



# Good Health



# House Keeping

- We would like to hear from all of you. Your ideas and opinions are important to us
- Raise your hand if you would like to speak
- Take care of yourself and if you need someone to talk to, let us know
- #goodlivesgoodhealth



# What are we doing today?



- Learning Disability England and Bild are working together to write a new health chapter for the Good Lives Framework
- We would like to hear from you all about what you think needs to go into the chapter.
- We will think about **problems** in a big group,
- Then we talk about **solutions**, we will break into small groups . We will feedback all together.
- We will do this two times.
  - ✓ Firstly we will talk about **staying healthy**
  - ✓ Secondly we will talk about **good health care**



# What is Good Lives



- A coproduced vision and call to action
- Based on people with learning disabilities priorities as '1st amongst equals'
- Shared action: people, families, paid supporters and allies
- Help influence a new national policy for people with learning disabilities



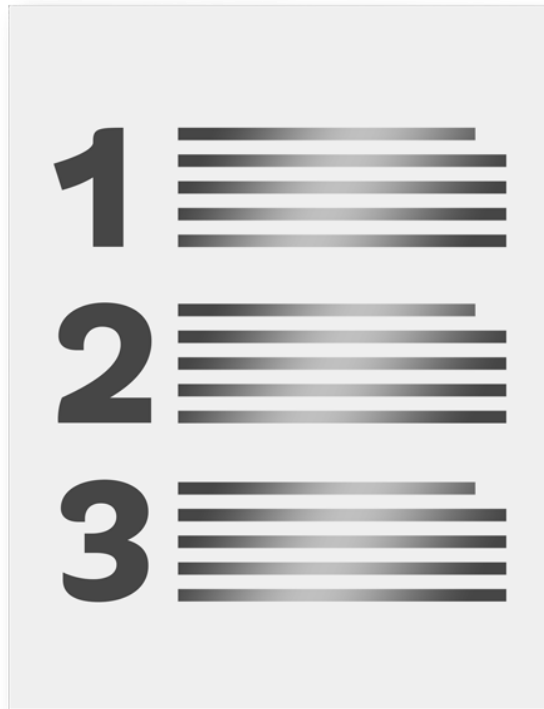
# The Framework

Each chapter says:

- What human rights people have
- What people with learning disabilities have said needs to change
- What people are doing to move us towards Good Lives
- Ideas for change and our first steps
- The chapters are growing and changing as more people take part



# The chapters...



- The Right Support
- A Home
- Self-advocacy and Advocacy
- Communication and Staying Connected
- Contribution and Paid Jobs
- To Love and Be Loved



# Work we have done so far:



- I have been discussing this with Bild's advisory group called Bild For The Future. Thanks to this group this work got started!
- We have had 2 online meetings, to ask people what they think.
- We have had lots of good ideas about what it takes to stay healthy and to get good healthcare.



# What do you think?



- What are the barriers or problems that stop you from staying healthy?
- Staying healthy is things like, eating healthily, looking after your body, exercising, having a good social life, health screening



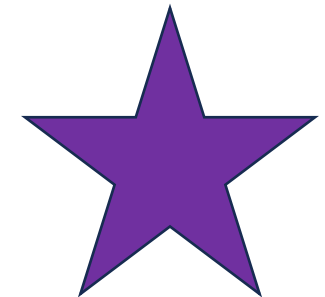


# Small Group Work

- In our small groups we need to think about:
- What are the things people could do to stay healthy?



# Feedback



# What do you think?



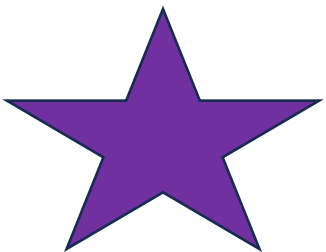
- What are the barriers or problems that stop you from getting good healthcare ?
- Health care is when you go to the doctors or hospital or other health appointments.



# Breakout Rooms



- In our breakout rooms we need to think about:
- What are the things that could change to make sure people get good healthcare?



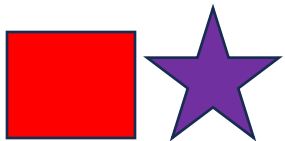
# Feedback



# Some ideas so far for staying healthy:



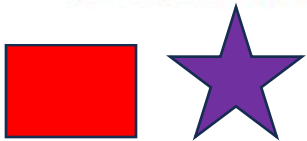
- ✓ *We could have support groups for people who have the same conditions*
- ✓ *We could have more training and learning for people*
- ✓ *We could have more training for support staff*
- ✓ *Making slimming groups accessible for everyone*
- ✓ *Making gyms more accessible (and cheaper!)*
- ✓ *More better accessible information for people*
- ✓ *Reasonable adjustments in leisure centres and gyms*
- ✓ *Local events to help get people motivated*



# Some ideas so far, for getting good healthcare :



- ✓ *Having joined up review meetings with health and social care*
- ✓ *Helping people get appointments with their doctors using training, special members of staff or the reasonable adjustment 'flag'.*
- ✓ *More reasonable adjustments in health care*
- ✓ *Health passports - everybody should have one!*
- ✓ *Better relationships between supporters and GPs and Acute Liaison Nurses.*



# Survey

A graphic of a survey card. At the top left, it says "Tell us what you think" in bold black text. To the right is a photo of a woman in a pink shirt with a thought bubble containing a question mark above her head. Below the text is the question "1. Do you think the idea is a good one?". There are three radio button options: "Yes", "No", and "Not sure". The "No" option is selected with a blue checkmark. A hand holding a black pen is shown at the bottom right, pointing towards the "No" option.

**Tell us what you think**

1. Do you think the idea is a good one?

Yes

No

Not sure

- We have done a survey to get people's views about getting good healthcare. Here is the information if you want to complete it.
- #goodlivesgoodhealth
- [bit.ly/BildGoodHealth](https://bit.ly/BildGoodHealth)





# Thank you and Goodbye



- Thank you for coming to this event today- we hope you have got something out of it.
- We will collect your thoughts and Learning Disability England will be writing the Good Health chapter using all of your ideas.
- We will let you know when it has been written.

