

Family Voice Norfolk Conference Workshop – Being and Keeping Healthy

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I work for the NHS to look at how we can have better health and support for children and young people across Norfolk and Waveney.



Being and Remaining Healthy



Growing up and Body Changes

Growing up and Body Changes

Are you comfortable
talking about puberty
and body changes with
your child?

- Puberty
- Puberty is when your body changes from being a child to a young adult. It usually starts earlier in girls than boys.
- The changes happen because the body produces chemicals called sex hormones. For all young people this can be a confusing time. Children with additional needs might find it more so.



Growing up and Body Changes

- It is important to try and prepare young people for the changes. The physical and emotional effects of puberty can be more worrying if they do not know what to expect.
- Talk to school about how they teach personal, health and relationship education and the language and resources they use to describe “private parts”.
- Ask school if they have resources you can use at home too.
- Can you work with your child's school to help support them?
- Start talking to your child before any changes begin.
- Find simpler ways to explain puberty for your child if the way they understand things is different to their peers.

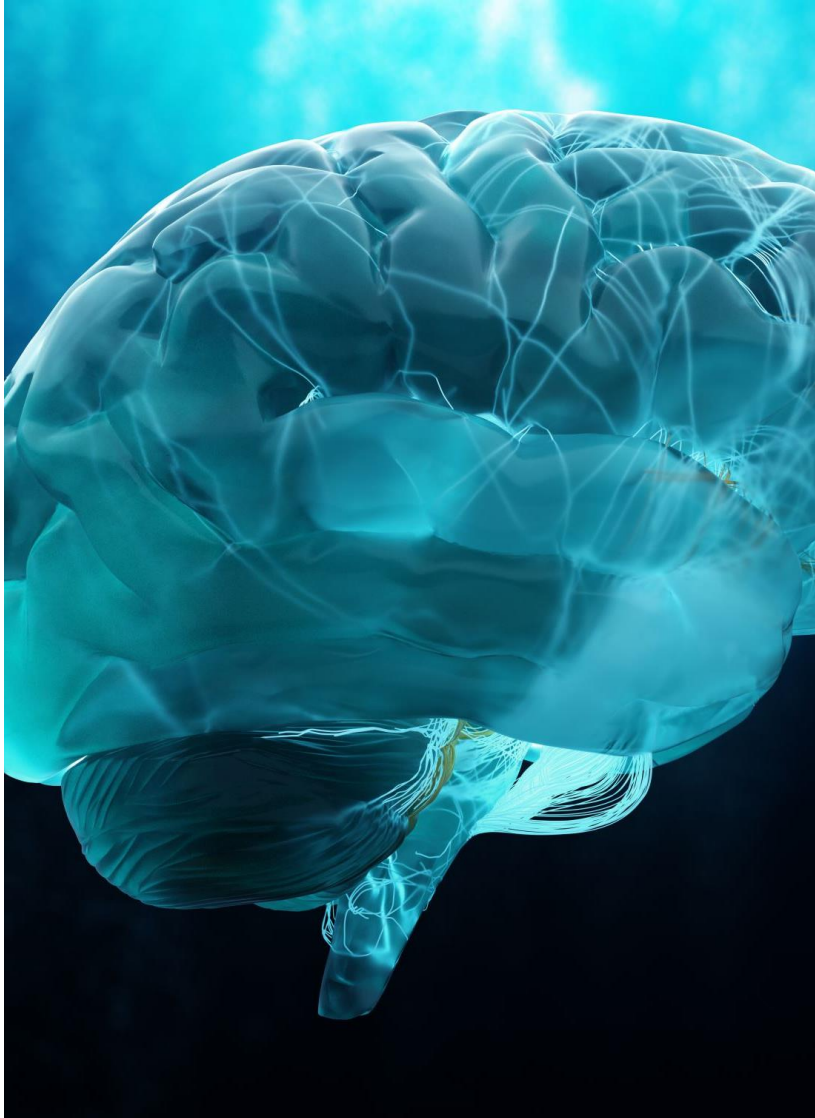


Growing up and Body Changes

What your child needs to know about

Disabled children, like every other child, need to learn about:

- How their body works and grows.
- What changes to expect at puberty.
- The name and function of the sex organs.
- Relationships and responsibility.
- How society expects them to behave in public.
- Keeping safe from exploitation and abuse.
- How to prevent unplanned pregnancy and sexually transmitted infections.
- Does your child know where to go if they have any questions about growing up?



Growing up and Body Changes

The Teenage Brain

<https://youtu.be/qcPyAXpqanU>

<https://youtu.be/0O1u5OEc5eY>



Growing up and Body Changes

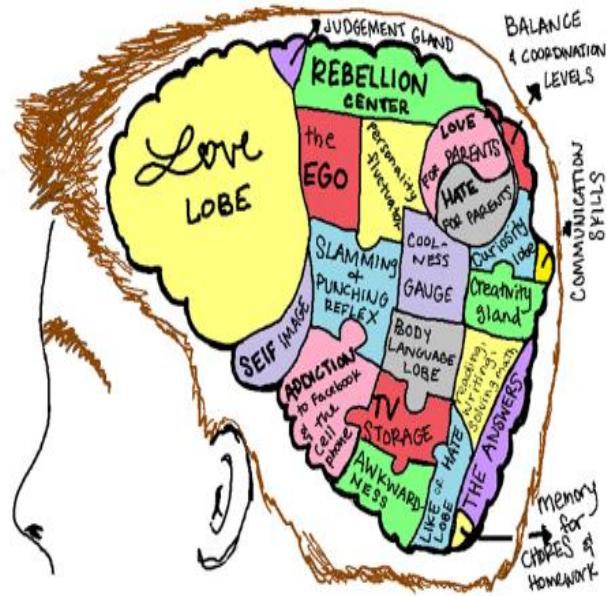
What's Happening In The Teenage Brain?

During the teenage and young adult years, the brain starts the sorting and tidying of its connections.

It starts from the back of the brain working to the front.

- The front of the brain is the last to develop. It is the bit that helps us think things through, plan and control impulses. This explains why teens can tend to be forgetful and make decisions in the moment – sometimes leading to risky choices.
- The front part of the brain also helps us make sense of the emotions we see in others. So, teenagers often misread what people are thinking and feeling. This makes relationships tricky for them and they are easily hurt and offended or can accidentally hurt the feelings of others.

THE AVERAGE TEENAGE BRAIN



Growing up and Body Changes

Teenagers must rely more on the middle bit of their brain, called the amygdala, more than adults do. This bit of the brain relies a lot on 'gut feeling' and on instinct. The fight or flight response is in here.

Fight or flight causes young people to be more reactive, they act first and think later and are likely to make mistakes. Parents and carers can help young people slow things down and think actions through.

Growing up and Body Changes

Useful links and support



<https://www.justonenorfolk.nhs.uk/child-development-additional-needs/additional-needs/growing-up-with-additional-needs/>

<https://contact.org.uk/help-for-families/information-advice-services/preparing-for-adult-life/growing-up-sex-and-relationships/puberty-and-growing-up/>

https://contact.org.uk/wp-content/uploads/2021/03/growing_up_parents_new_logo.pdf

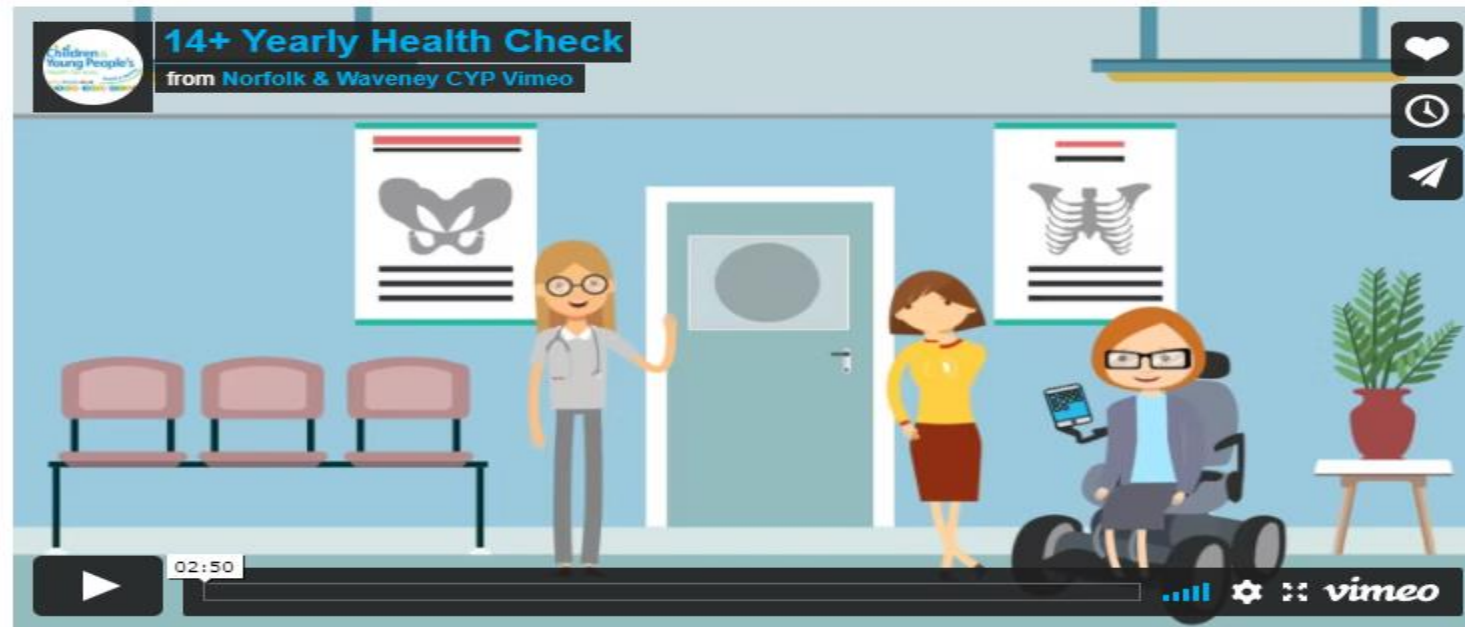
https://contact.org.uk/wp-content/uploads/2021/03/growing_up_young_people.pdf

14+ Yearly Health Check



What is the a yearly health check?

<https://www.justonenorfolk.nhs.uk/childhood-development-additional-needs/additional-needs/14plus-health-check>



Questions

- Did you know about the yearly health check for young people with Learning Disabilities?
- Do you know if you or your young person is registered at their surgery to be invited to have their Health check
- Has anyone here been invited and had their yearly health check or know of a family member that has before?

Learning Disability Health Check at 14 years

- What is a yearly LD health check?
 - It is a health check for young people with a recognised Learning Disability who are known to their GP surgery with:
 - Severe learning disability OR
 - Moderate learning disability OR
 - People with a mild learning disability who have additional complex needs.
- Evidence suggests that providing health checks to people with learning disabilities in primary care is effective in identifying previously unrecognised health needs, including those associated with life-threatening illnesses.
- NHS England want to gain assurance from NHS Norfolk and Waveney ICB there is an increase in registration and an improvement in those identified with LD accessing their health check every year particularly those between 14- 25 years

Diagnostic Criteria for LD

DoH (2001) gives the 3 key issues (in bold):

“A significantly reduced ability to understand new or complex information, to learn new skills (***impaired intelligence***), with a reduced ability to cope independently (***impaired social functioning***) which ***started before adulthood***, with lasting effect on development”

Why should a young person have a yearly health check?

- People with LD have poorer health and premature deaths compared to those of the same age in general population without an LD
- Having a yearly health check helps them to build a relationship with their doctor/nurse.
- It helps your doctor/nurse know more about their health and what they look like when they are happy and feeling well.
- It will also help their doctor/nurse to understand very quickly when they are not well.
- Can help find health problems, so people can get the right help and support as early as possible.
- A health Action plan should be provided to support and know what else needs to happen.



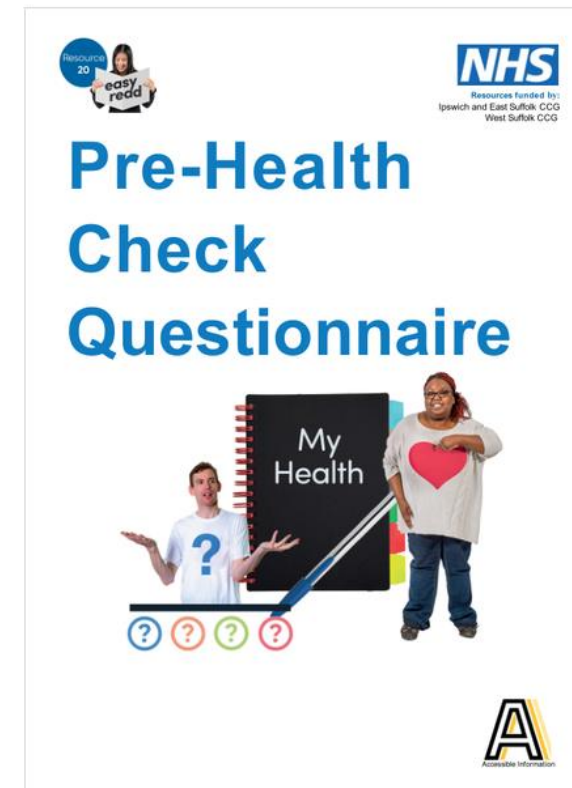
LeDeR

(Learning from the lives and deaths of people with Learning Disability and Autistic people)

- LeDer 2021 annual report heard about 3,304 people with LD that died
- People with a LD usually die 22 years earlier
- Half of the people with LD that died were recorded as an avoidable death
- People without an LD that died, less than a quarter died an avoidable death
- Carers found it difficult to notice people were ill
- Sometimes staff did not make reasonable adjustments
- Take up of vaccinations and screening is less when someone has a LD and/or Autism

Before the Health Check

- Invitation (Easy Read Letter)
- Calling
- Pre Health Check questionnaire Available Just One Norfolk



Birthday Card for LD health checks

- Multi agency work has taken place in conjunction with young people to design a birthday card.
- The birthday card will be sent to the young person on their GP's Learning Disability register inviting them to their first health check.
- And/or sent to the young person from their school setting who they consider would meet the criteria of a Learning Disability.

Feedback from young people/parents and carers

Parents have fed back that completing the pre health check questionnaire was very beneficial in supporting a good health check.

Several students wanted to know who they were seeing.

Several students suggested a room that was pretty and calming. Glow in the dark stars on the ceiling and having their favourite things in there to help them feel relaxed was also suggested.

The students agreed it was a good idea to have a health check. Several stated that they felt nervous about it.

Perhaps use Writing with Symbols for those with communication difficulties. Signing was also a suggestion.

The pre health check questionnaire was discussed and shown to the students. This was seen as very positive, and the students and staff found it very useful and stated that it was nice, and the visuals were very helpful. Other comments were that it was interesting and easy to read.

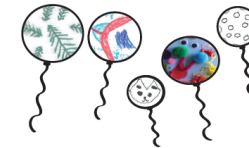
One student suggested information and pictures about the health check and what was involved.

Photos of the clinic environment and equipment was suggested as this would help alleviate some of the anxiety associated with the appointment.



Get your free health check

appointment 	<p>You are 14 years old, you can have a yearly learning disability health check.</p>
healthy and well 	<p>You can talk about how you are feeling, you might just want to check everything is okay.</p>
contact 	<p>Contact your doctor's surgery to arrange your check.</p>



For more information you can visit
www.justonenorfolk.nhs.uk/healthcheck



Learning disability health check ✓

Who is it for?

If you have a learning disability and are 14 and over you can have a health check every year.



How do I get one?

Ask at your healthcare centre. They will make sure you are on their learning disability register. They will make a time for you to come.

Who can come with me?

You can choose someone or go by yourself.



What will happen before?

You will be asked to fill out a questionnaire so the healthcare centre can get to know you better.

What will happen?

The doctor or nurse will make sure that you feel comfortable and safe. They will ask you some questions about your health and wellbeing. You can ask questions too.

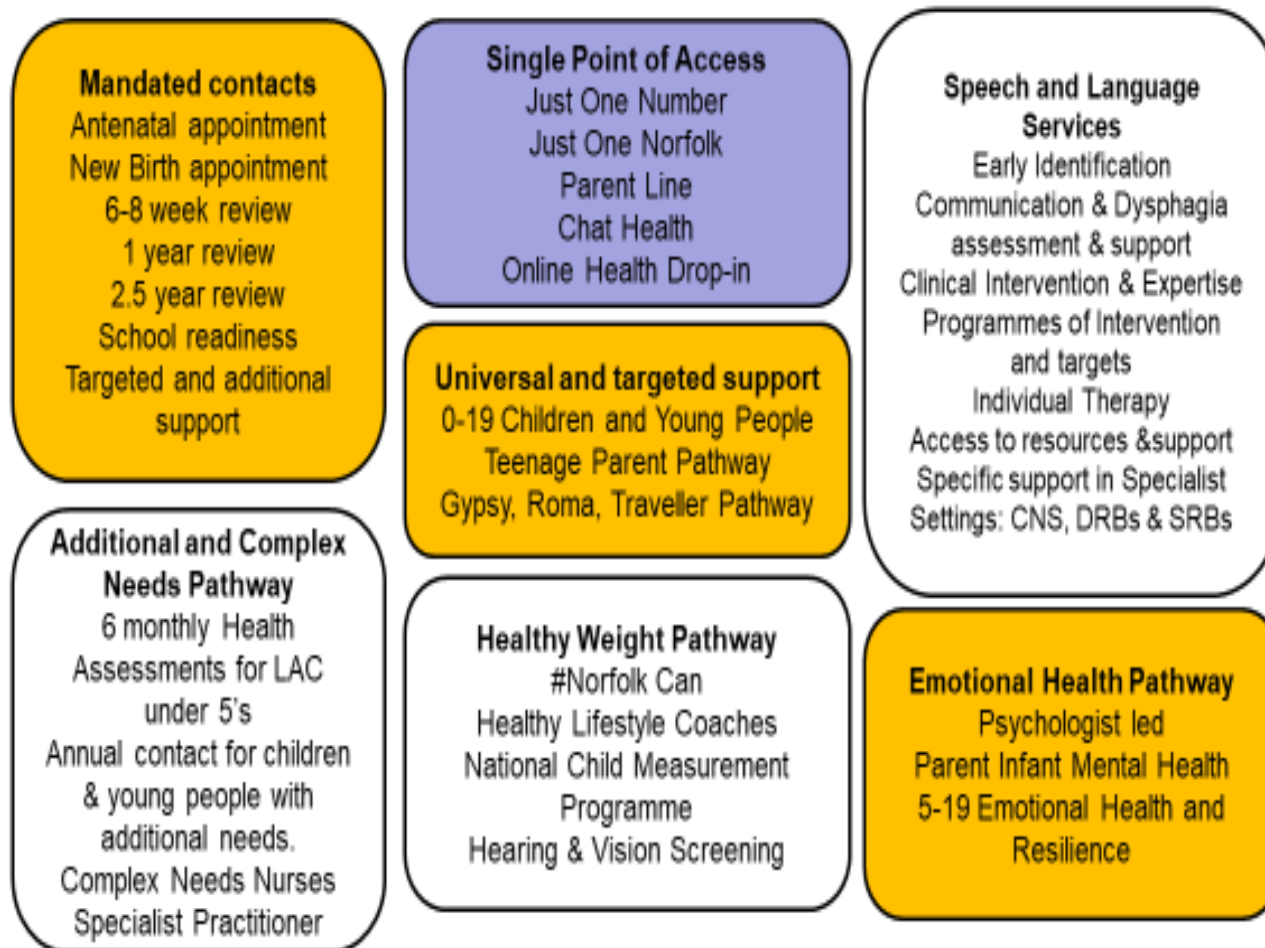


How do I find out more?

Visit the 14 + learning disability health check page on Just One Norfolk
Scan the QR code or use this link:
JustOneNorfolk.nhs.uk/14plushealthcheck



Norfolk and Waveney Children and Young People's Health Services









Norfolk and Waveney Children and Young People's Health Services

JustOneNorfolk.nhs.uk

- Co-production with families to create a trusted NHS digital platform available 24/7 to build self efficacy and empower and support families to self-care
- Clinical tool to support interventions with families
- Accessible and interactive advice, guidance and resources
- Ongoing development for parents, carers, young people and professionals
- 11-25's young people's website in development
- Professional portal with information and resources



Children and Young People's Health Services

	Online	Just One Norfolk	www.justonenorfolk.nhs.uk
	Online	Child Health Drop In	www.justonenorfolk.nhs.uk/drop-in
	Online	Ask Norfolk Parents	www.justonenorfolk.nhs.uk/forum
	Telephone	Just One Number	0300 300 0123
	Text	ChatHealth (age: 11-19)	07480 635060
	Text	Parentline	07520 631590



Any questions?