Me Time: Meaningful Engagement.

Working in partnership with acute services to introduce reasonable adjustments in secondary care for people with a learning disability.

Gail Elwell, Health Liaison Nurse for people with a learning disability.

Penny Hallas, Lead for arts therapies, Adult learning Disability Service
Health Liaison Service for people with a learning disability in ABUHB

- Supports people to understand aspects of care or prepare for appointments
- Provides advice to staff on meeting their needs in hospital
- Supports to plan for aftercare or discharge
- Advice regarding mental capacity and best interest decision making
Meet Karen
The ‘M.E.’ time project

A referral was received into the Health liaison nurse team from a student Nurse who had noticed that a patient with a learning disability was ‘low in mood’

On visiting the ward all physical health care needs were met but she appeared to be in a state of despair
Arts Therapies

- HCPC registered professions (MA level)
- Work in partnership with service user and their support services to alleviate emotional distress & promote well being
- Creativity to help when words are not enough
New technology to meet the emotional and mental health needs of people with learning disabilities.
A Strategy for Adults with a Learning Disability

2012 - 2017

Blaenau Gwent County Borough Council
Caerphilly County Borough Council
Monmouthshire County Council
Newport City Council
Torfaen County Borough Council
Aneurin Bevan Local Health Board

Informed Health and Care

A Digital Health and Social Care Strategy for Wales

Improving the patient experience

Sharing success in mental health and learning disabilities

The King’s Fund’s Enhancing the Healing Environment programme

NHS

GIG Cymru

ADSS Cymru

Welsh Government

www.gov.wales
Equipment used
Arts Therapies aims for Karen

Introduction of new technology to aid

- Relationship/Communication
- Engagement/interaction
- Choice and control
- Self expression and alleviation of distress
- Promote cultural change in staff teams – bridging gap between physical and learning disability needs
I need a break
Ward manager video
Evaluation & Outcome measures

Computers Evaluation Form

Your name

Did you like using the computers?

Yes

Maybe

No

Would you like to use the computers again?

Yes

Maybe

No

How did you feel whilst using the computers?

Happy

Okay

Sad
Patient data evaluations

How did the service user feel when using the computer?

- HAPPY: 93%
- OK: 7%
Staff data evaluations

Staff Evaluation

- Did the service user engage in the technology?
- Did the service user interact?
- Was the service user able to communicate?
- Did the service user seem happy?
- Did you feel comfortable using the technology?

% Positive
Ward manager 0020
Physio video
Ward manager 0014
Karen with her mother Glenys
Conclusion

This project shows that partnership working with acute services in order to introduce reasonable adjustments enables the needs of people with learning disabilities to be met in a person centered way.

Early indications suggest that M.E. time in conjunction with physical health care is beneficial for the emotional wellbeing of people with a learning disability as well as other patient groups.

This pilot project challenged professional boundaries, specialist knowledge, expertise and skills, as well as service delivery models, to enhance the health and wellbeing of a service user in line with identified aims. It is an example of ‘prudent’ healthcare, as it could be delivered without a arts therapist or HLN.