

# Coronavirus and people with learning disabilities in Scotland. Policy brief recommendations - easy read

## Mental Health and Wellbeing

### Recommendation 1



There needs to be more funding to support people who have been struggling with their feelings during the pandemic.

### Recommendation 2



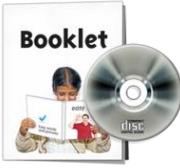
People with learning disabilities said the way the Scottish Government told them information about Coronavirus often made them feel more anxious.



So this doesn't happen again the Scottish Government should make information accessible.



Things like large print, using colour on printed information or using videos could help.



# Access to Health Services

## Recommendation 1



People with learning disabilities should be able to meet their doctor in person as soon as possible.



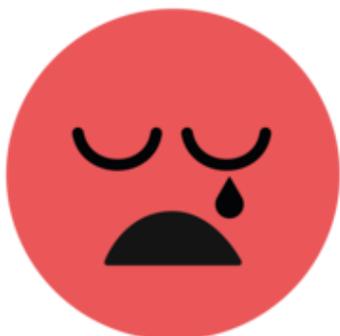
It is even more important this is done for people with profound and multiple learning disabilities (PMLD).

## Recommendation 2



People with learning disabilities should be able to get a health check once a year.

## Recommendation 3



During the pandemic the health and wellbeing of people with profound and multiple learning disabilities (PMLD) has gotten a lot worse.



It is important that Allied Health Professionals like physiotherapists and speech and language therapists do everything they can to deal with this problem.

# Access to Support Services

## Recommendation 1



Day services and community activities for people with learning disabilities should be opened again as soon as possible.



Online support should be available in addition to in-person support and not instead of it.



## Recommendation 2



There should be a national hub where people can share ideas on how to give the best social care and health care for people with learning disabilities.



This hub would look at how to bring back services that stopped during lockdown.





This hub should work with people who have learning disabilities and their families.

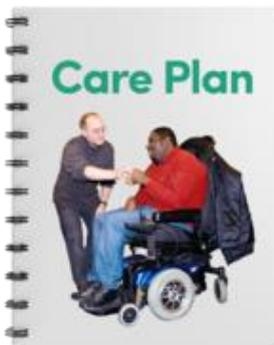
### Recommendation 3



Lots of families found it difficult to cope with less support during Coronavirus.



Their physical and mental health is worse because of having less support.



Care packages that were taken away from people with profound and multiple learning disabilities (PMLD) need to be returned.

## Recommendation 4



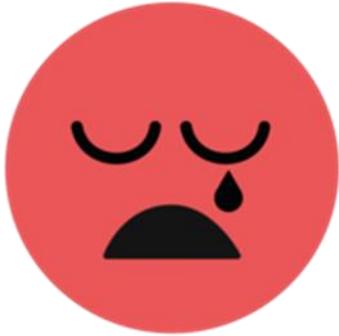
Choices should be clearer for people with learning disabilities when they are planning their transition into adult life.



People with learning disabilities and their families should be involved in planning their transitions.

# Social Contact and Engagement

## Recommendation 1



People with learning disabilities will be more lonely if they are not supported to meet and talk with other people.



Urgent support is needed to make sure people with learning disabilities can meet friends and take part in activities.

## Recommendation 2



Services and activities need to be both online and face to face.

# Digital lives

## Recommendation 1



People with learning disabilities should be supported to use the internet to communicate with friends and family.

## Recommendation 2



Specialist support and online activities should be provided for people with profound and multiple learning disabilities (PMLD).



But we need to remember some online support will not work for everyone.

## Recommendation 3



Internet and face-to-face activities must be provided.

# Impact of caring and visitor restrictions

## Recommendation 1



Carers were anxious about what would happen to the person they were caring for if they get ill.



Care plans should be put in place which will say how the person will be cared for if their carer get ill.

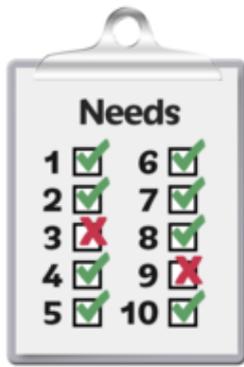


It should be put into law that these care plans have to be made.

## Recommendation 2



If there are visitor restrictions in future there should be risk assessments to make sure the wellbeing of people with learning disabilities is protected.



The needs of people with learning disabilities should always be put first in these risk assessments.



Service providers and Health and Social Care Partnerships should work with the families of people with learning disabilities because their families understand their needs.