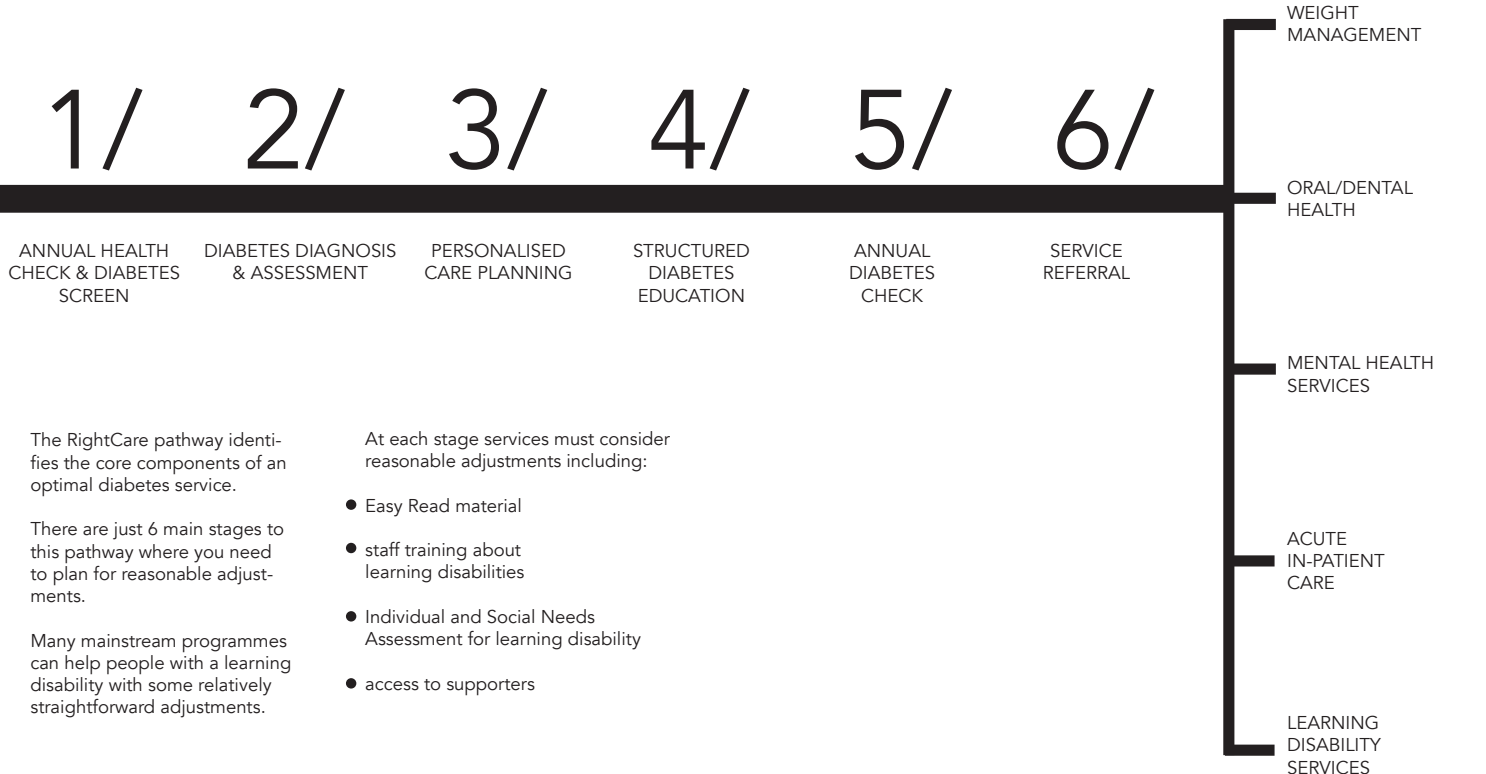


4 Planning services for people with diabetes and a learning disability

There are six main stages on the diabetes pathway for people with a learning disability



Introduction

Whichever part of the country they live in, people with a learning disability experience inequalities in access to health care. Clinical Commissioning Groups are responsible for the planning and procurement of health care services to meet the needs of the public. They have a crucial role in ensuring that diabetes services meet the needs of people with learning disability in their local area through service specification and quality assessment.

- Factsheet 1 explains more about why there is a case for ensuring the needs of people with a learning disability are met when commissioning diabetes services.
- The 'NHS RightCare Pathway: Reasonable adjustments for people with a learning disability who have diabetes' is now available. See <https://www.england.nhs.uk/rightcare/products/pathways/diabetes-pathway/>.
- In addressing reasonable adjustments for this group, services will not only improve timely diagnosis of diabetes but bring cost-benefits including reductions in complications such as amputations, fewer diabetes related A&E attendances and fewer lengthy hospital stays. It may also result in fewer GP visits and fewer missed appointments.
- A reasonably adjusted service also supports a healthy lifestyle for all and provides structured education and self-management for everyone in the population affected by diabetes.

Assessing local need

Do you know how many people this affects in your commissioning area?

In a CCG covering a population of 250,000 there will be approximately 5000 adults with a learning disability (2%). If prevalence of diabetes is around 10% in this group (as health surveillance figures suggest) around 500 of the people with a learning disability in this CCG area will have diabetes, mostly Type 2 diabetes.

Supporting providers to make reasonable adjustments to services

In order for reasonable adjustments to happen, specific requirements need to be built into your service specifications. Important information is provided in the 'NHS RightCare Pathway: Reasonable adjustments for people with a learning disability who have diabetes'.

- The 'How to Guide' on reasonable adjustments on the Diabetes UK website also provides useful practical guidance for services.
- Make use of local knowledge in the area of learning disability to identify weight management services and other health living support appropriate for adults with a learning disability.
- Consider training and education events on reasonable adjustments for the services you commission using resources available on the Diabetes UK website, <http://www.diabetes.org.uk/learning-disability>.



[Diabetes UK](#)
['How to Guide'](#)

Monitoring reasonable adjustments

Target outcomes identified within the NHS RightCare pathway also apply to people with a learning disability, for example improved prevention and detection and reduced complications. In addition, consider targets associated with implementation of reasonable adjustments and how these will be assessed.

Web Resources

<https://www.england.nhs.uk/rightcare/products/pathways/diabetes-pathway/>

<http://www.diabetes.org.uk/learning-disability>

Things you can do now

- 1) Ensure you are familiar with the 'NHS RightCare Pathway: Reasonable adjustments for people with a learning disability who have diabetes'.
- 2) Check that population data relevant to people with a learning disability and diabetes in your area are accurate and kept up to date.
- 3) Liaise with colleagues in related services, for example retinopathy screening, to ensure reasonable adjustments are provided throughout the pathway.