


Appendix 4



LeDeR - Learning from the lives and deaths of people with a learning disability and autistic people

Top ten actions you can take to help prevent deaths of people with a learning disability and autistic people (aged 18 and over)



- 1**
Inform us when an autistic person or a person with learning disabilities dies. You can do this online at <https://leder.nhs.uk/report>
- 2**
We need to ensure that the recording of ethnicity reflects the percentage of the population. Report the deaths of those from the city and from diverse ethnic backgrounds.
- 3**
Mental Capacity Act assessments really do make a difference - review your practices to ensure compliance and share your experiences.
- 4**
Don't estimate weight - please measure, using appropriate equipment, and record accurately.
- 5**
Put care plans in place for people in advance, highlighting the support they require and are likely to need in the years ahead.
- 6**
Have meaningful conversations about end-of-life in advance to ensure people are able to take an active part in discussions about their care.
- 7**
Screening inequities exist, and every effort should be made to improve uptake. Speak to your Primary Care Liaison Nurse for support.
- 8**
Stop prescribing psychotropic medications unless they are absolutely necessary. Refer to the STOMP/STAMP agenda to understand more about reducing unnecessary medications.
- 9**
Aspiration pneumonia happens as a consequence of a precipitating event. Early identification of risk factors and ongoing management saves lives.
- 10**
Blood tests save lives... If you can, take some blood - if you can't, there is help available from the specialist support team.

Use the following link to report to the LeDeR programme:
<https://leder.nhs.uk/report>



Leicester, Leicestershire and Rutland
Health and Wellbeing Partnership

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