

Understanding Mental Health Needs of People with Intellectual Disabilities

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Objectives

- Definition of Learning Disability
- Highlight mental health issues. Using video clips, group work and discussion.
- Discuss the conditions you will encounter
- Discuss how these conditions may affect a person with a learning disability.

Group work

- What is a learning disability?
- How will it effect people in their everyday life?

What is a Learning disability?

- Learning disability includes the presence of:
 - a significantly reduced ability to understand new or complex information or to learn new skills;
 - a reduced ability to cope independently;
 - an impairment that started before adulthood, with a lasting effect on development
 - IQ <70
- Between 25 and 40% of people with learning disabilities also suffer from mental health problems
- 3-4 times more than the general population

Conditions You May Encounter

- Depression
- Bipolar Disorder
- Psychosis
- Autism
- Challenging behaviour
- This list goes on but these are what we will cover today

Psychosis

<https://www.youtube.com/watch?v=GSnjt83nEho>



Group Work

- What problems does John present with?
- What risk is present? Would you be worried?
- What would you do next?

Psychosis

Hallucinations

- perceiving something when there's nothing there:
 - In any of the 5 senses
 - Most common are auditory (noises or voices)

Psychosis III

- Other symptoms:
 - Irritability / anger / anxiety
 - Suspicious
 - Distractibility
 - Social withdrawal
 - Lack of motivation
 - Poor self care

Depression

https://www.youtube.com/watch?v=iyT2NO_nmx4



Group Work

- What feelings does Virginia describe?
- What other problems may she have been experiencing?
- How may a person with LD present differently?
- What would you do?

Depression

- Low mood
- Low energy
- Lack of interest in things
- Waking early in the morning
- Poor sleep in general
- Tearfulness
- Social withdrawal
- Changes in appetite with weight loss
- Deliberate self harm and suicidal ideation
- Sometimes psychotic symptoms

Bipolar Disorder

<https://www.youtube.com/watch?v=AKV5sICDYs8>



Group Work

- What characteristics of Bipolar Disorder does Mr Jones present with?
- How does his presentation change?
- How may someone with LD present differently?
- What would you do?

Bipolar Disorder

Manic episode

- Elevated mood
- Increased activity and energy levels
- Feelings of well being and high self esteem
- Increasingly talkative
- Irritability
- Distractibility
- Decreased sleep
- Speech that is difficult to follow
- Sometimes psychotic symptoms

Mood disorder in people with LD

- Presentation may be different for patients with learning disability.
- Depression of mood may be missed more frequently than a manic episode.
- The onset of depression tends to have a slower onset and the changes can appear less dramatic.

Group work

- How may a person with a learning disability present and behaviour if they are suffering from a mood disorder?
 - Depression
 - Manic episode/elation

Mood disorder in people with LD

Changes in behaviour seen:

- activity levels
- sleep patterns
- eating habits
- poor self care
- Social interactions
- Agitation
- Aggressive behaviour
- Self injurious behaviour

Anxiety & Stress Related Disorders

Main categories are

- Phobias
- Generalised anxiety disorder
- Panic Disorder
- Obsessive Compulsive Disorder
- PTSD
- <https://www.youtube.com/watch?v=4LTRS7pPkCU>

Personality disorder

- <https://www.youtube.com/watch?v=OnwVTrZcn5s>

dementia

- Still Alice
- <https://www.youtube.com/watch?v=ZrXrZ5iiR0o>
- What feature would someone present with when they are in the early stages of dementia
- What is the presentation of end stage dementia?

Medication

- Antidepressants
- Mood Stabilisers
- Antipsychotics
- Benzodiazepines
- Stimulants
- Night sedation

MindEd resources

- www.minded.org.uk

Search learning disability

- Ld mental health assessment and formulation
- Ld mental health psychosis and mood disorder
- LD Mental health trouble with the law



Any Questions?

Thank You

Challenging Behaviour

<https://www.youtube.com/watch?v=z6qco6gCsVE>



Group Work

- What challenging behaviour does he present with?
- What can cause challenging behaviour in a person?
- What forms of challenging behaviours exist?
- What can be done to help?

Challenging Behaviour

- Challenging Behaviour Foundation Definition:
‘behaviour which may put themselves or others at risk, or which may prevent the use of ordinary community facilities or a normal home life.’
- May include
 - Aggression
 - Self injury
 - Stereotyped behaviour
 - Disruptive and destructive behaviours

<http://www.challengingbehaviour.org.uk/about-cbf/about-challenging-behaviour.html>

Challenging Behaviour

Possible causes of challenging behaviour:

Physical

- Pain
- Infection
- Constipation
- Seizures
- Changes in medication

Psychological

- Stress or anxiety
- Bereavement Inability to communicate emotions
- Mental illness

Environmental

- Change in
 - routine
 - accommodation
 - care staff
 - contact with family/friends
 - fellow residents
- Noise
- Lack of personal space