn booster vaccines <https://www.gov.uk/government/publications/covid-19-vaccination-autumn-booster-resources/a-guide-to-the-covid-19-autumn-booster> #LearningDisability #Vaccine #CovidVaccine #FamilyCarer



Remember to book your
coronavirus vaccine appointment
if you have been invited.

Alt text- remember to book your coronavirus vaccine appointment if you have been invited.

3.

You should be invited for your autumn [#coronavirus](#) booster [#vaccine](#) if-

- You are on the GP [#LearningDisabilityRegister](#)
- You are a carer for someone with a [#LearningDisability](#)
- You are in a high risk group for [#Covid](#)

Contact your GP if you have not been invited.



Remember to book your
coronavirus vaccine appointment
if you have been invited.

Alt text- remember to book your coronavirus vaccine appointment if you have been invited.

4.

You should be invited for your autumn [#coronavirus](#) booster [#vaccine](#) if you have a learning disability and are on the GP [#LearningDisabilityRegister](#). Contact your GP if you have not been invited.



Be safe from
coronavirus.

Book your booster
vaccine when you
are invited.

Image copyright @LYPFT

Alt text Be safe from coronavirus. Book your booster vaccine when you are invited.

5. If your child or young person has been invited for a #coronavirus #vaccine, please book their appointment at their GP. Talk to their doctor or nurse if they are scared of needles, there is lots they can do to help. #LearningDisability #Autism #FamilyCarers



Keep your child safe with their coronavirus vaccines.

Talk to their GP or nurse if you are worried.

Alt text- Keep your child safe with their coronavirus vaccines Talk to their GP or nurse if you are worried.

6. If you have received an invitation for the autumn coronavirus booster vaccine, please book an appointment at your GP practice. You can have your coronavirus vaccine at the same time as the flu vaccine, or one at a time. #LearningDisability #Autism #FamilyCarers #Coronavirus #Vaccine #CovidVaccine



Remember to book your coronavirus vaccine appointment if you have been invited.



Stay safe.

Alt text- Remember to book your coronavirus vaccine appointment if you have been invited. Stay safe.

7. If you haven't booked your #coronavirus #vaccine because you are worried about it- talk to your doctor or nurse. There's lots they can do to help. You can read this easy read leaflet about the booster https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1037885/UKHSA-12222-COVID-19-booster-vaccination-easy-read.pdf #LearningDisability #Vaccine #CovidVaccine



Keep safe with
your coronavirus
vaccines.



Talk to your GP or
nurse if you are
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Images copyright @LYPFT

Alt text- Keep safe with your coronavirus vaccines. Talk to your GP or nurse if you are worried.

8.
If you haven't booked your [#coronavirus #vaccine](#) because you are worried about it- talk to your doctor or nurse. There's lots they can do to help. Read about the autumn booster- <https://www.gov.uk/government/publications/covid-19-vaccination-autumn-booster-resources/a-guide-to-the-covid-19-autumn-booster> [#Autism](#) [#LearningDisability](#) [#FamilyCarers](#) [#CovidVaccine](#)



Keep safe with your
coronavirus vaccines.

Talk to your GP or nurse
if you are worried.

Alt text- Keep safe with your coronavirus vaccines. Talk to your GP or nurse if you are worried.

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Twitter - [@NHSSW](#) and [@NHSability](#)

Facebook group – [NHS England Learning Disability and Autism Engagement](#)