

# Improving the Physical Health of People in Sheffield



**A strategy to support people with learning disabilities, autism and severe mental illness**

2019 - 2022

## The problem we want to change



People with a learning disability, autism and severe mental health also suffer from poor physical health.



Many of these people do not get their health problems treated.



Access to health is a big problem.

It affects people's quality of life.



In many cases it leads to illness and an early death.

## What are the causes?



Difficulties accessing treatment.

Some services are not doing enough to make it easy for people to get an appointment.



Unhealthy behaviours such as...

- Eating unhealthy food
- Lack of exercise
- Too much alcohol



These lead to health problems.

**We know that smoking kills.**



Side effects of medication.

Some medications can make the body unwell if taken for a long time.



Poverty makes it harder to afford healthy choices.  
Poor housing leads to stress.

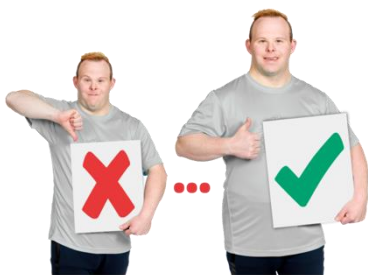


Feeling isolated.  
Not having friends or family to help.



Diagnostic overshadowing.  
This happens when doctors make a mistake and think your problems are about your disability or mental health rather than a physical health problem.

## Our Vision for Sheffield



Organisations in Sheffield have been working together to make things better in the future.



We want people to live longer.

We want people to have a healthy and happy life.



We have a plan on how we will do this.

This is called a “strategy”.



Our strategy is based on national good practice.

We have also listened to the views of service users and carers in Sheffield.

## Our Strategy



Our strategy has **5** areas that will make a difference.

These will help improve the health of people who have a severe mental illness, learning disability or autism.



**1.** People are supported and encouraged to get the physical health care and interventions that they need.

Health professionals will make ‘reasonable adjustments’.

These make sure people with mental illness, learning disability or autistic spectrum condition needs are recognised.

It means they get the right care when they need it.



**2.** Every time a person has a meeting about their mental health, disability or social needs the professional will also ask about their physical health.

This makes sure that every contact counts and physical health is seen as on everyone’s business.



**3.** People will have equal access to healthy living and wellbeing activities and support in their community.

This may mean that people are offered additional support (reasonable adjustments) to participate.



**4.** People will have the opportunity to influence the organisations that they use for their health and care.

This includes how these organisations work together to develop new and better ways of improving people’s physical health in Sheffield.

Carers will also have the opportunity to get involved.



**5.** The key decision-makers in the city will work together to make sure that opportunities to improve physical health are a part of everyone’s plans.

This is across health, social services, private and voluntary sector.

## Next steps



This strategy will be led and supported by the Physical Health Implementation Group (PHIG).

This group works with key organisations across Sheffield.

This includes:

- NHS
- Local Authority
- Learning Disability and Autism Partnership Boards
- Voluntary sector
- Advocacy groups
- Private sector





It makes sure the voice of people with learning disabilities, autism and severe mental illness are heard and acted upon.

## Support during Coronavirus



### Sheffield Mental Health Guide

<https://www.sheffieldmentalhealth.co.uk/>

### Sheffield Carer's Trust

<https://sheffieldcarers.org.uk/>

### Voluntary Action Sheffield

<https://www.vas.org.uk/what-we-do/covid19/>

### Disability Sheffield

<https://disabilitysheffield.org.uk/>

**Sheffield IAPT**  
working together to improve your wellbeing

**IAPT:** IAPT supports the psychological well-being of people in Sheffield.

<http://iaptsheffield.shsc.nhs.uk/>



### Community Learning Disability Team (CLDT):

The CLDT is open Monday to Friday, 9-5. It is a service that supports the mental and physical health needs of adults with learning disabilities.

<https://www.shsc.nhs.uk/services/community-learning-disability-team>



**Sheffield Mencap and Gateway:** offers services to people with learning disabilities, such as helping to make new friends, education, and learn new skills.

[www.sheffieldmencap.org.uk](http://www.sheffieldmencap.org.uk)