



East London
NHS Foundation Trust

Health Needs Assessment for Learning Disability Services

PHAST Report
April 2023

Accessible Version
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Introduction

The NHS in North East London asked for a report called a

Health Needs Assessment



It is about:

- Hackney
- Newham
- Tower Hamlets



And people with a Learning Disability who live in East London



The report is about Health and Social Care needs and how to best support them



People in East London

People with a Learning Disability do not always get the same care as other people



The 3 teams have plans to help make things fairer for people who have a Learning Disability



The NHS also wants to make things better for people who have a Learning Disability



Health Needs Assessment

Different people were asked what they think, including people who have a Learning Disability.

This report found:



There are more and more people with a Learning Disability living in East London



There are lots of cultures in East London, with Asian, Black and White people who have a Learning Disability

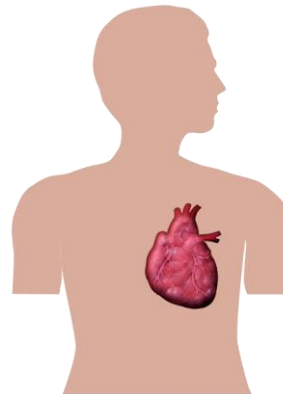


Health Needs

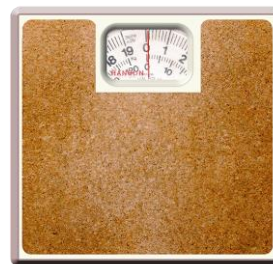
People who have a Learning Disability can be **more likely** to:



Have trouble with their heart
This is called Heart Disease or Cardiovascular Disease



Be more overweight
This is called Obesity



To have Diabetes



To have difficulty eating and drinking

This is called a swallowing problem or Dysphagia



To have epilepsy

This is where someone has seizures



To have trouble breathing

This might be because of things called asthma, pneumonia or COPD

These are called Respiratory Diseases



To have sad, worried or confused thoughts and feelings

This can be called Mental Health problems



To be lonely or bored



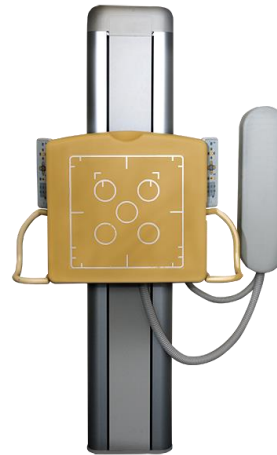
Not to have a phone, computer or internet to use



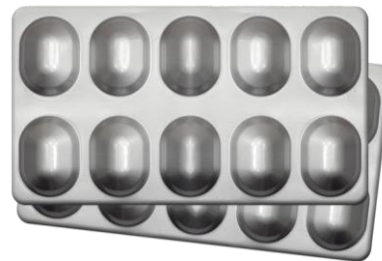
Not to get all their
vaccinations
Like their Covid jab



Not to get their
cancer screenings
Like breast, bowel
and cervical screens



Be given medication
for a mental health
problem when they
might not have one



Have trouble finding
a paid job



To move out of their family home when they are younger



Have a hard time moving from child to adult services

This is called Transition



The report says finding a college can be harder for people with a Learning Disability

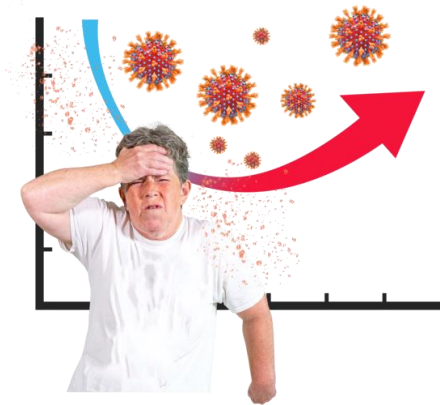


And that carers need more support too



Covid-19 has been hard for people with a Learning Disability

With people feeling lonely and getting sick



What to do

The report has some ideas, or Recommendations

Some of these are:



Plan for when more people live in East London



Together, help people with a Learning Disability with their health



People with a Learning Disability should have a Key Worker



More Annual Health Checks with the GP



Training for staff on Learning Disabilities and Autism



Use Hospital Passports



More jobs for people who have a Learning Disability



More housing and support for people who have a Learning Disability



More college and education

