



# LeDeR Action from Learning Report 2023-24

Supporting people with a learning disability and autistic people to live longer, healthier lives



What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

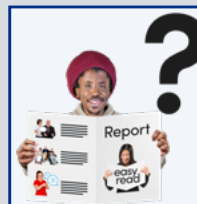
Work in  
different parts  
of the country

Find out more

# What is inside?

Introduction

Page 3



What is LeDeR?

Page 9



The reasonable  
adjustments digital flag

Page 16



Health and care  
passports

Page 21

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

Work in  
different parts  
of the country

Find out more

# What is inside?



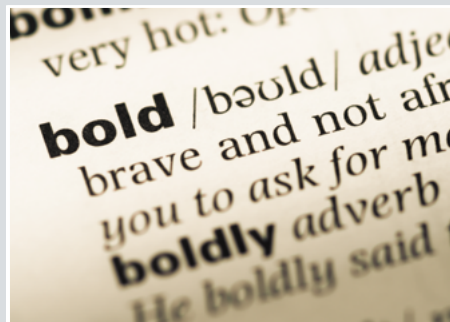
Work in different parts  
of the country

Page 23



Find out more

Page 41



Some words in this Easy Read document are in **bold**.  
We explain in more detail what the **bold words** mean.

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

Work in  
different parts  
of the country

Find out more



Some people from NHS England are going to tell you about the Action from Learning report.



**Jodie Williams**

Learning Disability and Autism Network Manager



I have a mild learning disability and type 1 diabetes.



I live with my assistance dog Mindy who goes everywhere with me.



What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

Work in  
different parts  
of the country

Find out more



I think it is important that the NHS helps people with long-term conditions to get better healthcare.



When I have a health appointment I need some **reasonable adjustments**.



A **reasonable adjustment** is a change that a service must make, to support someone with a disability.

What is inside?

Introduction

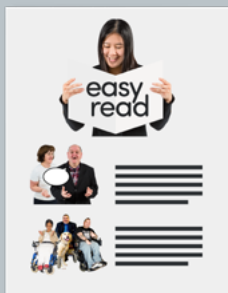
What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

Work in  
different parts  
of the country

Find out more



My **reasonable adjustments** include:

- easy read information



- having my mum and my dog Mindy at some appointments with me

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

Work in  
different parts  
of the country

Find out more



**Carl Shaw**

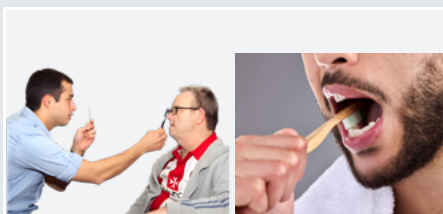
Learning Disability and Autism Adviser



I work on LeDeR and I have a mild learning disability.



I learn a lot of important things from LeDeR like:



- taking care of my eyesight and teeth

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

Work in  
different parts  
of the country

Find out more



- exercising and eating a healthy diet.



We need more people to report deaths to LeDeR of:



- people from ethnic minority communities
- autistic people.

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

Work in  
different parts  
of the country

Find out more



Every time a life and death is reviewed we learn more.



This means we can make services better for people like me.





# What is LeDeR?

What is inside?

Introduction

**What is LeDeR?**

The reasonable  
adjustments  
digital flag

Health and care  
passports

Work in  
different parts  
of the country

Find out more

We have made a short video to tell you what LeDeR is.



[You can watch a video about LeDeR](#)

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

Work in  
different parts  
of the country

Find out more



# What is LeDeR?



**LeDeR** is about doing reviews on the lives and deaths of people with a learning disability and autistic people so we can make health and care better.



The reviewer finds out about the person's care and why they died.



**LeDeR** has found that people with a learning disability and autistic people do not always get good healthcare.

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

Work in  
different parts  
of the country

Find out more



# What is LeDeR?



Sometimes people with a learning disability and autistic people die younger than other people.



Good healthcare might have stopped people with a learning disability and autistic people from getting very unwell or dying too young.



There is a LeDeR annual report about LeDeR reviews.



This is written by a university called Kings College London.

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

Work in  
different parts  
of the country

Find out more



# What is LeDeR?



There is another report called the LeDeR Action from Learning report.



This report is written by the NHS about making health and care better for people with a learning disability and autistic people.



The LeDeR Action from Learning report looks at some of the good work that is happening across the country.



We pick some good examples so that we can share what is working well.

This helps other parts of the country to do more good work.

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

Work in  
different parts  
of the country

Find out more



# What is LeDeR?



The LeDeR Action from Learning report tells health and care staff how to:



- support people with a learning disability and autistic people to be healthy and well



- stop people with a learning disability and autistic people from dying too young.



What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

Work in  
different parts  
of the country

Find out more



# What is LeDeR?



Working together is also known as **co-production**.



LeDeR works with different groups of people with different views including:



- people with a learning disability



# What is LeDeR?

What is inside?

Introduction

**What is LeDeR?**

The reasonable  
adjustments  
digital flag

Health and care  
passports

Work in  
different parts  
of the country

Find out more



- autistic people



- families and carers.

# The reasonable adjustment digital flag

## What is inside?

## Introduction

## What is LeDeR?

## The reasonable

## The reasonable adjustments digital flag

## Health and care passports

Work in different parts



What is inside?

Introduction

What is LeDeR?

**The reasonable  
adjustments  
digital flag**

Health and care  
passports

Work in  
different parts  
of the country

Find out more



# The reasonable adjustment digital flag



A **reasonable adjustment** is a change that a service should make, to support someone with a disability.



**Reasonable adjustments** support people to get good, **person-centred** health and care.



**Person-centred** means putting you first, caring about what you want and listening to your choices so that your support needs are met, if possible.

What is inside?

Introduction

What is LeDeR?

**The reasonable  
adjustments  
digital flag**

Health and care  
passports

Work in  
different parts  
of the country

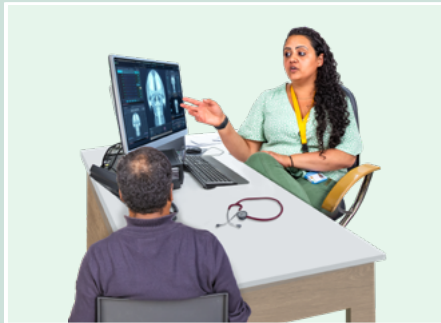
Find out more



# The reasonable adjustment digital flag



In the future, a **reasonable adjustment digital flag** will be used by **all** health and care services paid for by the NHS or local councils.



Health and care staff can see the reasonable adjustments you need and share this information, this includes your hospital and your GP (doctor).



What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

Work in  
different parts  
of the country

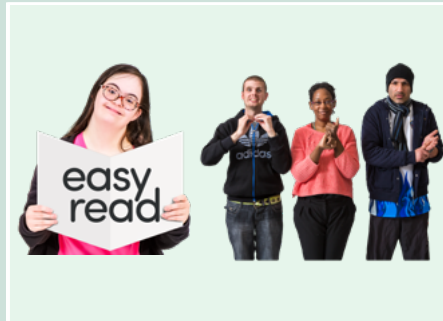
Find out more



# The reasonable adjustment digital flag



Examples of **reasonable adjustments** include:



- getting information in a way you understand



- extra time for appointments



# The reasonable adjustment digital flag

What is inside?

Introduction

What is LeDeR?

**The reasonable adjustments digital flag**

Health and care passports

Work in different parts of the country

Find out more



Examples of **reasonable adjustments** include:



- a carer, friend or family member to go to an appointment with you



- a quiet place to wait or less busy appointment times.



# Health and care passports

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

**Health and care  
passports**

Work in  
different parts  
of the country

Find out more



**A health and care passport** is a document that is a quick and easy way to tell health and care staff more information about you.



In **2024** we gave **integrated care systems** some new guidance.



**Integrated care systems** are health and care organisations working together to provide services and make plans.



# Health and care passports

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

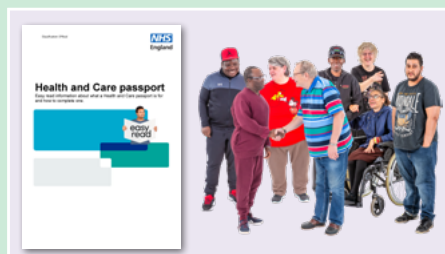
**Health and care  
passports**

Work in  
different parts  
of the country

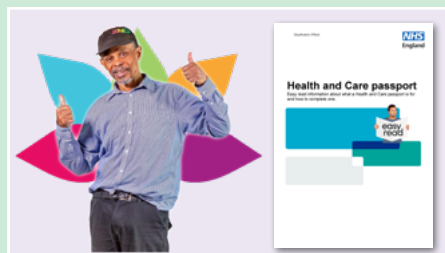
Find out more



The guidance tells **integrated care systems** to:



- make sure people in their local area have a **health and care passport**



- let health and care staff know how important health and care passports are for keeping people well.



You should speak to your GP or hospital about getting a health and care passport

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

**Work in  
different parts  
of the country**

Find out more



## Making it easier for autistic people to use GP services in London

6



Six doctors (GP) practices worked together to make their services easier for autistic people to use.



The GP practices talked to lots of autistic people and staff who support autistic people



# Work in different parts of the country

What is inside?

Introduction

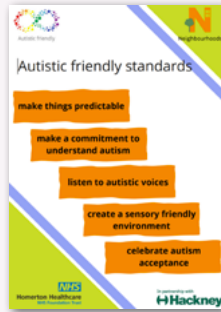
What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

**Work in  
different parts  
of the country**

Find out more



The team made a learning pack for reception staff in GP practices about supporting autistic people



The GP practices also made some top tips for staff who support autistic adults during appointments



What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

**Work in  
different parts  
of the country**

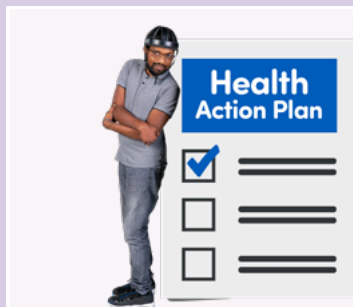
Find out more



## Making annual health checks better in Coventry and Warwickshire



The NHS in this part of the country looked at ways to make annual health checks better.



They made sure more people get a **health action plan**.

# Work in different parts of the country

What is inside?

Introduction

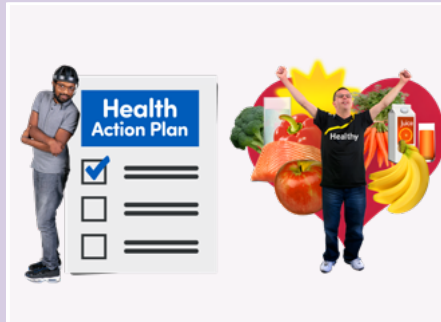
What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

**Work in  
different parts  
of the country**

Find out more



A **health action plan** should include:

- what your health goals are



- what your GP needs to do to support your health



- what you need to do to support your health.

# Work in different parts of the country

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

**Work in  
different parts  
of the country**

Find out more



They looked at why some people do not go to their annual health check.



They made sure that GP practices know how to support people with a learning disability.



**Coventry and Warwickshire**

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

**Work in  
different parts  
of the country**

Find out more



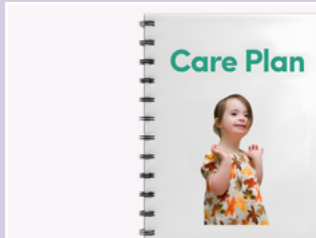
**Helping children and young people stay well in Lincolnshire**



The NHS in this part of the country found new ways to look after children with breathing problems.



The team also showed parents how to do physiotherapy with their children to keep them well.



They made a care plan for each child.

# Work in different parts of the country

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

**Work in  
different parts  
of the country**

Find out more



They visited any child or young person at home when they first became poorly.



Their work means children can be looked after at home and not have to go into hospital unless they really need to.



**Lincolnshire**

# Work in different parts of the country

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

**Work in  
different parts  
of the country**

Find out more



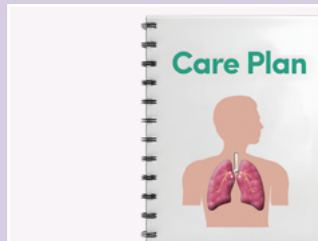
## Looking after adults with breathing problems in Bradford



The NHS in this part of the country found new ways of looking after people with breathing problems.



The team's work means people can stay at home unless they really need to go to hospital.



They worked with people to make a 'keeping my chest healthy' care plan.



What is inside?

Introduction

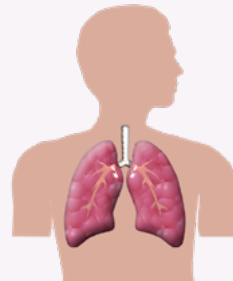
What is LeDeR?

The reasonable  
adjustments  
digital flag

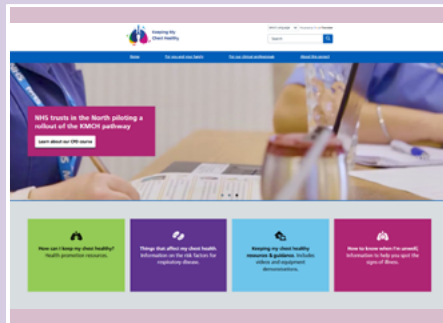
Health and care  
passports

**Work in  
different parts  
of the country**

Find out more

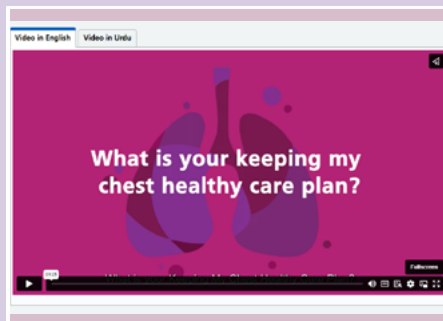


The plan says everything that the person needs to keep them healthy and to look after their lungs and the airways that they breathe through.



The team also made a website which includes:

- useful information to support people



- videos about how people can be supported to stay well at home



# Work in different parts of the country

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

**Work in  
different parts  
of the country**

Find out more



All the website information is available in more than 120 different languages.



To find out more about their work go to  
[keepingmychesthealthy.bdct.nhs.uk](https://keepingmychesthealthy.bdct.nhs.uk)



**Bradford**

# Work in different parts of the country

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

**Work in  
different parts  
of the country**

Find out more



## Helping people get good health care in Greater Manchester



The NHS in this part of the country has set up **good health groups**.



**Good health groups** make sure that people with a learning disability can get the right support in the area they live.



They employed more staff to support people with a learning disability.

# Work in different parts of the country

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

**Work in  
different parts  
of the country**

Find out more



They supported more people to get on their GP (doctor)'s learning disability register so that they can have an annual health check.



They supported more people to get vaccines and cancer screenings.

**Manchester**



What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

**Work in  
different parts  
of the country**

Find out more



## Looking at medications in Surrey



The NHS in this part of the country is helping to make sure people with a learning disability do not get constipation from the medication they take.



They reviewed lots of people's medication.



# Work in different parts of the country

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

**Work in  
different parts  
of the country**

Find out more



They gave better support to people who have constipation.



**Surrey**

# Work in different parts of the country

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

Work in  
different parts  
of the country

Find out more



Supporting people to make the best choices in the South West



The NHS in this part of the country has been training staff to make sure that the right **DNACPR decisions** are made.



**DNACPR** means **Do Not Attempt Cardiopulmonary Resuscitation**.



What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

**Work in  
different parts  
of the country**

Find out more



They made accessible information about filling in the **DNACPR forms**.



**South West**



# Work in different parts of the country

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

**Work in  
different parts  
of the country**

Find out more



**Supporting people living in care homes to manage their weight in Norfolk**

**NHS Norfolk**



The NHS has been working with people who live in care homes.



They worked with care home staff to do better meal planning and make lower fat meals with more vegetables

# Work in different parts of the country

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

**Work in  
different parts  
of the country**

Find out more



They supported some residents to exercise at a local gym.



Staff were trained about the importance of managing residents' weight.



**Norfolk**



# Find out more

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

Work in  
different parts  
of the country

Find out more



You can find out more about work being done in the area you live in by contacting your **local integrated care board or ICB**.



To find the names of your local ICB search for:  
**‘Find your local integrated care board’**



To find the name you could also use this link  
[www.nhs.uk/nhs-services/find-your-local-integrated-care-board/](http://www.nhs.uk/nhs-services/find-your-local-integrated-care-board/)



This information **is not** in Easy Read.



# Find out more

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

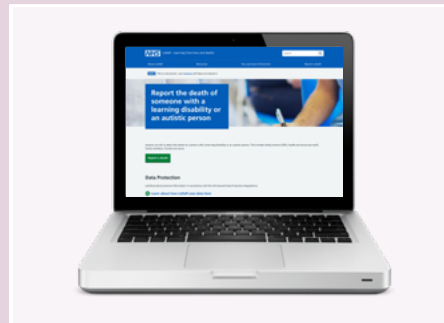
Health and care  
passports

Work in  
different parts  
of the country

Find out more



Each ICB in England will write a report every year about the work they are doing on LeDeR.



To find out more about LeDeR go to the LeDeR website:

[www.leder.nhs.uk](http://www.leder.nhs.uk)



# Find out more

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

Work in  
different parts  
of the country

Find out more



To find out more about the NHS England learning disability and autism programme go to the website:

[www.england.nhs.uk/learning-disabilities](http://www.england.nhs.uk/learning-disabilities)



These websites are not in Easy Read.





# Find out more

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

Work in  
different parts  
of the country

Find out more



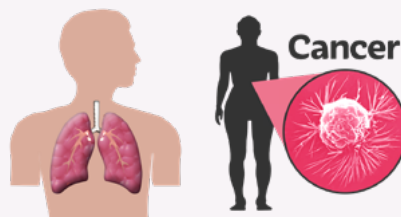
## LeDeR resource bank



Health and care staff are using a website called the **LeDeR resource bank**.



The website has lots of information, videos and guides for health and care staff.



The website also covers different health problems that people with a learning disability and autistic people can have.



# Find out more

What is inside?

Introduction

What is LeDeR?

The reasonable  
adjustments  
digital flag

Health and care  
passports

Work in  
different parts  
of the country

Find out more



## Getting the support you need



Remember if you feel unwell or notice any changes in your health, make sure you:



- speak to healthcare staff as soon as you can



- tell someone you trust.