Services for People who have a Learning Disability

Service information
Access to Services for People who have a Learning Disability

The Learning Disability Service has an open access referral system. Anyone (service users, carers, social workers, healthcare providers, independent providers) can access our services by sending a referral to one of the community teams in your area:

- Basildon/Brentwood CLDT – 01268 739130
- Castle Point/Rochford CLDT – 01268 739134
- Southend CLDT – 01268 739133
- Thurrock CLDT – 01375 390044 ext 5635

The Community Learning Disabilities Team aims to provide high quality specialist healthcare expertise for adults who have a learning disability. We work in partnership with clients, carers, GP practices and other agencies and professionals to ensure that services provided meet individual needs.

We also support individuals to access mainstream services through collaborative working and education of colleagues.

We aim to uphold the Trust mission statement and values, and work to the Trust Policies and Procedures.

The principles of service delivery are for individuals to:

- Receive person centred healthcare.
- Get the health services they need, where and when they need them.
- Be listened to and involved in making choices about their care.
- Have information about their treatment/support in a way that they can understand.
- Have their rights protected.
- Keep fit and healthy.

The service objectives are to:

- Allocate referrals to the most appropriate professional(s) or clinic.
- Prioritise referrals in accordance with set criteria and standards.
- To offer an 18 week pathway, from assessment to treatment.
- Signpost referrals on to more appropriate services.
- Provide a range of specialist clinics.
- Offer assessment and treatment in accordance with best practice and to deliver this in the most appropriate environment.
- Care plan treatment in collaboration with the client and provide clear documentation of this.
- Evaluate effectiveness/quality of service provision, through audit and annual service user feedback questionnaire; implementing service improvement initiatives in line with recommendations from these.

To be eligible to access Specialist Healthcare services clients must:

- Be 18 years or over, or under transition arrangements with the Adolescent services.
- Have a diagnosis of a Learning Disability
- Be registered with a local General Practitioner (GP).
- Have a specialist healthcare need, that cannot be fully met by mainstream services.

For people who are in crisis due to acute challenging behaviour and/or mental health problems, the Learning Disability Nursing Service provides a response service on Monday to Friday between 8am and 8pm.

Outside of these hours please use the Accident and Emergency service.
Learning Disability Specialist Mental Health Services

Introduction:

The core of the medical service we provide is Psychiatry services for adults with Learning Disabilities. We provide services with other team members (e.g. community nurses, psychologists, occupational therapists, speech and language therapists), psycho-social intervention and also provide generic medical care facilitation mainly liaising with G.P surgeries.

Our department consists of four Consultant Psychiatrists, one Specialty Doctor and up to three junior doctors along with Medical Secretaries. The Consultant Psychiatrists have had higher specialist training in Psychiatry of Intellectual Disability and are all full time and on the Specialist Register of the General Medical Council.

Summary of services offered:

Specialist diagnosis and treatment of mental health problems, behaviour disorders, epilepsy coexisting with one of the preceding, dementia and autistic spectrum disorders in adults with intellectual(learning) disabilities.

We each look after a caseload of several hundred outpatients who are seen at clinic bases, day centres and in their own homes as flexibly as possible. We have regular meetings with community staff for new referrals and complex cases. We will also help by telephone and email in many situations.

We also assess, and manage inpatients at the units in Heath Close, Billericay (CM12 9NW) whose needs cannot for that time be met in the community alone. The recent CQC inspection found no moderate or major concerns.

We deal with forensic issues including people on Section 37/41, Guardianship, and Community Treatment Orders of the Mental Health Act ‘83. We also provide Police and Court liaison and in-patient services for these people when they do not need Forensic secure services.

We participate in audit and research to improve quality of services for people with intellectual disabilities and provide teaching to doctors and other professions. We help provide leadership in clinical governance and service management with our colleagues and contribute to practice development.

For further information regarding this service, please contact:-

Dr Tom Picton, Clinical Director 01702 538178
Dr Victor Udu, Consultant Psychiatrist 01702 538179
Dr Anton Canagasabey, Consultant Psychiatrist 01277 637203
Dr Habibur Rahman, Consultant Psychiatrist 01277 637203
Psychology

Introduction

The Psychology Department provides a service across the Trust for adults with a Learning Disability, who have additional psychological/mental health needs and/or challenging behaviour. When appropriate, we also carry out diagnostic assessments to establish whether a client is eligible to access specialist services for people with a Learning Disability.

Our aims

“Clinical psychology aims to reduce psychological distress and promote psychological well-being.” (British Psychological Society, 2012).

What do we offer?

We use a range of direct/talking therapies and indirect/consultation level interventions to help clients and their carers understand and address difficulties. Much of our time is spent working collaboratively with clients and carers to ensure everybody is working together to achieve the best possible outcome.

What types of difficulties can we help with?

The Psychology team help people with Learning Disabilities (significant impairment of intellectual and social functioning) with emotional, behavioural and social interaction difficulties. Typical problems that clients might present with include behaviour that challenges, psychological/mental health difficulties including anger problems, anxiety, depression, psychosis, personality difficulties, complex trauma and relationship difficulties.

How do we work?

Our practice follows a process of Assessment, Formulation, Intervention and Evaluation, and draws on evidence-based models.

Assessment

Assessments may include clinical interviews, formal/neuropsychological assessments using psychometric measures, cognitive and social functioning assessments, behavioural analysis, and gathering historical and contextual information.

Formulation

We use the information gathered through the assessment process to develop a collaborative understanding of current difficulties, their evolution and the individual and systemic factors that may be maintaining these issues. We then use this information to plan interventions and identify goals for therapy.

Intervention

We draw on a range of psychological models to inform interventions. These include:

- Cognitive behavioural therapy (CBT)
- Behavioural theory
- Systemic theory
- Dialectical behaviour therapy (DBT)
- Neuropsychological theory
- Narrative therapy
- Community psychology

Evaluation

We use formal, objective and subjective measures to evaluate the efficacy of our interventions.

Where do we work?

We offer flexibility in where and when sessions are held with clients and carers.

For more information contact the Psychology Department, 3 Heath Close, Billericay CM12 9NW.

Tel: 01277 637224
Fax: 01277 637208
In-Patient Learning Disability Services

Introduction

The in-patient provision for Adults with a Learning Disability is based at Heath Close, Billericay. There are three in-patient units: Byron Court, Keats House and Bronte Place, housing a total of 18 beds.

All units have a multi-disciplinary approach, the team comprises of Learning Disability nurses, Behaviour Therapists, Occupational Therapists, Speech and Language Therapists, Psychologists, Housekeeping staff and Medical staff. Psychiatrists provide the clinical lead for the overall management of the patients admitted under their care.

Summary of services offered

Byron Court provides ten contracted and two extra contracted beds for mental health assessment and treatment of adults with a learning disability. It provides a service to informal patients and those patient detained under the Mental Health Act.

Keats House provides three contracted beds and two extra contracted beds for adults who may require a step down rehabilitation service following a period of assessment and treatment in medium to low secure environments and for mentally disordered adults with learning disability following a path of disposal from courts (e.g Section 37, Section 37/41 of Mental Health Act 1993) who do not need “secure units” but inappropriate for admission to Byron Court in the first instance. Patients may also be transferred from Byron Court for a period of rehabilitation. Keats House does not provide acute forensic services, however it does provide a step down rehabilitation service to adults who are detained under the Mental Health Act.

Bronte Place provides one contracted bed for long term rehabilitation of adults with a learning disability both informal and those detained under the Mental Health Act.

Range of Interventions:

- Possible general health and comprehensive psychiatric assessment and investigation interventions (such as initiating, adjustment and monitoring of medications), using Bio-Psycho-Social model of care.
- Social care and nursing assessments of needs
- Psychological assessment for psycho-social interventions – cognitive behavioural interventions.
- Occupational therapy assessment and intervention
- Speech and language communication assessment
- MDT risk assessment
- Behavioural assessments including functional assessments
- HONOS
- Nursing assessment of Mental Health State
- Assessment of Autistic Spectrum Disorder
- Nursing assessment of self help skills
- Communication assessment
- Monitoring of epilepsy

For further information regarding this service, contact the Sister at Heath Close on 01277 637202.
Crisis support team

Introduction

The Crisis Support Team aims:

• To enable people with learning disabilities to live in the community with the level of support required to meet their mental health needs. This will hopefully prevent unnecessary admissions. To work jointly with Byron Court staff to ensure any in-patient stays will be timely and therapeutic.

• To support the discharge process and enable people to live in the community with appropriate support once again.

Summary of services offered

This is primarily a nursing service and we offer intensive support for people with learning disabilities who are experiencing deterioration in their mental health and/or behaviour. We assess needs and can advise others about the service users current care needs. This includes assessing risk in any given situation and involves referring on as appropriate and signposting to other services.

We work with people in any situation, this may be their own home, respite, day services or the general community.

We work closely with family, informal and paid carers and in partnership with other professionals within the multi-disciplinary team. These include Behaviour Therapy, Psychiatry, Psychology, Occupational Therapy and Speech and Language Therapy.

After assessment and a period of intensive support we can help people plan strategies to help prevent further periods of crisis. This involves liaising closely with primary care and acute services.

REFERRALS:

The Crisis Support Service is available Monday – Friday 8.00 a.m until 8.00 p.m.

Southend 01268 739133

Castle Point & Rochford 01268 739134

Basildon 01268 739130

Thurrock 01375 390044 ext. 5635

Referrers will be given a referral form to complete as soon as possible.
Health Facilitation Service

Introduction

The Health Facilitation service is provided by Specialist Community Learning Disability Nurses and Support Workers based within each local Community Learning Disability Team. They are managed by the Nurse Team Manager.

Their role is to improve access to mainstream services for people with learning disabilities and ensure that they receive equitable health care.

Summary of services offered

1. Supporting GP practices to ensure that all people with a learning disability have an Annual Health Check. This could be supporting GP practices to encourage attendance at appointments or carrying out follow up visits to service users where a health need has been identified.

2. Encouraging and promoting the use of Health Action Plans.

3. Providing education and advice to other healthcare providers to increase awareness and understanding of the needs of people with learning disabilities.

4. Working jointly with other healthcare providers to improve health outcomes for people with learning disabilities.

5. Provide teaching and advice to people with learning disabilities and their carers regarding specific healthcare issues and health promotion.

This service is offered from Monday – Friday between the hours of 8am -8pm.

For further information please contact:-

Basildon and Brentwood CLDT – Joanne Eaton 01268 739130 or joanne.eaton@sept.nhs.uk

Castlepoint and Rochford CLDT – Sonia Young 01268 739134 or Sonia.young@sept.nhs.uk

Southend CLDT – Dave Thompson 01268 739133 or dave.thompson@sept.nhs.uk

Thurrock CLDT – Sheila Talbot 01375 390044 ext. 5635 or Sheila.talbot@sept.nhs.uk
Introduction
The Behaviour Therapy Service (BTS) offers a specialist behavioural assessment and treatment for adults with learning disability who engage in challenging behaviour. BTS works in partnership with the individuals, their carers/families, the multi-disciplinary team and practitioners from different disciplines and agencies.

The In-Patient Behaviour Therapy Service (BTS) offers a specialist behavioural assessment and treatment for adults with learning disability who engage in challenging behaviour that are admitted to Byron Court and Keats House.

The objectives of the BTS are to:

- Enhance the persons and their carers skills to cope with and manage occurrences of challenging behaviour
- Support the discharge of the person by providing up to 6-weeks follow-up home visits to help prevent re-admission to the In-Patient Unit
- To hand-over the care of the person to the Community BTS to maintain continuity of care.

Summary of services for community and in-patient service:

Behaviour assessment focuses on an attempt to

- Explore the impacts of various factors in the emergence and maintenance of the individual’s challenging behaviour.
- Investigate the impacts of the challenging behaviour on an individual’s quality of life.
- Assess the individual’s personal and social strengths and weaknesses and their relationship with their behaviours.
- Examine the individual’s emotional and cognitive states to understand their motivation to engage in particular challenging behaviour
- Understand the various functions served by the individual’s challenging behaviour
- Make recommendations as to behaviour strategies to cope with and manage the individual’s challenging behaviour.

Behaviour strategies aim at enhancing the individual’s quality of life through

- Enhancing the individual’s social and emotional living or working environment
- Controlling and/or preventing the identified triggers to the individual’s challenging behaviour
- Enabling and facilitating the individual to acquire and develop skills to replace and/or manage their challenging behaviour
- Enabling carers/families to develop coping skills to prevent and/or manage occurrences of challenging behaviour.

Behavioural reports and recommendations will be produced, discussed and explained with the individual and their carers/families following the completion of the behaviour assessment.

For further information about the BTS community, please contact:
Learning Disability Community Team
(in your local area)

For information about the BTS inpatients, please contact:
Behaviour Therapy Service
4 Heath Close
Billericay
CM12 9NW
01277 637200
Occupational Therapy

Introduction

Occupational Therapy (OT) is defined as;
‘A profession concerned with promoting health and well being through engagement in occupation’

World Federation of Occupational Therapy

OT’s core philosophy is that a person’s engagement in meaningful and valued activities and roles is paramount to their health and wellbeing.

We help clients and their carers, to identify the occupational elements that contribute to the difficulties they have carrying out meaningful activities. We then provide advice, support and client-centred intervention to assist them to achieve identified occupational goals, with the ultimate aim being the improvement of physical and/or mental health and sense of wellbeing.

Summary of services offered:

• Holistic assessment of a person's occupational functioning where their function is affected by their learning disability
• Detailed assessments of individual factors that are thought to be adversely affecting occupational functioning and health (e.g.: motivation or skills).
• Activity based intervention focused on improving functional ability - both physical function and mental / emotional wellbeing.
• Advice on adapting environments (e.g.: altering room layouts, using a particular equipment type), tasks, support, or routines to maximize a person's level of functioning.
• Advice on the use of specific activities/grading of activities, coping strategies or development of new roles, interests, routines and skills to enable improved occupational or social functioning.
• Sensory processing based interventions – people with a learning disability and/or Autistic spectrum disorder are more likely to have a sensory processing disorder. Assessment focuses on helping to recognise why a person has difficulty receiving, organising and understanding sensory input. Subsequent recommendations and interventions aim to help the person function better and/or learn new skills.
• Posture management assessment and intervention, where posture is affecting function.
• Carer training to support the implementation of recommendations.

For further information regarding this service, please contact:

Monika Samuels (Head OT/SLT) - 01277 637200

Brentwood, Basildon, Billericay, Wickford
Esther Day (Advanced OT) and the Brentwood & Basildon OT Team
01277 312950
01268 643218

Southend, Canvey Island, Shoebury, Rochford
Denise Lockwood (Advanced OT) and the Southend & Rochford OT Team
01702 215770

Heath Close In-patient Provision, Billericay
Gemma Robertson (Senior OT) and the OT team at 01277 637200
Occupational Therapy and Physiotherapy - Posture Management

Introduction

People with Learning Disabilities have a higher prevalence of complex health needs and this population is increasing (DOH 2001). Within this population complex postural deformities are recognised as a significant threat to an individual’s health and well-being (Michael.J. Sir 2008).

Risks associated with a person’s inability to move out of a “destructive posture” can result in a number of serious health and life limiting conditions including:

- Respiratory, digestion and kidney function problems
- Swallowing, eating and drinking difficulties
- Skin integrity and pressure problems
- Shortened life expectancy

Within the learning disability population there is also an increase in the incidence of orthopaedic surgery, manual handling difficulties and the provision of complex equipment and costly care packages.

Summary of service provision

The posture Management OT/PT Team assess individual needs to identify appropriate interventions to maintain, minimise and protect the individuals from further postural deterioration that may impact on their function, physical and psychological well-being.

The benefits of Postural Management are:

- Improved functional ability,
- Encourage active movement and the maintenance of muscle length
- Maintaining proper skeletal alignment,
- Reduce the progression of deformity and fatigue,
- Manage pressure
- Enhance the autonomic nervous systems functions such as respiration, swallowing, digestion and cardiac function.

Posture Clinics

Posture Clinics are held twice a month and at these we will:

- Take a past and present medical history
- Discuss eating, drinking, sleeping and individual function
- Complete a pain assessment tool
- Discuss existing equipment in use i.e. wheelchair, mobility and transfers
- Measure presenting posture in lying / sitting, ranges of movement and limitations
- Agree outcomes with all concerned to be followed up outside clinic
- Client is reviewed 6-12 monthly in clinic

For further information regarding this service, please contact:
Monika Samuels (Head OT/SLT) - 01277 637200

Brentwood, Basildon, Billericay, Wickford
Esther Day (Advanced OT) and the Brentwood & Basildon OT Team 01268 643218
01277 312950

Southend, Canvey Island, Shoebury, Rochford
Denise Lockwood (Advanced OT) and the Southend & Rochford OT Team 01702 215770

Michael. J. Sir (2008) Healthcare for All- report of the independent enquiry into access to healthcare for people with learning disabilities
Physiotherapy Service

Who we are?
We are a specialist physiotherapy team working across Brentwood and Basildon as part of the learning disability service.

Our aim is to provide individualized, person centred service to restore or enhance movement and function, through exercise, manual therapy, education and advice, in order to maximize the functional abilities and to reduce the secondary complications. These may include pain, deformities, pressure sores, respiratory, circulatory or mobility problems.

Who is the Service for?

- Adults 18+ years with learning disabilities residing within Brentwood and Basildon.
- Service users who are unable to access the mainstream services, due to communication difficulties, challenging behaviours, mental health problem, multiple health needs, or profound physical disabilities.

Where?
Location is dependent on the needs of the client so this could be:

- Clients own home
- 24/7 supported living
- Residential home
- Nursing home
- Day centre
- Leisure centre
- Assessment and treatment unit
- Acute hospital and various places as per client need.

How do we work?

We undertake a holistic and comprehensive assessment and carefully plan the intervention. We work in close partnership with the individual, families, carers and care providers. We liaise and work jointly with other professionals within the multidisciplinary team. The interventions are carried out in appropriate settings that best meet the individual needs.

What do we do?

Depending on the needs of individual we deal with:

- Assessment and management of functional ability with the aim of creating individualised exercise programme to reduce effect of profound physical disabilities and help maintain movement and function.
- Facilitate the implementation of a 24 hour posture management programme. This includes corrective orthosis, standing & seating and lying supports.
- Give guidance and advice on mobility, balance and falls prevention.
- Therapeutic manual handling advice.
- Assessment and advice on specialist equipments. [e.g. mobility aids, wheelchair, armchair, orthosis, manual handling equipments]
- Hydrotherapy management.
- Facilitating access to mainstream service.[e.g. Gym, swimming]
- Facilitating the safe transition of clients with the physiotherapy needs [e.g. paediatric to adult service, one service provider to another].
- Reducing inactivity and ensuring provision to meet the physiotherapy needs of the clients.
Referrals:

We have open referral process, accepting referrals from within the community for people with a learning disability, who may need specialist support [because of cognitive deficits or complex health care needs] and who may not be able to access generic mainstream services.

All referrals received are assessed and prioritized according to the clients’ needs.

For further information please contact us at

Brentwood & Basildon Physiotherapy Learning Disability Service
Brentwood Town hall
Ingrave road
Brentwood
CM15 8AY
Telephone: 01277 312950/312953
Fax: 01277 312939
Speech and Language Therapy Service

The SEPT Learning Disability Service includes a Speech and Language Therapy (SLT) Service consisting of 3 teams:

- The Dysphagia SLT Team provides advice, assessment, and recommendations for adults with a learning disability who experience difficulties with eating, drinking, and swallowing (dysphagia).
- The Community Communication SLT Team provides advice, assessment, and recommendations for adults with a learning disability who experience difficulties with expressing themselves and/or understanding others.
- The Inpatient Units SLT Team provides advice, assessment, and recommendations for in-patients in the SEPT assessment and treatment units at Heath Close with a learning disability who experience difficulties with expressing themselves and/or understanding others.

The Community Communication SLT Team

The Community Communication SLT Team comprises 1.2 full time equivalent Speech and Language Therapist. The team also has 1.3 full time equivalent specialist associate practitioners.

The service aims to:

- Provide Makaton signing training and support.
- Provide access to high tech communication aid assessments and support
- Provide low tech communication aid assessments and provision of required resources.
- Provide assessment in safeguarding cases

We offer:

- Specialist clinical assessment according to referral criteria
- Specific Training and support and therapy
- Referral onto specialist services for additional assessments
- Referral to appropriate generic services.
- Multi Disciplinary Team working

Referrals are accepted from service users, carers, GPs, LD community team members.

Contact us at:

Communication Team, Learning Disability Service,
Civic Centre
Victoria Avenue
Southend on Sea
Essex, SS26ER
Tel 01702 534242
The Inpatient Team

The Inpatient Team comprises of 1.4 whole time equivalent SLT, plus 1.2 Associate Practitioners. The SLT team screens all in-patients at Heath Close for communication disorders, and communication-related issues. All input is provided in partnership with the patient, and as part of a multi-disciplinary team approach, including family and carers where appropriate. The service aims to contribute to the multidisciplinary holistic assessment, recommendations, and treatment available for people with highly complex needs including those with Autistic Spectrum Conditions, mental health illness and/or challenging needs, and to provide support and practical advice, including provision of low tech aids to those with severe communication difficulties and their carers, both during their stay and for a 6 week period after discharge.

Contact us at:
Learning Disabilities Speech and Language Therapy Team
4 Heath Close
Billericay
Essex, CM12 9NW
01277 637200

The Dysphagia Team

The Speech and Language Therapy Dysphagia Service offers a comprehensive and responsive service to adults with a learning disability who suffer from swallowing difficulties. It is a community based service which assesses and treats clients both in their own homes and in a clinic setting. Referrals are via GP only. We see clients in Brentwood, Billericay, Grays, Basildon, Castlepoint and Southend.

The team

The dysphagia team comprises of two Specialist Speech and Language Therapists who have undertaken specific training in the assessment and management of adults with learning disabilities and dysphagia. The team also has two specialist technicians.

Service aims

- To reduce the risk of choking and aspiration pneumonia.
- Reduce risk of negative health consequences associated with dysphagia ie chest infections, malnutrition, dehydration
- Promote improved quality of life and participation in mealtimes
- Promote awareness around dysphagia in ALD population
- Promote importance of oral hygiene

What we offer

- Specialist clinical assessment- ie use of cervical auscultation, pulse oximetry
- Client centred specialist guidelines
- MDT working- ie Occupational Therapy, Physiotherapy, GPs, Dieticians
- Referral onto specialist services for additional assessments and treatment ie Videofluoroscopy and Gastroenterology
- Assessment of eating and drinking and advice around texture modification of diet
- Advice around alternative feeding ie PEG
- Advice on use of specialist equipment
- End of life care
- Transfer from hospital setting
- Training around safe eating and drinking

Contact us at:
Brentwood Town Hall
Ingrave Road
Brentwood
Essex
CM15 8AY
Tel: 01277 312950
Patient Experience Team
If you have any concerns or need advice about accessing NHS services, you can speak in confidence to the Patient Experience Team on 0800 085 7935.
or you can email pals@sept.nhs.uk
This leaflet can be produced in large print, audio cassette, Braille and other languages on request.

SEPT regards equality and diversity as integral to the way it works. Our staff will ensure that everyone is treated fairly and no one is discriminated against on the basis of their ethnicity, gender, disability, age, sexual orientation and religion or belief.