

# Learning Disabilities in Birmingham (2024)

What we found out



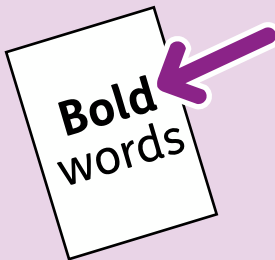
# Easy Read



This is an Easy Read booklet of some of the information in the report 'Learning Disabilities in Birmingham (2024)'. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

# What is in this booklet

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# About this report



This report is from the Public Health team at Birmingham City Council.



We know that people with learning disabilities often have worse health and **wellbeing** than other people.



**Wellbeing** means feeling happy and healthy in your body and mind.



We talked to people with learning disabilities, their families and people who work with them to find out more.



The report will tell you what we found out.

# What we found

We found that people with learning disabilities have lots of problems in different areas, like:



- Their health, and not living as long as other people.



- Getting the support they need.



- School or college.



- Work.



- Where they live.



A lot of the problems do not need to happen.



Some services are giving really good help.



But more could be done to help people.



In 2023, there were more than 10 thousand people with a learning disability in Birmingham.

# About the health of people with learning disabilities



**Health inequalities** are unfair differences in health between groups of people that do not need to happen.



People with learning disabilities have a lot of health inequalities.



The health inequalities start when they are young.



People with learning disabilities sometimes have other health conditions that last for a long time.



Some people with learning disabilities do not get checked for cancer when they should.



We think that services should tell people with learning disabilities how and when to get checked for cancer.

Because people with learning disabilities often do not have the support they need at home, they:



- Go to hospital when they could be treated at home.



- Stay in hospital for longer than they need to.





People with learning disabilities should get checked by their doctor every year.



This is called an **Annual Health Check**.

The Annual Health Check helps:



- People with learning disabilities stay healthy.



- Doctors find other health problems people with learning disabilities might have, so they can get treatment.



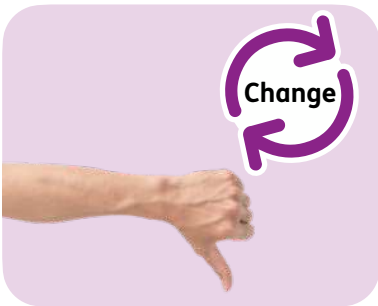
At the moment, 3 out of 4 people with learning disabilities have an Annual Health Check, but more need to.

# What makes the health of people with learning disabilities worse?

The health of people with learning disabilities can be made worse by:



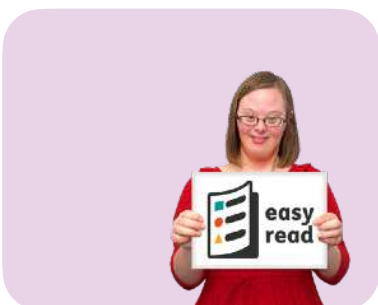
- Problems getting healthcare.



- Problems getting **reasonable adjustments**.



**Reasonable adjustments** are changes that places and services can make so that disabled people can take part like everybody else.



For example, getting information from the doctor in Easy Read.

The health of people with learning disabilities is also made worse by:



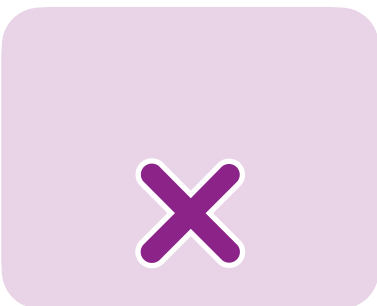
- Not having much money.



- Not being able to travel on their own.



- Not having the right support at school.



- Not being able to get a job.



- Not being able to get a good place to live.

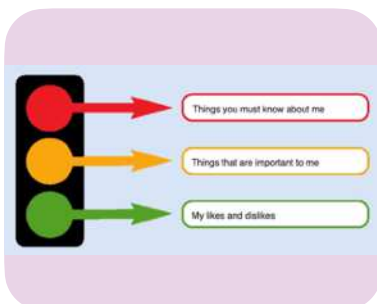
Some organisations are helping people with learning disabilities, by:



- Having learning disability nurses who work with doctors.



- Using **hospital passports**.



A **hospital passport** is a booklet that tells the hospital about your healthcare and how to make things easier for you.



- Giving travel training to young people.

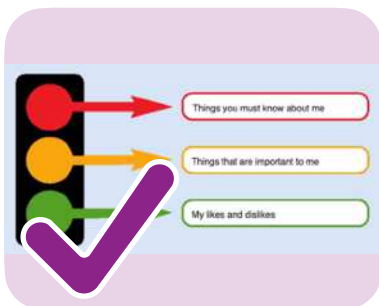
We think that medical practices should:



- Do more to support their patients with learning disabilities.



- Become **accredited** - this means they have a certificate to show they support patients with learning disabilities.



We think that all hospitals in Birmingham should use the same hospital passport which has up-to-date information.

We think that organisations should:



- Give more help to women with learning disabilities who become pregnant.



- Give more training to healthcare staff about how to help people with learning disabilities, like the Oliver McGowan training.



- Help people with learning disabilities to get a job if they want one.



- Do more to help people with learning disabilities live on their own and look after themselves.



- Give travel training to more people with learning disabilities in Birmingham.

# Groups who need extra support

Some of the groups that we know need extra support are:



- People with learning disabilities who are having a lot of change in their life, like children who are changing school or leaving school.



- Parents of people with learning disabilities, especially as the parents get older.



- People with learning disabilities who have children.

Other groups that we know need extra support are:



- Women with learning disabilities who are pregnant.



- People with learning disabilities from black and **ethnic minorities**.

An **ethnic minority** is a small group of people of the same race, in a place where most other people are a different race.



- People with learning disabilities who are **LGBTQ+**.

**LGBTQ+** is used to describe people with different sexualities, like gay and bisexual. It also includes people who have changed their gender or feel themselves to be a different gender.



# COVID-19



The COVID-19 pandemic has made **health inequalities** bigger for people with learning disabilities.



Remember, **health inequalities** are unfair differences in health between groups of people that do not need to happen.



We need to find out from people with learning disabilities about how the pandemic has affected them, so we understand what they need now.

# Find out more



You can look at our website here:  
<https://www.birmingham.gov.uk/>



You can contact us by email:  
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