



Public Health  
England

# Health Charter for Social Care Providers

HEALTH  
CHARTER

V O D G

# About Public Health England

Public Health England exists to protect and improve the nation's health and wellbeing, and reduce health inequalities. We do this through world-class science, knowledge and intelligence, advocacy, partnerships and the delivery of specialist public health services. We are an executive agency of the Department of Health, and are a distinct delivery organisation with operational autonomy to advise and support government, local authorities and the NHS in a professionally independent manner.

## The PHE Learning Disabilities Observatory

The Public Health England Learning Disabilities Observatory (PHELDO) provides high-quality data and information about the health and healthcare of people with learning disabilities. The information helps commissioners and providers of health and social care to understand the needs of people with learning disabilities, their families and carers, and, ultimately, to deliver better healthcare. PHELDO is a collaboration between PHE, the Centre for Disability Research at Lancaster University and the National Development Team for Inclusion. The observatory is operated by PHE and is also known as Improving Health and Lives (IHaL).

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# Summary

People with learning disabilities have worse health than the general population. The Confidential Inquiry into Premature Deaths of People with Learning Disabilities found, on average, men die 13 years earlier and women 20 years earlier than the general population. 42% of the deaths considered were premature.

This charter has been developed for adult social care providers and staff who have an important role in helping people access good healthcare and lead a healthy lifestyle.

By signing up to this charter, we pledge to:

- make sure that all staff in the organisation understand and apply the principles of Mental Capacity Act
- listen to, respect and involve family carers to achieve the best possible outcomes for the individual
- provide ongoing training to staff on basic health and wellbeing issues including pain recognition and the implications of specific syndromes and health conditions
- provide information on health and wellbeing that is accessible to people with a learning disability
- make sure support is available from someone who can, if necessary, advocate on behalf of the individual so that people can attend and benefit from all types of health appointments
- promote access to screening tests by:
  - helping staff and the people we support to understand their importance
  - working in partnership with clinical services to ensure support is available before, during and after screening checks
- tackle over-medication by following the actions set out in the Stopping Over-Medication of People with a Learning Disability, Autism or Both (STOMP) pledge for social care.

Actions include:

- helping staff know about psychotropic medication<sup>1</sup>, its main uses and side effects
- monitoring the use of psychotropic medication and ensuring there are regular reviews
- working with people with learning disabilities, their families and others to stop over-medication

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<sup>1</sup> The term “psychotropic” refers to medication which results in changes to perception, mood or consciousness

- provide clear guidance to staff relating to each individual that will allow them to administer prescription and non-prescription remedies safely
- facilitate access to an annual health check for every eligible person with a learning disability by:
  - supporting the person to understand the importance of a health check
  - supporting the person to ask the GP for a health check
  - supporting the person to fill out the pre-check questionnaire
  - working with community teams and GP practice staff to put in place reasonable adjustments needed for a successful health check
  - arranging for someone who communicates well with the person to go along to the health check, provided the person is agreeable to this
  - if a person has health needs, supporting him/her to ask for a Health Action Checklist from the GP and then provide support for these actions to be actively followed up and reviewed
  - informing the relevant Clinical Commissioning Group if there are problems accessing health checks
- ensure each person supported by our organisation and who wants one, has a health action plan and hospital passport:
  - we will use the locally agreed format for health action plans and hospital passports where they exist
  - we will ensure health action plans are co-produced with the person with learning disabilities and, whenever possible, are maintained in a format that is understandable to the individual concerned
  - at the time of writing the health action plan or hospital passport, a record should be made of whether the person had capacity and gave permission for the plan to be shared with relevant health and social care staff
  - in accordance with the record of consent, we will ensure that health action plans and Hospital Passports are shared, and accompany the person to any health appointments or into hospital
  - if these documents are not used and the individual is put at risk, we will seek further advice from the local safeguarding team
- if a person has more than one long term health condition including mobility issues, we will request that a healthcare coordinator is made available and named in the person's health action plan
- make sure that all staff, people with learning disabilities and their families are aware of this charter