

We need to stop making it unnecessarily difficult for people to understand information relating to their health

Aim

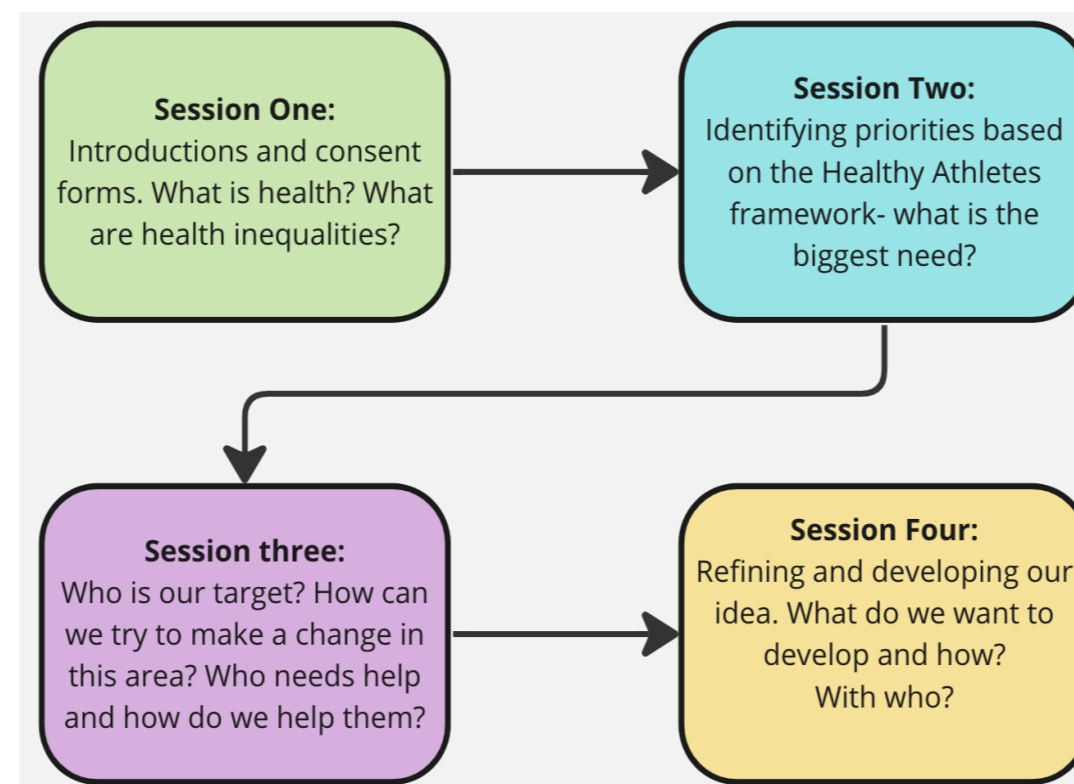
To work alongside people with a learning disability, using participatory methods and a co-production framework, to develop an understanding of how to appropriately implement components of the Healthy Athletes programme in Suffolk.

Why is this important?

Health inequalities are consistently reported with people with a learning disability, due to barriers to accessing healthcare and engaging in health-promoting behaviours, such as physical activity (Redley et al., 2012; Emerson & Hatton, 2014).

What did we do?

A research advisory group, made up of people with learning disabilities and key stakeholders met for four sessions to capture experiences of health and health inequalities in Suffolk.



What did we find?

Health inequalities can be avoidable with additional time, support, training and access to appropriate information.

Support workers can play an important role in promoting and facilitating health and health-related behaviour.

What next?

To co-develop a 'how to support me to be healthy' toolkit for support workers, by people with learning disabilities.

“Talk to me, it’s not hard!”

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