

Top ten actions you can take to improve the lives and prevent the premature deaths of people with a learning disability and autistic people (aged 18 and over)



1

Inform us when an autistic person and/or a person with learning disabilities dies. You can do this online at <https://leder.nhs.uk/report>



2

Accurate recording of ethnicity is essential and should be a priority. Please ensure to report the deaths of those from the city and from diverse ethnic backgrounds.



3

Mental Capacity Act assessments really do make a difference - review your practices to ensure compliance and share your experiences.



4

Don't estimate weight - please measure, using appropriate equipment, and record accurately. For more information, visit: <https://www.leicspart.nhs.uk/43051-2/>



5

Some people have behaviours that challenge, they might also develop nursing care needs as they grow older. Please put plans of care in place early to support people's behavioural and healthcare needs for life.



6

Have meaningful conversations about end-of-life in advance to ensure people are able to take an active part in discussions about their care.



7

Screening inequities exist, and every effort should be made to improve uptake. Speak to your Primary Care Liaison Nurse for support - lpt.pcln@nhs.net



8

Stop prescribing psychotropic medications unless they are necessary. For STOMP/STAMP enquiries please contact: lpt.ldstomp@nhs.net or lpt.camhs-stomp.stamp@nhs.net



9

Aspiration pneumonia happens as a consequence of a precipitating event. Early identification of risk factors and ongoing management saves lives.



10

Blood tests may sometimes need to be done differently. Do not delay in using reasonable adjustments. Refer to specialist learning disability services if needed - lpt.ldaccess@nhs.net



Use the following link to report to the LeDeR programme: <https://leder.nhs.uk/report>

