Useful contact numbers

Duty nurse number: 01302 796155
Fax: 01302 796159
Service information

Learning disability (LD) is a lifelong condition that affects the way a person understands information and how they communicate.

Around 5000 people in Doncaster meet the criteria of learning disability, with approximately 800 receiving specialist input due to complex needs. Advances in care mean that the number of people who have a severe learning disability and complex conditions is increasing.

People with a learning disability are more vulnerable to conditions and poor experiences associated with health, mental health and abuse than the general population.

The Doncaster Community Health Team for Learning Disabilities is a multidisciplinary team made up of learning disability nurses, support workers, psychologists, psychiatrists, occupational therapists, physiotherapists and speech and language therapists.

The team provides a tiered approach (see next page) designed to meet specialist health and wellbeing needs of adults with a learning disability whose needs cannot be met by mainstream services under the reasonable adjustments framework. Dependent on need the team may offer direct work, indirect work with carers and families or joint working particularly to enable access to mainstream services.

The model supports specialist input across care pathways including:

- Physical health
- Communication and dysphagia
- Neurodevelopmental assessment and support
- Challenging behaviour
- Mental health, intensive support and CPA coordination
- Mental capacity, best interest and deprivation assessments
- Safeguarding and risk management.

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The service evaluates its quality and outcomes using a number of methodologies including:

- Essential standards compliance
- Health Equality Framework
- CORE-LD
- Care plan, recovery and risk management evaluations
- Patient and carer feedback.
**Services provided**

**Community LD nursing**
Provides health care management to people with multiple or complex health care needs. There is a focus on preventative care and maximising people’s health through the use of health assessment tools and health action plans, which are available to all adults with a learning disability.

Community learning disability nurses can provide more specialised assessment and care planning in relation to people with specific conditions or genetic syndromes.

The team delivers health promotion, management of general or specific health needs and first line assessment in areas of associated risk and need, e.g., mental health, challenging behaviour, risk and safeguarding in line with current best practice and where appropriate with reference to the Mental Health Act (MHA) and Mental Capacity Act (MCA).

**The Health Action Team**
The health action team works to provide support for people with a learning disability to access mainstream health services, including the acute hospital, GP practices and community health screening clinics.

The team works closely with both primary and secondary care, delivering learning disability awareness and inclusion training for nurses and allied health professionals to improve health outcomes for people with learning disabilities and support reasonable adjustments. The team is also responsible for validating and maintaining Doncaster’s learning disability register. The team promotes the use of hospital and primary care passports which support health services, to deliver, safe and individualised care. The team also delivers education and health promotion sessions for both people with a learning disability and their carer’s in areas such as relationships, sexual health, cancer awareness and screening. Dementia assessment and screening is also the responsibility of the Health Action Team.
The health action team consists of an Acute Liaison Nurse working within Doncaster Royal Infirmary, a Primary Liaison Nurse who supports all Doncaster GP practices, a Health Facilitator Nurse who supports both primary and secondary care for people with a learning disability and provides health education sessions and health advice, a Senior Support worker who supports the team and ensures hospital passports are completed and a Co-Trainer who uses her own experiences of health care to train staff in learning disability awareness.

Psychiatry
Specialist psychiatrists working with this population not only offer treatment for severe mental illness, but also for a wide range of other mental and physical health problems such as autistic spectrum / other neurodevelopmental disorders and epilepsy.

Most specialist mental healthcare for people with learning disability is delivered in community settings, but for a minority who have a more moderate to severe learning disability and challenging behaviour there is a need to manage risk by facilitating admission to an inpatient service.

A wide variety of treatments are available, as in mainstream psychiatry, including pharmacology, psychosocial and educational interventions.

Clinical psychology
Psychologists work to reduce psychological distress and to enhance and promote psychological wellbeing. They work with issues such as challenging behaviours, mental health problems (including anxiety, depression and psychosis), bereavement issues and relationship difficulties.

They also assess the needs of people with learning disabilities, for example assessing whether or not someone has a learning disability. They carry out other assessments (for example Autistic Spectrum Disorder and dementia) when there is a clinical need to do so.
The psychology team provide a range of services including:

- **Assessment:** LD, Autistic Spectrum Disorder, dementia, mental health, challenging behaviour, risk.

- **Direct intervention:** cognitive behavioural therapy, psychodynamic psychotherapy, acceptance and commitment therapy, and psycho-education.

- **Consultancy and training:** Working with carers or other professionals to develop a psychologically informed understanding of the need to improve care planning and risk management.

- **Research and Service evaluation:** Helping to answer service related questions via research or evaluation methodology.

**Speech and language therapists**
The speech and language therapy service for adults with learning disabilities provides assessment, diagnosis and interventions for difficulties with communication and/or eating and drinking skills.

Much of the intervention or therapy is provided indirectly through families or professional carers. To facilitate and support this, the Speech and Language Therapy Team provides a comprehensive range of training in eating and drinking skills and all areas of communication, promoting the philosophy of a “Total Communication” approach.

**Physiotherapy**
Provides prevention, treatment and management of disease and disability using physical approaches, thereby promoting health and wellbeing for all.

Physiotherapists in LD are experts in the assessment and analysis of movement and function, and they can use a whole range of skills, techniques and concepts. In this specialist role, the Physiotherapist offer advice, help and training on any physical problems, including positioning, gait analysis, wheelchair use, specialist seating and orthotics (specialist shoes/foot aids) to clients and carers, individually and/or in groups.
Service users are provided with timely, individualised and clinically effective care, including preventative care, screening, assessment, treatment and advice to alleviate pain, maximise function and promote self-management.

**Occupational therapy**
Occupational therapists work with learning disabled people of all ability levels to support occupation in education, employment and independent living. They are experts in occupational wellbeing, assessment of function and activity analysis working alongside carers, families and health and social care to provide a person-centered approach. Work includes:

- Providing skills training to decrease support needs
- Assessing and support skills for social inclusion
- Addressing behavioural needs through use of specialist approaches such as sensory integration and intensive interaction.
- Analysing activity for engagement to increase attention and promote quality of life in the most profoundly disabled.
- Developing and maintaining the individual in their daily independent living skills.
- Supporting communication needs.
- Improving skills, access and inclusion enabling individuals to engage in healthy activity.
- Assessing work skills and supporting requirements for access of individuals to paid and voluntary occupation.

**Crisis and Intensive Support Team (CaIS)**
CaIS Team is made up of RNLD nurses, support workers, a Community Forensic Practitioner and an Approved Mental Health Professional (AMHP). They provide a more intensive service for people whose presentation continues to challenge carers due to a range of issues, including:

- Significant mental health problems.
- Physical health affecting behaviour.
• Severe challenging behaviour.
• High risk behaviours that have come to the attention of the forensic services.

CaIS follows national legislation, guidelines and best practice in order to:

• Relieve the individual’s distress.
• Provide wrap-around support to the individual, their families and paid carers.
• Help to maintain the individual’s placement or, when appropriate, to reach an understanding of the individual’s needs sufficiently so that a more suitable placement can be found.
• Support the management of risk for the people who present the most complex challenges.
• Provide training and support to improve the understanding of the psychological needs of the people who use our service.
• Prevent out of area placements, as far as possible.
• Prevent inpatient admission, as far as possible
• Provide continuity of support for people who have been detained for inpatient assessment and treatment. This includes proactive discharge planning and aftercare support in line with the Care Programme Approach.

The values of positive behaviour support underpin and influence the practice of the team. This includes:

• A person-centred, proactive, assessment-based approach.
• Examining not only the person but their life context/environment.
• Encouraging collaboration and partnership between service users, families and professionals.
• Promoting positive, durable and sustainable lifestyle changes.
• Building the skills of everybody involved.

CaIS works alongside other specialists within the Community Learning Disabilities Team to help service users achieve positive outcomes.

The CaIS team operates a duty rota to provide advice and consultation in response to enquiries during the hours Monday-Friday currently 8am-8pm excluding bank holidays.
Referrals

Referral can be made by completing the single access referral form (SARF). The form is available electronically via the RDASH public website: http://www.rdash.nhs.uk/

The completed form can be emailed to: RDASH.AdultLDServices@nhs.net

Faxed to: 01302 796159

Posted to:
Learning Disabilities, via Main Entrance, 2 Jubilee Close, Tickhill Road Hospital, Tickhill Road Site, Balby, Doncaster, DN4 8QH

General enquiries

Contact/enquiry details for:
Nursing, AHP and Health facilitation teams: 01302 798149/798471

To contact the community LD nursing duty worker:
01302 796145.

Psychiatry:
01302 794085

Clinical psychology:
01302 796171/796143.
If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

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