

## Constipation Care Plan

### [Constipation Care Plan Form – Easy Read](#)

Constipation is a major issue for many adults with Learning Disabilities.

This can be due to a number of factors including lack of mobility, poor diet, medication or negative habits learned in institutional care. It can also be a sign of ageing along with continence issues.

LeDeR reports into the deaths of individuals with Learning Disabilities often highlight that constipation had been an issue in the adult's life if not a factor contributing to their death.

The issue is complex because people are encouraged to be independent and will not always think to share their toilet habits with others. In addition, their health needs may be overlooked by clinical practitioners who attribute any health issues to their learning disability by 'diagnostic overshadowing'.

Adults may need more encouragement and monitoring if constipation is an issue, and this should be reflected in their Health Action Plans and support plans