Supporting Psychological Wellbeing in Adults with Learning Disabilities

<u>Skilled Practice Level</u>

Outcome 1 -   Adults with learning disabilities receive support from staff who have understanding of the causation of challenging behaviour and mental health issues

Resources

- **Modules 5 and 6** http://www.nes.scot.nhs.uk/media/579631/complex_needs_final.pdf

Outcome 2 -   Adults with learning disabilities are supported by staff who make a positive contribution to the assessment of challenging behaviour and/or mental health issues

Resources

- **Unit 2, Section 3, Unit 4, Section 1**   http://www.nes.scot.nhs.uk/media/2714869/thinking_about_me.pdf

Outcome 3 -   Adults with learning disabilities are supported by staff who communicate well with them

Resources

- www.dimensions-uk.org/publication/communication-systems-for-people-with-learning-disabilities-and/

- Five good communication standards (rcslt), www.**rcslt**.org/news/**good_comm_standards**

Audrey Espie, Psychology Department NHS Fife 2017

Outcome 4 -   Adults with learning disabilities are supported by staff who understand the potential impact of their own behaviour on another person's behaviour and mental health

Resources

https://www.nice.org.uk/guidance/ng54/chapter/Recommendations#social-and-physical-environment-interventions

https://en.wikipedia.org/wiki/Reflective_practice

- **Unit 3, Section 3** http://www.nes.scot.nhs.uk/media/2714869/thinking_about_me.pdf

Outcome 5 -   Adults with learning disabilities are supported by staff who understand the importance of, and support the development of positive relationships

Resources

- **Recommendations 33 and 34** http://www.gov.scot/Publications/2013/06/1123/9
- **Unit 2, Section 2** http://www.nes.scot.nhs.uk/media/2714869/thinking_about_me.pdf
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Outcome 6 -   Adults with learning disabilities are supported by staff who are knowledgeable about their care plan, and how it is applied in practice (including, where appropriate, specific support in relation to psychological interventions)

Resources

  Unit 1 http://www.nes.scot.nhs.uk/media/2723966/improving_practice_interactive.pdf

Outcome 7 -   Adults with learning disabilities are supported by staff who understand the importance of person-centred planning

Resources

Page 1 http://www.aboutlearningdisabilities.co.uk/normalisation-learning-disabilities.html

Outcome 8 -   Adults with learning disabilities are supported to participate in meaningful activities and in community engagement

Resources

Community-based day activities and supports for people with learning disabilities - Briefings

Outcome 9 – Adults with learning disabilities are supported by staff who are competent in applying reactive strategies

Page 36 https://www.nice.org.uk/guidance/ng11/resources/challenging-behaviour-and-learning-disabilities-prevention-and-interventions-for-people-with-learning-disabilities-whose-behaviour-challenges-1837266392005

Outcome 10 – Adults with learning disabilities who present challenging behaviour are supported by staff who are knowledgeable about their Behaviour Support Plan and how it is applied in practice

Module 5 http://www.nes.scot.nhs.uk/media/570730/pbs_interactive_final_nov_12.pdf

Outcome 11 - Adults with learning disabilities are provided with information and education to assist them in managing their own behaviour and emotions

http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/learningdisabilities.aspx

Outcome 12 - Adults with learning disabilities receive ongoing support in relation to psychological interventions

- **Unit 4, Section 3** http://www.nes.scot.nhs.uk/media/2714869/thinking_about_me.pdf
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Outcome 13 - Adults with learning disabilities are supported by staff who make a positive contribution to monitoring and reporting on challenging behaviour and mental health issues

http://www.sssft.nhs.uk/images/Policies/Care_Planning_Policy/Writing_Good_Care_Plans_SSSFT_PDF.pdf

Outcome 14 - Adults with learning disabilities are assisted to access enhanced or specialist support, advice and/or treatment for psychological needs

https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&cad=rja&uact=8&ved=0ahUKEwiI6LKhgcHXAhVGWhoKHcaMC9gQFggtMAA&url=https%3A%2F%2Fwww.nhsfife.org%2Fnhs%2Findex.cfm%3Ffuseaction%3Dnhs.subjectdisplay%26subjectid%3D63A0D052-E057-08DB-04E10B4579340D92&usg=AOvVaw0vrREKpn1Q80B1210G_--q

https://www.nhs.uk/Livewell/Childrenwithalearningdisability/Documents/NHS-England-Getting-it-right-for-people-with-learning-disabilities-epublication.pdf

http://www.moodcafe.co.uk/national-helplines/learning-disabilities.aspx

Outcome 15 - Adults with learning disabilities who display challenging behaviour are supported by staff who meet the "Direct Contact Competencies" highlighted in the PBS Competence Framework

http://pbsacademy.org.uk/pbs-competence-Framework/

Audrey Espie, Psychology Department NHS Fife 2017