

Learning disability healthcheck pathway

Active Dorset has a strategic objective to develop deeper and more diverse connections with organisations in our place. Understanding how we can work together, improving access to physical activity opportunities, particularly for those who experience inequality.

What happens currently



In an effort to minimise the health inequalities that people with a learning disability face, NICE guidelines recommend that people with a learning disability are offered an annual health check.

As a result of an annual health check, patients should receive an action plan to support them in looking after their health and wellbeing.

Our impact

As a result, Active Dorset are doing a piece of work to improve the quality of health action plans patients in Dorset receive.

We are working with colleagues in primary care and with People First Dorset to understand what improvements can be made.



Proposed outcomes



- 1 Many people with a learning disability experience poorer health, and die at a younger age. (NICE)
- 2 Healthcare professionals are the preferred source of advice on sport and physical activity for disabled people (Activity Alliance).
- 3 We also know that disabled adults are almost twice as likely as non-disabled people to be physically inactive (Active Lives Survey).

1

To co-produce an action plan template to be used as part of the annual health check that people with a learning disability receive.

2

Improve the quality of action plans so patients can leave their health check with a better understanding of how to look after their health and wellbeing.

3

Increase healthcare professionals confidence on having conversations about physical activity & lifestyle behaviour change through local and national training offers.