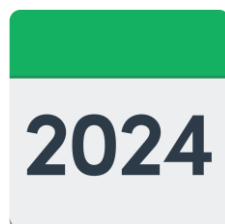
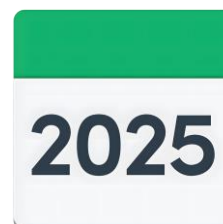




## Norfolk and Waveney Annual Report



to



# Learning from Lives and Deaths – People with a Learning Disability and Autistic People (LeDeR)

# What is the LeDeR Annual Report?



It is a document that looks into why people with a learning disability and autism have died in Norfolk and Waveney.



It helps us to understand what we can do to support people to be healthier and live longer.



The full LeDeR Annual Report is available on our [website](#).



If you have a learning disability and/or autism, we want you to tell us what your own lived experience is like.

We want you to tell us if what we are doing is making any difference to your life.

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## Get in touch



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# How our reviews were done.



The LeDeR programme is led by the Integrated Care Board and supported by the Integrated Care System. It is a team effort.



An Integrated Care Board plans and buys healthcare services for where you live.

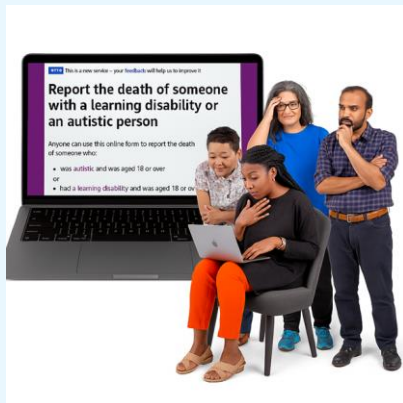


An Integrated Care System joins up all health and care organisations where you live to work.





We have looked into the deaths of people with a learning disability and/or autism over the age of eighteen.

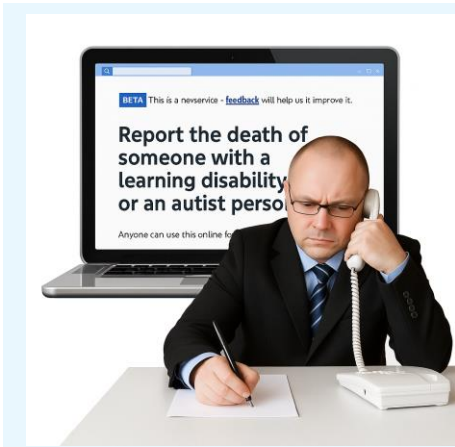


Anyone who can get online can make a referral to LeDeR. This is done online at <https://leder.nhs.uk>.

# What does our annual report tell us?



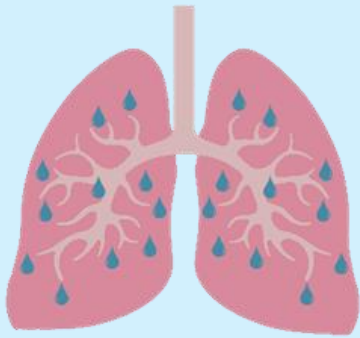
We completed 63 reviews for people with a learning disability and/or autism who died. This is more than last year.



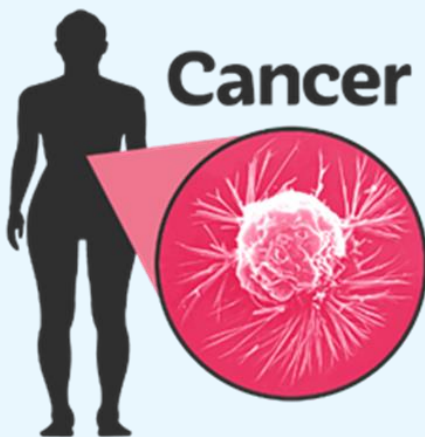
We have had 27 more notifications this year, because we are better at telling people about LeDeR and we have had more notifications for autistic people.



People with a learning disability and/or autism have shorter lives and die younger than people without a learning disability and/or autism.



The most common cause of death was pneumonia. A type of infection in a person's lungs. This is the same as last year.



## Cancer

The next most common cause of death was cancer.



44% of all the deaths could have been avoided or treated. This is higher than we would like but a lower number than last year.



People's experience of care and getting the right treatment is poor but things this year are getting better.



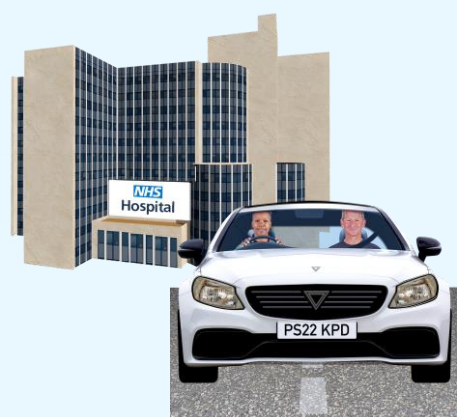
There are some great examples of services supporting people to get the right care, services, and equipment they need. Such as...



Specialist hospital teams offering home or tele health appointments.



Easy-read invite letters sent for annual health checks and easy-read care health action plans provided afterwards.



Moving appointments to a local hospital so people are travelling less, and family can more easily support them.



Making hospital passports together with people and their carers so they are detailed and accurate.



Using the expertise of family, loved ones or parent-carers when making decisions in a person's best interest.



Care homes taking on complex end-of-life care to enable a person to die in their home.



GP surgeries making sure people see familiar staff who they trust, to support them attending appointments.



Here are some other things we have learned from our reviews.



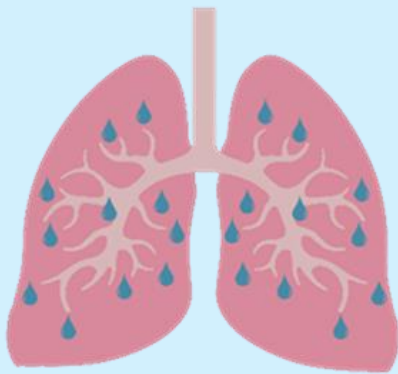
This year 6,965 people had an annual health check. This is more than last year which is great.



More people need to have a health action plan as part of their annual health check. This year 5,466 people had a health action plan, which is more than last year.



More people have had their COVID-19, flu and pneumonia vaccines.



Less people died from a certain type of lung infection called pneumonia, but this was still the most common cause of death.

ReSPECT forms are being completed to a higher standard and information better reflects the wishes of the person it is about.



Sometimes people having treatment or care might not be able to do all the things they want to do. Deprivation of Liberty Safeguards make sure this is done legally and that any restrictions are in the person's best interest.

All services need to be better at getting Deprivation of Liberty Safeguards.

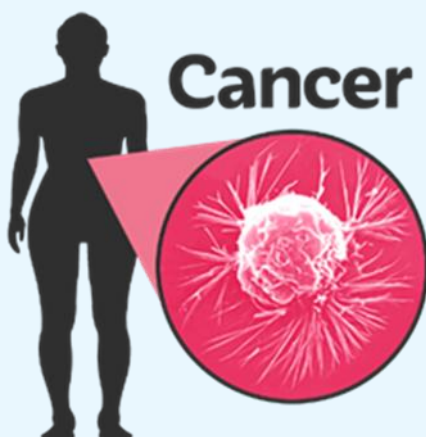


The Mental Capacity Act is a law about making decisions, and what to do when people cannot make some decisions for themselves.

We have seen The Mental Capacity Act being used better to help people make decisions about their care and support.



The Learning Disability and Autism Teams in hospitals are very important. They work very hard to train staff and help patients who are ill.



We have seen more people having bowel, breast and cervical cancer screening, but we can still do better.



Too many people have high blood pressure, also called hypertension. This is bad for your health if not properly managed.



The average age that people died has gone up, and more of our reviews were for people aged 65 years and over.



Most people we reviewed were overweight or obese.



All health and social care professionals need to help people who have learning disabilities and/or autism and agree a plan to work together better.



We have learnt a lot more about what is hard for autistic people who don't also have a learning disability.



There are lots of areas we can improve training and education for paid support and/or family carers, to help them provide better care.



People could have better medication reviews. To make sure they are taking the right amount of a medication that they still need.

# What are we going to do next to improve things?



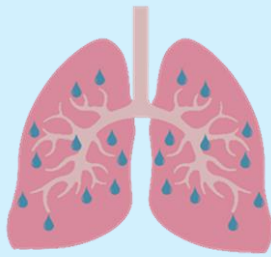
We will do better to complete reviews more quickly, so we learn lessons faster.



We will work together with health and social care staff, people with learning disabilities and autism and families and carers.



We will teach more people about LeDeR and how we can work better to support people with learning disabilities and autistic people.



We want to help people avoid getting pneumonia and aspiration pneumonia. This can mean:



Giving more people their vaccine.



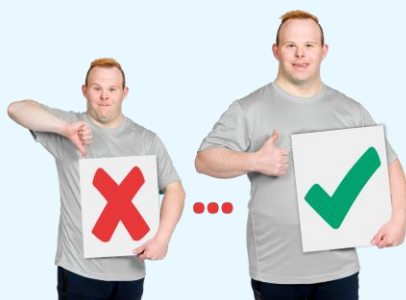
Helping people brush their teeth and keep their mouth clean.



Make sure people are eating and drinking safely.



We will continue our Learning into Action work.



Learning into Action is how we work to make care better and support people to live longer. Some examples of our work include:



We have included learning from Norfolk and Waveney LeDeR Reviews into our local Oliver McGowan Training.



Helping people to attend their annual health check and helping GPs to offer better annual health checks.



Creating easy-read information on end-of-life care.



Telling services about how to support people with a learning disability to access Talking Therapies, such as Cognitive Behavioural Therapy (CBT)