**Ageing Well Checklist for reviews**

**Purpose – to serve as a prompt for what to look for when carrying out reviews of people with a learning disability who are considered to be ageing**

**Function – to ensure that people are being supported to age well, are protected from unnecessary deterioration in any health condition or potential premature death and have a good life as they grow older**

**Completing the checklist –**

* **Send it to the adult/Provider/family for information in advance of the review taking place so that they know what you will be looking for and can ensure that they have them in place, this will help them to be well prepared and save time. Please note that it is NOT for the Provider to complete, this is the job of the Reviewer.**
* **Take a copy of the checklist with you so that you can tick the boxes for what is in place and fill in the comments box with any resultant actions that need to be taken either by yourself as the reviewer or the adult/Provider/Family, with timescales.**
* **Ask to view all the relevant documents and note your comments on each.**
* **Scan the completed checklist into Mosaic and save as an attachment to the review**
* **If a follow up review is being undertaken, review the checklist to ensure that all relevant documents are now in place and actions taken as required.**
* **Where a follow up review is not required, diarise a prompt to contact the Adult/Provider/Family to ensure that everything is in place before the case is banked for the next annual review. Enter a case note to record this.**

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| Ageing Well Review Checklist | | | | |
| Supporting people with learning disabilities WITH OR WITHOUT AUTISM to age well | | | | |
|  | | | | |
|  | Annual Health Checks/Vaccinations When was the last annual health check? Have they had the Covid 19 Vaccination, and do they have annual flu vaccinations?  **Health Action Plan**  How is the person supported to stay active and healthy? Is the plan regularly reviewed? Is it in a format that the adult can understand? |  |  | Is there an End of Life Plan in place?  Is this periodically reviewed with the adult and/or family? If there is a DNAR in place, is there justification for this? (Refer to easy read guide - When I die)  **Alternative accommodation**  If the current accommodation was to close/change its function and purpose, what would be the most suitable alternative? LD residential/OP residential/Supported Living/other- why? |
|  | Hospital Passport/Grab and Go Guide  Is there a hospital passport/ Grab and Go Guide in place? Is it up to date and reviewed regularly? Do staff know where to find it? Is it in a format that the adult can understand? |  |  | Is there a Person-Centered Future Plan in place?  If not record in review an action for provider and send info. (Refer to/share link to PCP Future Plan) |
|  | Do they have a diagnosis of Diabetes?  Are they or their support staff using the flash glucose monitor (these were distributed by the Government to every person with Diabetes Type 1) |  |  | Does the provider have the skills and experience to support the adult as they age? |
|  | **Well being/Illbeing observation tool**  Is this being completed on a regular basis? If it raises issues is the Significant 7/Restore 2 frailty tool being completed? Have staff attended the ECC run training on this? [Provider Training and events dates](https://www.livingwellessex.org/events-provider-hub/forthcoming-events-and-training/) |  |  | Does the housing meet their current and future needs?  Consider stairs, room for hoist, access to bathrooms etc if mobility decreased. Those they live with. |
|  | **Has a Baseline assessment been completed, showing what a good day would look like for the Adult to help identify when changes happen?**  Refer to/share Baseline Assessment emoji/symbol versions  **How w**ill the adult be supported to increase/maintain support networks and reduce isolation as they grow older?  Is the provider able to explain/evidence how this will be supported?  **Has the person had their routine relevant health checks and/is encouraged to self-check?**  for example mammogram, cervical smear test, prostate check, testicular check, bowel cancer test (to be updated by Jenny from CN discussion) |  |  | **Does this person require coordination of their healthcare?**  Has this person been in hospital for the same condition more than twice in the past 12 months?  Does this person have multiple underlying long-term conditions?  **Does the Adult have a diagnosis/show sign of Dementia?**  Have staff attended the ECC run training on dementia awareness? (Refer to link – Provider Hub) |

**Comments/actions**

**Referral links to ELDP (Essex Learning Disability Partnership) -**

**(for advice on reasonable adjustments, support with making informed health decisions (particularly where someone refuses treatment or has anxieties/phobias) or any LD related conditions).**

**South** [Epunft.ldreferrals@nhs.net](mailto:Epunft.ldreferrals@nhs.net)

**North** [hpft.necommunityldteam@nhs.net](mailto:hpft.necommunityldteam@nhs.net)

**Mid and West** [hpft.mwcommunityldteam@nhs.net](mailto:hpft.mwcommunityldteam@nhs.net)

**Link to Provider Hub Training -**

[Provider Training and events dates](https://www.livingwellessex.org/events-provider-hub/forthcoming-events-and-training/)

**TEC Assessment tool -**

[Millbrook Tech Assessment page](https://millbrook.store/essexTecAssessment/)

**TEC – Countywide Technology Service link -**

[Care Tech video](https://web.microsoftstream.com/video/ffbb7f02-36b3-4d1c-8be7-a2bb12fe7762)

**Other useful links:**

[NICE Person-Centered **Future Planning**](https://www.nice.org.uk/about/nice-communities/social-care/quick-guides/person-centred-future-planning)

[**Baseline** assessment emoji](https://essexcountycouncil-my.sharepoint.com/personal/sue_vallance_essex_gov_uk/Documents/Desktop/COMMERCIAL%20CONTRACT/Over%2055's/Aging%20well%20project/TINA%20communication/Baseline%20assessment%20emoji)

[**Baseline** Assessment - photo symbols](https://essexcountycouncil-my.sharepoint.com/personal/sue_vallance_essex_gov_uk/Documents/Desktop/COMMERCIAL%20CONTRACT/Over%2055's/Aging%20well%20project/TINA%20communication/Baseline%20Assessment%20-%20photo%20symbols)

[**Significant** care tool with links](https://essexcountycouncil-my.sharepoint.com/personal/sue_vallance_essex_gov_uk/Documents/Desktop/COMMERCIAL%20CONTRACT/Over%2055's/Aging%20well%20project/TINA%20communication/Significant%207%20care%20tool%20with%20links)

[**Restore2**](https://wessexahsn.org.uk/projects/329/restore2)

[Age UK **Conditions** that affect people **in later life**](https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/)

[Learning Disabilities and **DNR's**](https://www.learningdisabilitytoday.co.uk/do-not-resuscitate-orders-and-learning-disability-where-are-we-now)

[**Hospital Passports**/Grab and GO](https://www.mencap.org.uk/advice-and-support/health/health-guides?gclid=EAIaIQobChMI9vaaoL3x8QIVuoBQBh07GgNoEAAYASAAEgKbL_D_BwE)

[Making Health and social care **information accessible**](https://www.england.nhs.uk/ourwork/accessibleinfo/)

[Easy read **hospital passport** examples](https://www.google.com/search?q=easy+read+hospital+passports&rls=com.microsoft:en-GB:IE-Address&source=lnms&tbm=isch&sa=X&ved=2ahUKEwj_8oDxwPHxAhXN8uAKHUo0CloQ_AUoAXoECAEQAw&biw=1350&bih=642&safe=active&ssui=on)