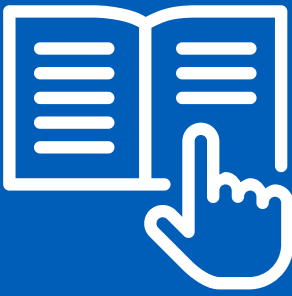


Easy Read



# **Learning from Lives and Deaths - people with a learning disability and autistic people (LeDeR)**

## **Annual Report 2024**



# What is LeDeR?



LeDeR means Learning from Lives and Deaths.



LeDeR is a service improvement programme aimed at improving local services for people with a learning disability and autistic people, and reducing premature mortality.



People with learning disabilities and autistic people often:

- Die younger than the general population.
- Do not always get the same care and treatment as the general population.

## What is in this Report?



The Annual LeDeR Report Lincolnshire 2024 shares what we learned in 2024 about people with a learning disability and autistic people in Lincolnshire.



It explains what is being done to help improve the quality of services for people with a learning disability and autistic people.



It also talks about our plans in Lincolnshire for 2025 to make things even better.

## Our Goals



Helps people with a learning disability and autistic people have the same access to healthcare services to live long and healthy lives.



Encouraging services to work well together to support people with a learning disability and autistic people and help doctors, nurses and teams to provide better care.



Make sure everyone learns from the reviews that we complete.



Share what we learn to make services fair and equitable for all.

# What We Learned in 2024



## Important Numbers:

- 61 notifications (people reported to LeDeR).
- 65 reviews started.
- 53 reviews completed.
- 6 out of 10 people died before the age of 65. 56% were male and 44% were female



## Top three causes of deaths in 2024

1. Aspiration pneumonia (a lung problem).
2. Heart disease.
3. Cancer.



To keep people with a learning disability and autistic people healthier, they should have the same access to health screening, diagnosis and treatment as the general population.

# What is Being Done?



## Better Checks and Services

People with learning disabilities:

- Have a good quality Annual Health Check and a Health Action Plan.
- GP practices to ensure people with a learning disability are supported with the reasonable adjustments required to access appointments.
- Get help to manage diabetes and other long term conditions



## Fighting Cancer

- Cancer is a top cause of death.
- Plans include: Continue to promote the importance of Annual Health Checks and screening for people with a learning disability and autistic people.



## Improving Respiratory Care

- Aspiration pneumonia is common and preventable.
- A specialist team in the community helps people with lung problems stay healthy and avoid hospital visits.

# What is Being Done?



## Addressing Inequalities

LeDeR works with teams who work with groups of people who may face discrimination due to their individual needs or circumstances such as people from ethnic minorities, people from rural or coastal areas, and people from traveling communities.



## Webinars and Workshop

- We delivered interactive and educational webinars in 2024 to highlight Cancer and Aspiration Pneumonia. We had some great guest speakers.
- We delivered a Cancer Workshop at the 2024 Cancer Summit at The University of Lincoln.

# Stories That Teach Us



## Lorraine's Story

- Lorraine is employed as an Expert by Experience in Lincolnshire and has lived experience of a learning disability and of cancer.
- Lorraine became unwell in 2014.
- She went to her doctor 30 times before finding out she had cancer.
- Once diagnosed, her care improved with support from nurses.
- She now works to help others with learning disabilities get better care.



## Virginia House Day Care Centre

The Centre in Lincolnshire are working with a local GP Practices with the aim for individuals to be able to access annual health checks in a comfortable environment, including the centre or their home. The aim of this work is to promote individuals with learning disabilities the right to equality in health care.

# Making Services Better



## What's New?

- Sensory Bags: These are given to people with sensory needs at hospitals to help them feel calm.
- Learning Disability Bundle: A plan made with patients and carers to ensure their needs are met in hospital.



## What's Next?

- Webinars (online learning sessions) about:
  - Heart health (April 2025).
  - Bowel health (July 2025).
- A new hospital passport to make hospital visits easier.
- More training for doctors and carers.

## How You Can Help



Join the learning disability register at your GP Practice.



Ask for reasonable adjustments if you need help.



Share your experiences to help improve services.

# Thank You



This report is dedicated to:

- People with learning disabilities and autistic people and their families who shared their stories.
- Health care professionals, carers and teams who support people with a learning disability and autistic people.