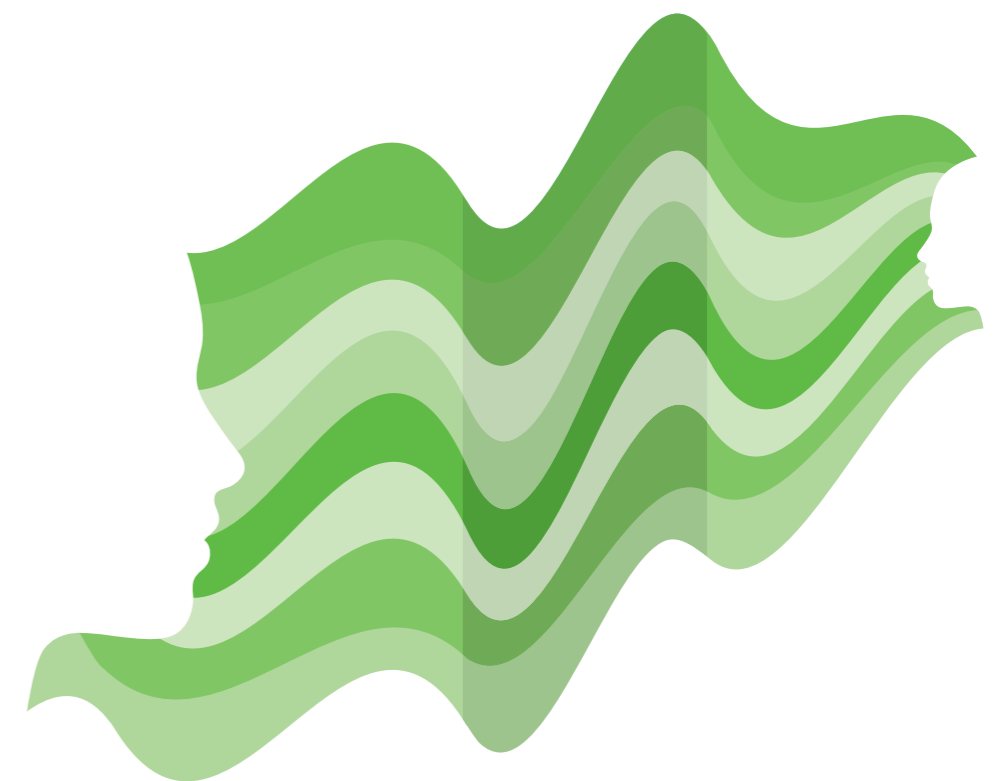




How we can help and support you: A Guide for Complex Physical Health for Adults with a Learning Disability




Learning Disability and Neurobehavioural Clinical Academic Group (IdCAG)



How we can help and support you:
A Guide for Complex Physical Health for
Adults with a Learning Disability

Learning Disability and Neurobehavioural
Clinical Academic Group (IdCAG)

	<p>Communication</p>	<p>We will think about your communication needs and level of understanding.</p> <p>We will make changes to help you understand information about your health care.</p> <p>We can help the people who support you and others to understand more about how to communicate with you.</p>
	<p>Physical Health Care</p>	<p>We will offer you support with:</p> <ul style="list-style-type: none"> • Specialist assessment • Care planning and co-ordination • Health Action Planning • Safety Planning • Help with medication • Getting the right specialist referrals and care • End of Life Care
	<p>Daily Life</p>	<p>We understand that your daily life can affect your physical health.</p> <p>We can help you to take part in activities that are important to you.</p>

	<p>Behaviour and Lifestyle</p>	<p>We can offer help and support, or refer to other services to help with:</p> <ul style="list-style-type: none"> • Diet • Exercise • Weight • Substance use • Sexual health • Behaviours/routines
	<p>Friends and Family</p>	<p>We want you, your family and your carers to be a part of your assessments and support.</p> <p>We will encourage and support your family and carers to be involved, where possible.</p>
	<p>Service Quality</p>	<p>We offer help and support with:</p> <ul style="list-style-type: none"> • Choice and consent • Transition between services • Health screening / promotion • Using other health services like your GP or when in hospital • Making use of community services

More information

For more information, please go to: www.sussexpartnership.nhs.uk/CAGs. This provides our Menu of Care and Interventions for the Complex Physical Health Pathway, of which this document is a summary.

All images provided by **Inspired Service Publishing Ltd**: www.inspired.pics/ and **Photosymbols**: www.photosymbols.com

If you require this document in another format such as large print, audio and other community language please contact the Clinical Academic Groups at: cags@sussexpartnership.nhs.uk

cags@sussexpartnership.nhs.uk

