

The NHS 10-year plan

A chance for people with learning disabilities and autistic people's life and care to matter?

Key points

We hope this NHS plan can lead to action and real change, so people know they matter, and everyone gets good treatment.

There are some good things in the plan, but some things have been said before. We want to know how the targets will be checked and who will make sure they happen

We do not agree it needs to take another 3 – 4 years to change community support so people leave specialist hospital or do not need to go in. We think there are other ways this could be changed faster.

What this is about



The 10-year plan came out on Monday 7th January. There is a lot of detail to read and how the big targets will actually happen is not yet worked out – that will happen with local areas in the next few months and as NHS England shares more information.



This is a short paper for Learning Disability England members.

It includes

- more information on the plan
- some of the things we think so far
- some questions we are asking

What we think so far



This could be a real chance to make changes that include what matters for people to live good, healthy lives and have their rights properly respected.

We hope this could be the normal way of doing things rather than the challenges disabled people and their families tell us is too often their day to day experience now.



People and families know what really matters and what is possible if this plan happens based on what they say (as Vicky says [here](#) “Listen to us”)



There is a big gap in this being the NHS only plan – social care is an important part of what supports a good life for many disabled people (as

Katherine says [here](#) social care makes it possible for her son to have a week he enjoys).



We need the social care green paper very soon, to build a rights based properly funded system that makes sense across health and social care.



There is a lot of evidence of how small amounts of community based support can help children, families and disabled people stay well and live good lives (as Tim shares [here](#) New Prospects are working on building community with people they support).



Personalisation and more personal health budgets being a part of the plan are good things when people are in control of their lives and can make life work as Pete and Michele share [here](#).



The plan also includes a target for the NHS to employ more people with learning disabilities and autistic people. Creating and supporting more job opportunities is great and we think people working as colleagues helps change culture and understanding.



It is also good there is something on supporting more people to train as learning disability nurses.



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People with learning disabilities and autistic people in the plan

There are 5 separate targets in the plan just focused on people with learning disabilities and autistic people (you can see more detail on these below or in a [video](#) NHS England sent out. There is no easy read yet)



1. Tackle preventable deaths: stopping overmedication and improving health checks



2. Improve understanding of learning disabilities and autism within the NHS



3. Reduce waiting times for specialist services





4. Increase investment in community support: reducing inpatient admissions



5. Improve quality of inpatient care across NHS and independent sector



At Learning Disability England, we think there are a lot of positive things in these targets.



For example, these are all good things to have in place

- more good quality, annual health checks,
- reduced waiting time for assessments,
- hearing and sight tests for children
- the NHS Improvement [Quality standards](#)



The data flag can help get more evidence of people's real experience of health care too.



We are worried though about how all of the targets will be checked and who decides on quality or of progress is being made.

We cannot see real accountability being committed to in these targets so far. Our experience is that targets are missed or ignored and as the [Learning from Deaths programme](#) is showing again people are dying earlier when they did not need to.



We do not want to wait anymore but want action to stop this – there is evidence and examples if how to do it.



Our biggest concern and the thing Learning Disability England cannot support is waiting until March 2023 / 24 for half of the people in specialist hospitals to have left and got good community support.

The system and culture changes that we need to help stop people going into hospital or help people build a good community lives are well known.

We believe the focus should be on work straight away to change how local organisations work with people and their families rather than on numbers.

Honest conversations about is working or not working in each area and joint work on the outcomes for and with



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people is the way forward not the focus on counting admissions or discharges.



We would really like to know what you think of the plan, the targets and what matters as Learning Disability England members.



We will share people and organisations' responses to help shared learning and make connections where people want to.

We will also share the feedback with NHS England and partners as part of our work.

Please tell us what you think by filling in the short form below or you can answer these questions on line **INSERT LINK**

You can contact Sam if you want to talk about this

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More information about the Plan

The NHS Long Term Plan link is here www.longtermplan.nhs.uk.

The Easy Read isn't out yet but there is a short film explaining some of the bits about people with learning disability or autism <https://youtu.be/kALYg3alsrg>

There are 5 main points in the bit just about people with learning disabilities and / or autism – these are below

1. Tackle preventable deaths: stopping overmedication and improving health checks

- Health checks in primary care will be improved in both uptake and nature, with the aim of reaching 75% of people aged 14+ with a learning disability annually.
- Hearing, sight, and dental checks will be given to young people in residential schools.
- For the first time, autism-specific health checks will be trialed in pilot studies; if successful, they will be extended across the country.
- Supporting Treatment and Appropriate Medication in Paediatrics (STOMP-STAMP) will be supported.
- Funding for the Learning Disabilities Mortality Review Programme (LeDeR) will continue, with the aim of improving the lives of people with learning disabilities nationally.

2. Improve understanding of learning disabilities and autism within the NHS

- NHS staff will receive training about how to best support people with learning disabilities and autism, with Sustainability and Transformation Partnerships (STPs) and integrated care systems (ICSs) being expected to ensure all local healthcare providers are making reasonable adjustments.
- The Department for Education and local authorities will be supported by the NHS to improve their awareness of and support for young people with learning disabilities and autism.
- Over the next five years, national learning disability improvement standards will apply to every NHS-funded service to promote greater consistency. Rights,



the workforce, specialist care, and working more effectively with people and their families are illuminated as key themes.

- By 2023/24, a "digital flag" in patient records will signify to staff that someone has a learning disability or autism.

3. Reduce waiting times for specialist services

- The long waiting times for diagnostic assessments for children and young people suspected as being autistic is highlighted. Indeed, the next three years will see autism being included alongside mental health services to achieve timely assessments.
- NHS services will work with local authorities' child social care and education services to develop packages to support children with neurodiversities - and their families - through the diagnostic process. Specialist charities will be consulted with in the formulation of these care packages.
- By 2023/24, children with learning disabilities and autism with the most complex needs will each have a designated keyworker to ensure that they are being best supported. Initially, children who are inpatients or at risk of being admitted will be allocated these keyworkers. This support will be extended to the most vulnerable children such as children involved with social services and those in transition between services.

4. Increase investment in community support: reducing inpatient admissions

- Care in the community should become more personalised and closer to home, with fewer people being subjected to preventable inpatient admissions.
- By March 2023/24, inpatient provision will have reduced to less than half of 2015 levels (on a like for like basis and taking into account population growth) and, for every one million adults, there will be no more than 30 people with a learning disability and autism cared for in an inpatient unit. For children and young people, no more than 12 to 15 children with a learning disability, autism or both per million, will be cared for in an inpatient facility.
- Every local health system will be expected to have a seven-day specialist multidisciplinary service and crisis care, and specialist community teams for children and young people will continue to be developed to limit institutional care.



- See more: [CQC to review the use of restraint, prolonged seclusion, and segregation](#)
- See more: [What does the Independent Review of the Mental Health Act mean for autistic people?](#)

5. Improve quality of inpatient care across NHS and independent sector

- By 2023/24, all care commissioned by the NHS will need to meet the Learning Disability Improvement Standard, with a particular focus upon seclusion, long-term segregation, and restraint.
- Both the numbers of people in inpatient facilities as well as the length of admission will be closely monitored, with the aim of reducing inpatient admissions and supporting earlier transfers into the community. All areas of the country will implement and be monitored against a "12-point discharge plan" to ensure discharges are timely and effective. Existing Care, Education and Treatment Review (CETR) and Care and Treatment Review (CTR) policies will be improved, with the NHS working in partnership with people with learning disabilities and autism - as well as their families and clinicians - to assess their effectiveness.