



Learning Disability & Autism Service Brochure

For Professionals & Referrers

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Welcome Message

Laura Smith

Head of Service - Learning Disability & Autism

Hi, my name is Laura Smith and I am the Head of Service for the Learning Disability & Autism services in Leicestershire Partnership Trust.

This brochure aims to tell you about the services available for adults with a learning disability and autistic people living in Leicester, Leicestershire and Rutland. Our services aim to provide responsive, person centred, needs led specialist health interventions to the local population. Our staff are passionate about improving people's quality of life and reducing the health inequalities experienced by these groups.



Our Learning Disability and Autism Service Vision:

Working with partners to deliver high quality, responsive care, ensuring safe and timely discharge to meet the needs of our service users and their carers.

About Us

The Learning Disability and Autism (LDA) Service is a large service within Leicestershire Partnership Trust (LPT) encompassing adult Community LD and In-patient wards. We also offer Autism Services for young people (14+) and adults.

Leicestershire Partnership Trust also leads the LDA Collaborative. The collaborative works with local councils, NHS partners, voluntary groups and primary care to improve services and outcomes for people with learning disabilities and autistic people across Leicester, Leicestershire and Rutland.

Learning Disability Community Teams

Learning Disability Access Team

The Access Team manage referrals to the Community Learning Disability Team, checking eligibility and consent. We assess needs, signpost to appropriate services, and support people to stay safe whilst waiting.

Please ensure that patients have provided consent for the referral. Where a patient lacks capacity to consent, the referral must be completed following a formal best interest decision in accordance with the Mental Capacity Act.

Referral criteria & form:
<https://bit.ly/LDA-Referrals>



Scan me to download
the referral form

Nursing

Community Learning Disability Nurses (CLDNs) support people with learning disabilities to live healthy, independent, and fulfilling lives.

They provide specialist assessment and intervention for physical, psychological, and mental health needs, including anxiety, severe mental illness, emotional difficulties, and complex behavioural needs. CLDNs also support people with long-term conditions such as epilepsy, dementia, and respiratory issues.

Using a personalised, person-centred approach, they help reduce anxiety around health appointments, enable understanding of treatments, and promote fair, dignified access to healthcare. CLDNs work closely with families, carers, GPs, social workers, and wider teams, offering advocacy, training, and guidance. They promote healthy lifestyles, support ongoing health management, and empower individuals to make informed choices and live as independently as possible.



Occupational Therapy (OT)

The LD Occupational Therapy (OT) team assess how an individuals learning disability impacts on their engagement in occupations (activities). This allows the team to make recommendations to promote people to be as independent and healthy as possible within their everyday activities.

The Occupational Therapy input may include; sensory assessments where sensory needs are impacting on daily activities, supporting people to build a meaningful routine, provision of equipment where people are unable to access mainstream therapy services, support for people with suspected/ diagnosed dementia in addition to their LD, advice around environmental adjustments/ advice for carers.

Physiotherapy

Learning disability physiotherapists provide specialist assessment, treatment and management to adults with a learning disability whose needs cannot be successfully met by mainstream services, despite when reasonable adjustments are made. Physiotherapists will work in collaboration with the person, their network of care, mainstream health services, and the multidisciplinary team to enhance, optimise and maintain the person's physical presentation, function and quality of life.

The physiotherapy team work in episodes of care. Therefore, patients are discharged on completion of the period of assessment, interventions, advice and recommendations. They can then be referred back into the service should anything change for subsequent assessment and further advice.

Speech and Language Therapy (SaLT)

Speech and Language Therapists (SLT's) support individuals with communication and eating, drinking and swallowing (dysphagia) needs. They assess how a person communicates and provide tailored strategies, which may include signs, symbols, objects or visual aids to support meaningful and functional interactions. They will also train carers and support teams to use these approaches consistently.

SLT's will provide assessment and intervention to ensure safe and enjoyable mealtimes working with others to reduce risks and keep people healthy. They collaborate with families, support staff, and professionals to provide person-centred, practical support that promotes independence and quality of life.



Clinical Psychology

Clinical Psychologists support individuals in understanding and managing emotional or psychological needs. Assessments explore current thoughts, feelings and behaviours, along with relevant history and life events.

This is done through direct work with the individual and, where appropriate, input from carers or support staff to build a shared understanding of their needs.

Interventions are tailored and may include therapy and working with family, carers and healthcare professionals. We also offer bespoke training for those working with service users. All psychological work is person-centred, and sensitive topics are only discussed when the individual feels ready. We also have psychologists that support the Community Forensic Learning Disability Team and the Crisis Response Intensive Support Team (CRIST).



Psychiatry

Learning Disability Psychiatrists are specialist doctors who assess and treat mental illness, additional neurodevelopmental conditions (e.g. autism and Attention Deficit Hyperactivity Disorder (ADHD), dementia and epilepsy in people with Learning Disability). They prescribe medicines for mental illness, ADHD, dementia and complex epilepsy; they work with GPs to monitor treatment and are committed to the National campaign STOMP - Stopping The Over Medication of People with a learning disability.



LD Psychiatrists are trained in the Mental Health Act and Mental Capacity Act. They provide routine and emergency care in both community and psychiatric hospital settings and also work in the specialist LD teams e.g. CRIST, the LD Community Forensic Team and the LD Epilepsy Clinic.

Crisis Response Intensive Support Team (CRIST)

The Learning Disability Crisis Response Intensive Support Team (CRIST) offers short-term support to individuals at risk of psychiatric hospital admission or placement breakdown due to behaviours that challenge or poor mental health.

The team assesses the reasons behind the behaviour, involving the individual and their carers. They provide strategies to reduce distress and support wellbeing. A personalised care plan is created with the individual and their support network, and everyone involved receives a copy.

CRIST aims to reduce the need for psychiatric hospital admission, promote stability, and build resilience within support systems.

Community Forensic Learning Disability Team

The Community Forensic Learning Disability Team supports adults with a learning disability who present with high risk and/or offending behaviours (e.g. sexual offending, violence, fire setting) and may be involved with the criminal justice system. The team aims to reduce forensic risk and improve quality of life through early intervention, specialist risk assessment, and evidence-based therapeutic support.

They offer:

- Risk assessment and management
- 1:1 forensic interventions
- Consultation and joint working with other professionals
- Support with discharge from secure hospitals or custody, including identifying placements and developing risk management plans
- Ongoing risk support for complex or high-risk individuals in the community.



Learning Disability in-patient services

Agnes Unit

The Agnes Unit provides 24-hour assessment and treatment for adults with learning disabilities. The unit is divided into pods, each with four beds, to support single-sex areas and personalised care. Referrals are only accepted via the community CRIST team and their out of hours process.

People admitted to the Agnes Unit are at crisis in their lives, they all have a learning disability but may also have autism or a mental health diagnosis. The service has a multi disciplinary team that includes Occupational Therapy, Speech and Language Therapy, Psychiatry and Psychology.

Family and friends are encouraged to stay involved if the patient wishes. From day one, we focus on recovery and planning for discharge.



Learning Disability in-patient services

Short Breaks Service

The Learning Disability Short Breaks service is a nurse led service provided in 2 bungalows. We provide a short break for adults with a diagnosed learning disability, associated physical and sensory disabilities, autism, and behaviours that challenge.

The bungalows offer a stay for up to 4 people at any one time. People who stay at short breaks are supported in a person-centred way with evidence based practise based on their individual needs. Most of our patients have routines, including day care or activities provided by staff. Stays are organised supporting the person and family needs, people's risks and Care quality commission (CQC) regulations around single sex occupancy.

Referrals to our service:

Referrals can come to us from any source and are assessed by nurses within the service for adults with a learning disability however the referee needs to be over 18 years old, have a diagnosed learning disability and have 100% continuing health care funding.



Adult Autism Assessment Service (AAAS)

The LPT Adult Autism Assessment Service supports people aged 18+ in Leicester, Leicestershire, and Rutland by assessing for possible autism. Set up in 2013 after the 2009 Autism Act, it helps individuals understand how autism may have shaped their lives and enables services to provide more tailored support. A formal diagnosis also gives access to reasonable adjustments in work, education, and healthcare.

The team includes psychiatrists, nurses, and clinical practitioners. Referrals can only be made by GPs and other health professionals within the NHS. GP referrals are made via the PRISM form and NHS professionals can request the internal referral form by emailing lpt.adultaspergers@nhs.net. More details, including waiting times, are available on the LPT Autism Space website.

Specialist Autism Team (SAT)

The Specialist Autism Team works with autistic people, their families and other professionals to understand their autism-related needs and make suitable adjustments to their care and support. The team supports autistic people aged 14 and upwards, including adults.

The team is comprised of Nurses, Occupational Therapists, Speech and Language Therapists, Dietitian and a Systemic and Family Psychotherapist. Along with self-directed psychoeducation via the online platform 'Guidance', the team offers a preventative wrap-around service, comprising 1:1 interventions and/or consultation for those accessing CAMHS or Adult Mental Health services, aiming to intervene early, avert deterioration and avoid crisis.

NHS professionals and colleagues from partner agencies can refer by submitting the completed referral form by email to lpt.satreferrals@nhs.net. The referral form can be accessed via www.leicspart.nhs.uk/service/specialist-autism-team/



Some SAT team members at a walk for autism event

ChatAutism & Autism Space

ChatAutism is a text messaging service run by health professionals where you can ask ANY autism related questions and receive a personalised reply. The service is available for any age and is for both pre and post diagnosis support.

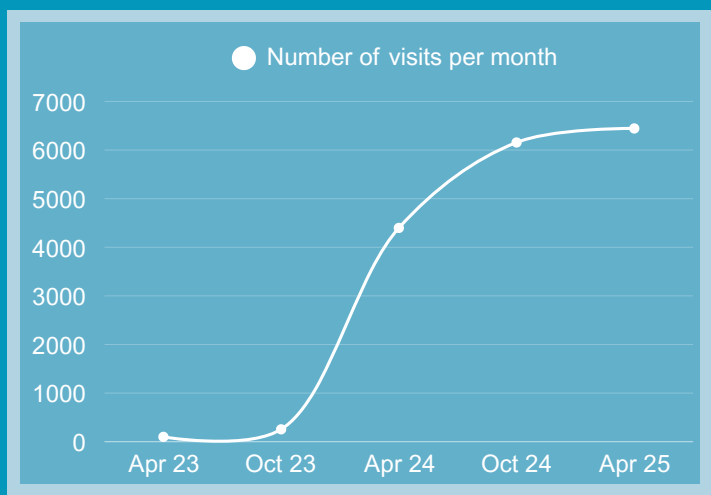


ChatAutism

Text: 07312 277097

for an answer to any autism related questions Monday - Friday, 9-5

Launched in November 2022, Autism Space is a website providing free, clear, reliable and accessible advice and information about autism related topics – as well as a directory of support services available in Leicester, Leicestershire and Rutland.

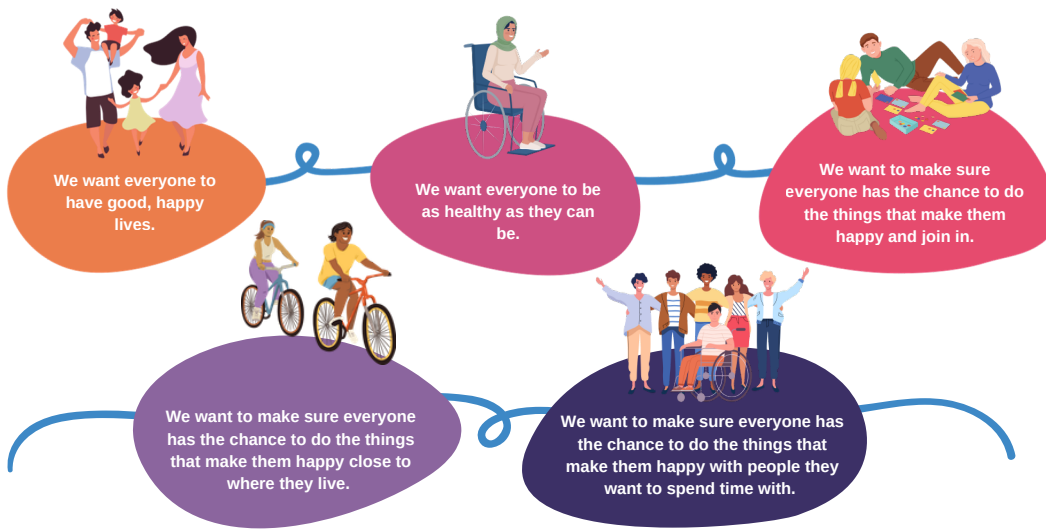


The website has done exceptionally well receiving media attention and praise from many areas. Last year it attracted a total of 55,000 users!



www.leicspart.nhs.uk/autism-space

Learning Disability and Autism Collaborative



Learning Disability and Autism Collaborative

Our Vision

for people who live, work or study in Leicester, Leicestershire and Rutland, and their families

In October 2022 the Leicester, Leicestershire and Rutland (LLR) Integrated Care Systems (ICS) formalised the LDA Collaborative. The Collaborative has the primary role to co-ordinate the transformation of LDA health services, as well as overseeing the quality, performance and outcomes of system wide LDA services. The Collaborative works closely with the LLR local authorities, LLR Integrated Care Board (ICB) and other stakeholders to commission, deliver and improve services for local people.

The LDA Collaborative takes a person-centred, proactive, and preventative approach, using population health management to tackle health inequalities and improve quality across the system. It brings together service users, carers, families, health and social care teams, community groups, and independent partners to deliver timely care and support, enhance care coordination, and prevent escalation.

The Collaborative have 4 main workstreams:

Health Inequalities

Delivery and Transformation

Engagement and Co-production

Quality and Safety





Primary Care Liaison Nurses (PCLN's)

The LPT Primary Care Liaison Nurses (PCLN's) are a crucial part of addressing health inequalities by supporting GP practices, primary care teams and ensuring a joined up approach. A few highlights of their work are:

- Delivering training to GP's and primary care teams
- Verification of the LD register
- Supporting people with learning disabilities to access good primary healthcare/screening
- Promoting and supporting annual health checks

The health equity programme aims to ensure fair access to health and social care, with positive experiences and outcomes for all. We're tackling these inequalities by bringing together local communities, voluntary sectors and statutory services.

Learning from Lives and Deaths programme (LeDeR)

LeDeR is a national programme that reviews the lives and deaths of people with a learning disability and autistic people to improve care, reduce health inequalities and prevent early deaths.

As people with a learning disability die around 20 years younger than average, each death is formally reviewed to understand why. Reviewers look at the care received, speak to families and carers, and help identify what's working and what needs to improve.

This learning is key to shaping better services across Leicester, Leicestershire and Rutland.

Scan this QR code to inform of a death to LeDeR



Dynamic Support Pathway & Discharge

The Dynamic Support Pathway (DSP) provides coordinated support for people with a confirmed diagnosis of Learning Disability, Autism, or both who are experiencing a decline in their mental health or wellbeing while living in the community. Its purpose is to identify early signs of concern, bring involved professionals together, and agree additional support to prevent deterioration, crisis, or hospital admission. Individuals referred must already be supported by health and social care, and the referrer must stay involved throughout. The DSP also supports people stepping down from inpatient units, with multi-agency meetings used to review and monitor discharge plans.

The pathway applies to both adults and children/young people (CYP), using the same referral process. Young people up to age 25 may also be eligible for a Barnardo's Key Worker. The DSP is jointly owned by Health, Social Care, and Education, promoting collaborative working and the creation of tailored action plans. It does not replace other referral pathways such as Early Help, SAT, Safeguarding or Social Care.

Eligible individuals must live in Leicester, Leicestershire, or Rutland (LLR), have a confirmed diagnosis, and already be receiving health and social care support. Certain out-of-area placements can also be referred when risk levels are high.

Link to refer:

<https://llrldadmissionavoidancetool.leicestershire.nhs.uk/>

Scan this QR
code to refer to
DSP



The Discharge Hub is part of the Learning Disability and Autism (LDA) Collaborative at Leicestershire Partnership NHS Trust (LPT).

It supports people with a learning disability and/or autism who have been admitted to hospital due to their mental health needs, ensuring they receive safe, high-quality care and are only in hospital for as long as necessary. People with a learning disability and/or are autistic are assigned a Case Manager when they have been added to Assuring Transformation (AT) Data by the relevant Provider Collaborative. The Case Manager will monitor their care, attend clinical meetings, and carry out Care (Education) and Treatment Reviews (CETRs). Case Managers will also work with other services to plan a safe discharge and help prevent readmission.

The LDA Discharge Hub is also responsible for sharing patient data with NHS England to help monitor care quality and service performance. The Hub continues to support the person in the community after discharge for a period of time, to ensure they stay safe and well.



Let's work Together

For any queries, advice, or if you would like to explore joint visit options please contact the LD access team on :



0116 295 4545



lpt.ldaccess@nhs.net

Telephone line is
manned
8.30am – 4.30pm
Monday to Friday

Autism Queries:

(Clinical & professional staff only)

adult diagnosis: lpt.adultaspergers@nhs.net

adult interventions: lpt.satreferrals@nhs.net