
Your learning disability nurse specialist

Please contact the learning disabilities CNS if you have any question about your relative, service user or patient with learning disabilities and/or autism who is accessing the hospital for any reason.

The service is available from Monday to Friday from 8.00am to 4.00pm, excluding bank holidays.

If the nurse specialist is not available, please leave a message and she will call you back as soon as possible. Alternatively, you can email adult.safeguarding@southend.nhs.uk



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If this leaflet does not answer all of your questions or if you have any other concerns please contact the liaison nurse on: **01702 435555 ext 6448.**

For an easy read version of this leaflet please also use the above contact details.

www.southend.nhs.uk

For a translated, large print or audio tape version of this document please contact:
Patient Advice and Liaison Service (PALS)
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The learning disability specialist nursing service at Southend University Hospital



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People with learning disabilities and/or autism can have health needs which may at times go unrecognised and unmet. This in turn can impact on life expectancy as well as quality of life. It can also mean they are likely to be frequent users of general hospital services.

Evidence suggests that accessing hospital services can be problematic for people with learning disabilities and/or autism. Staff require support to ensure that individual needs are met effectively.

One method of support is specialist nursing input in the form of the learning disability clinical nurse specialist (CNS). Southend University Hospital now has a learning disability nurse specialist to help support people with learning disabilities and/or autism and their families/carers who access the hospital for any reason.

The learning disabilities CNS aims to play a crucial role in raising the profile and status of adults who attend the hospital and who have a learning disability and/or autism.

How can the learning disabilities nurse specialist help?

- To work with staff and patients and their families/carers to assist them with admission to hospital, who are 18 or older
- To support and enable acute services to make reasonable adjustments to the way we deliver care for people with learning disabilities and/or autism
- To actively promote the needs and rights of people with a learning disability and/or autism, including issues of consent, right to treatment and mental capacity
- To raise awareness of the specific health needs of people with a learning disability and/or autism and provide person centred risk assessments which outline interventions and measures to reduce risks
- To act as an advocate for patients/carers and their families
- To work closely with colleagues in primary care

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- To provide education and training for front-line staff to increase awareness of the needs of patients with learning disabilities and/or autism and how to adapt and plan care for them.

The learning disability nurse specialist can help with the following:

- pre-admission and discharge planning
- desensitisation planning
- communication advice
- service user education
- carer support and advice
- liaising with GPs, community teams and relevant organisations
- capacity and consent advice
- facilitation of outpatient appointments
- pre-discharge planning
- accessible information development
- advice and support on reasonable adjustments for people with learning disabilities and/or autism when accessing the hospital.