

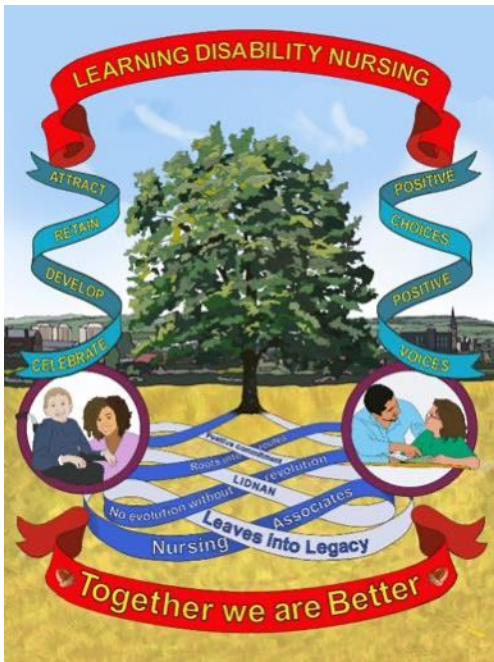
'Speak from your heart, use your own voice, be your own person'

Who do you see?

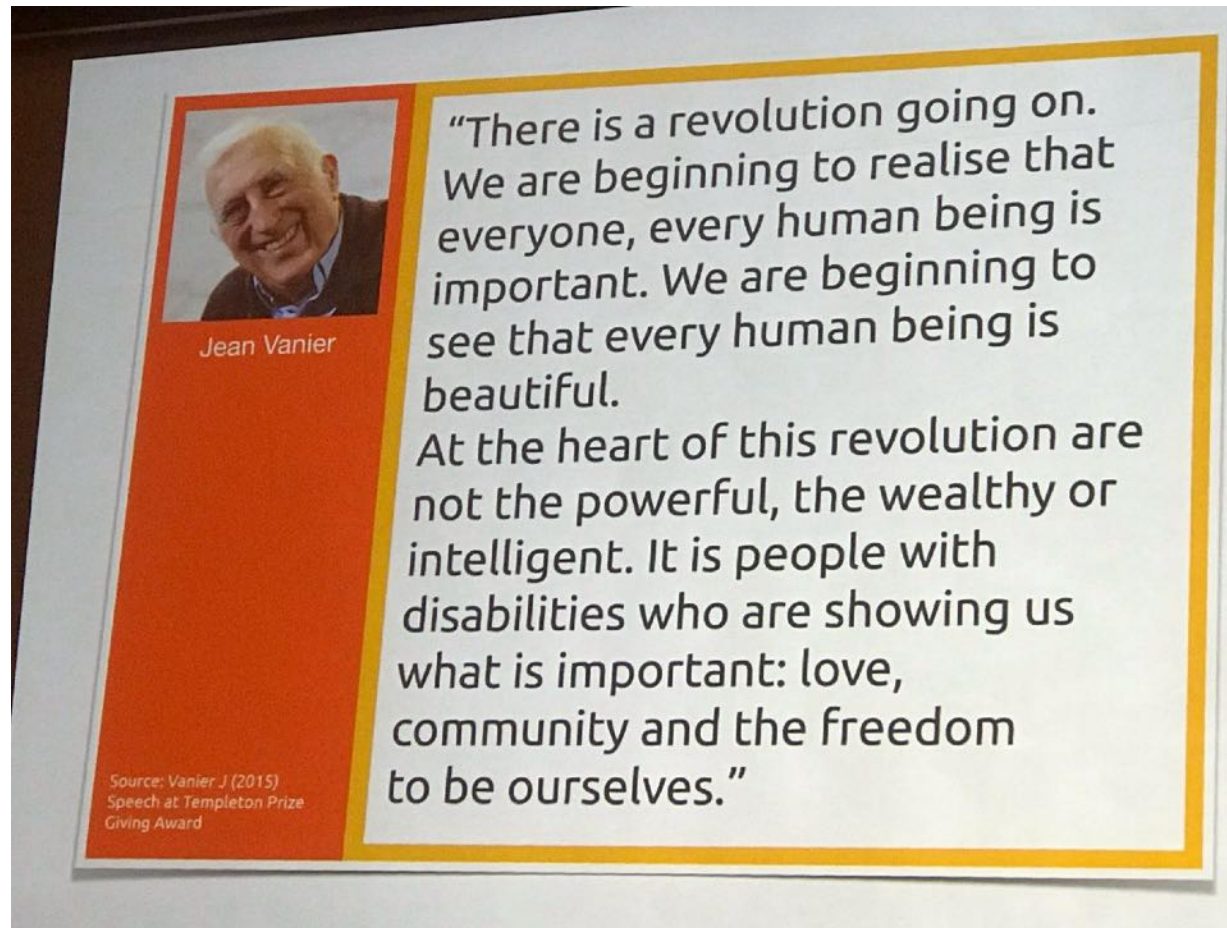
Together we are better

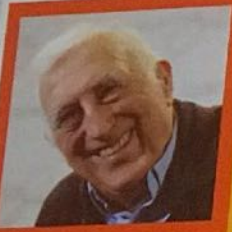
Helen M Laverty MBE

<https://www.youtube.com/watch?v=qFW3Fv23W24>



Public perception?




Jean Vanier

“There is a revolution going on. We are beginning to realise that everyone, every human being is important. We are beginning to see that every human being is beautiful. At the heart of this revolution are not the powerful, the wealthy or intelligent. It is people with disabilities who are showing us what is important: love, community and the freedom to be ourselves.”

Source: Vanier J (2015)
Speech at Templeton Prize
Giving Award



Maybe it would be better to go back in time

Once upon a time there was a baby who grew up wanting to teach English; she worked hard and had her grammar school eye on the prize and then one day she was sent on a beliefs and values placement to a special school



So despite school's lack of support she kept her eye on that prize



Just look at that hair!

So she worked in a hospital

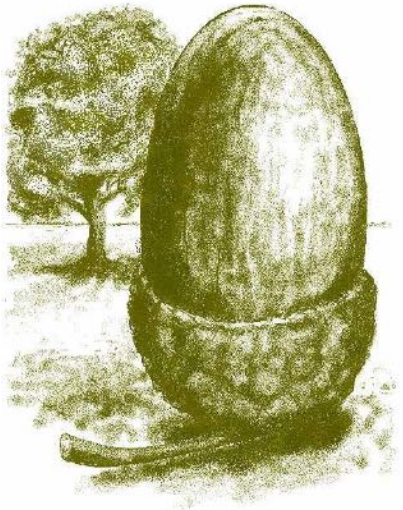
- And worked very hard..... People came and went but the prize on attainment of her goal kept her motivated.



She was in her prime,
but teaching had
taken its toll



Did you make a Positive Choice today?



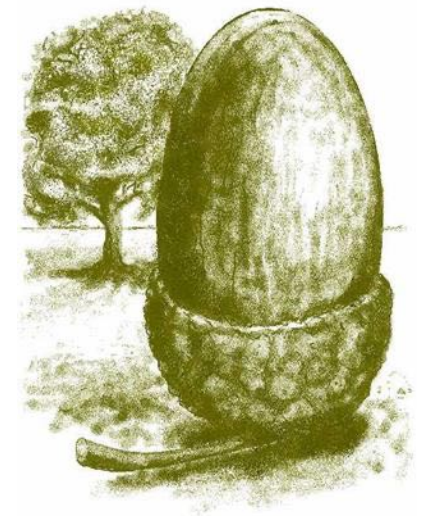
Maybe it would be better to go back in time

Once upon a time there was a baby who grew up wanting to teach English; she worked hard and had her grammar school eye on the prize and then one day she was sent on a beliefs and values placement to a special school



Positive Choices a whistle stop tour!

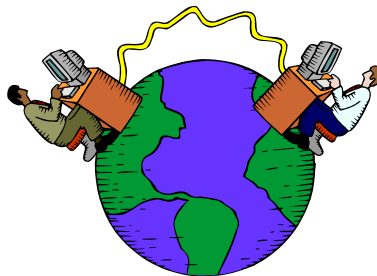
- In 2004 a group of my students went to a national event: they were told...
- Why did you bother with learning disability?
- Is it too late for you to change branch?
- You should have done mental health
- There's no future in it
- No one's really interested in learning disability nursing



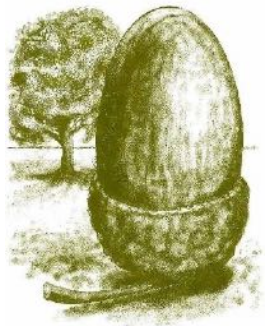
Responding to the anxiety of Generation Z

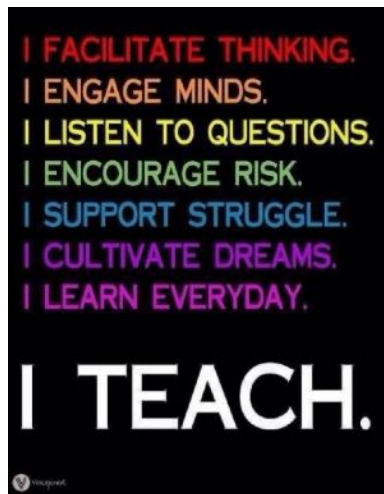


Is there anyone out there willing to help?



Organise one conference
Just a chance for them to get together
To be part of the majority not the minority
Celebrate what they do
And the positive choices they have made





Networking



- We (nursing) are an evolving profession; we develop alongside science and society, but in learning disabilities it's often that bit quieter: changes in policy, philosophy and attitude often see the role of the RNLD marginalised and the existence called into question, and when things go wrong in a small area (no matter how big that wrong is) the debate about the future and benefit of the RNLD is raised again.
-
- Positive Choices is a thriving network/information exchange/social forum/support mechanism and conference that for the last 21 years has brought together student nurses (from across the 5 nations; England, Eire, Northern Ireland, Scotland and Wales) academics, movers and shakers in the learning disability world, people who have a learning disability and those who love them to a 500 place free to access 2 day conference we have made a difference!



So there is no evolution without revolution but we need a model!

Kolter's
enhanced 8 step

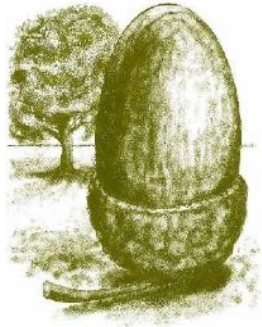


Learning Disability Nursing – now what's that all about?

- Over the last 100 hundred years the history of learning disability nursing has been littered with rumour, mystic and prejudice:-
 - • There's no future in it; you are not real nurses; you don't need to be very clever to do it; you don't need nurses to care for people with a learning disability.
 - • It only happens behind high walls and closed doors; it's only about 'warehousing people, there's no future in it.
 - • It doesn't take a nurse to care for someone with a learning disability, anyone can do it

“The lesser spotted LD Nurse!”

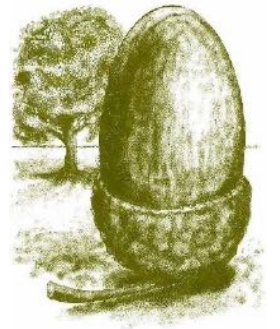
- Learning disability nurses have a unique skill set that if utilised effectively not only bring about real positive change for an individual and their family but upholds the value base of a right to a meaningful fully participative life not just a service.
- Many of you will come across a learning disability nurse employed in a community nursing team. These teams have different focuses dependent on the county in which you live in, but are there to help with the good and not so good times in the lives of people with a learning disability; their intervention could be at transition, or through a particularly stressful life event.

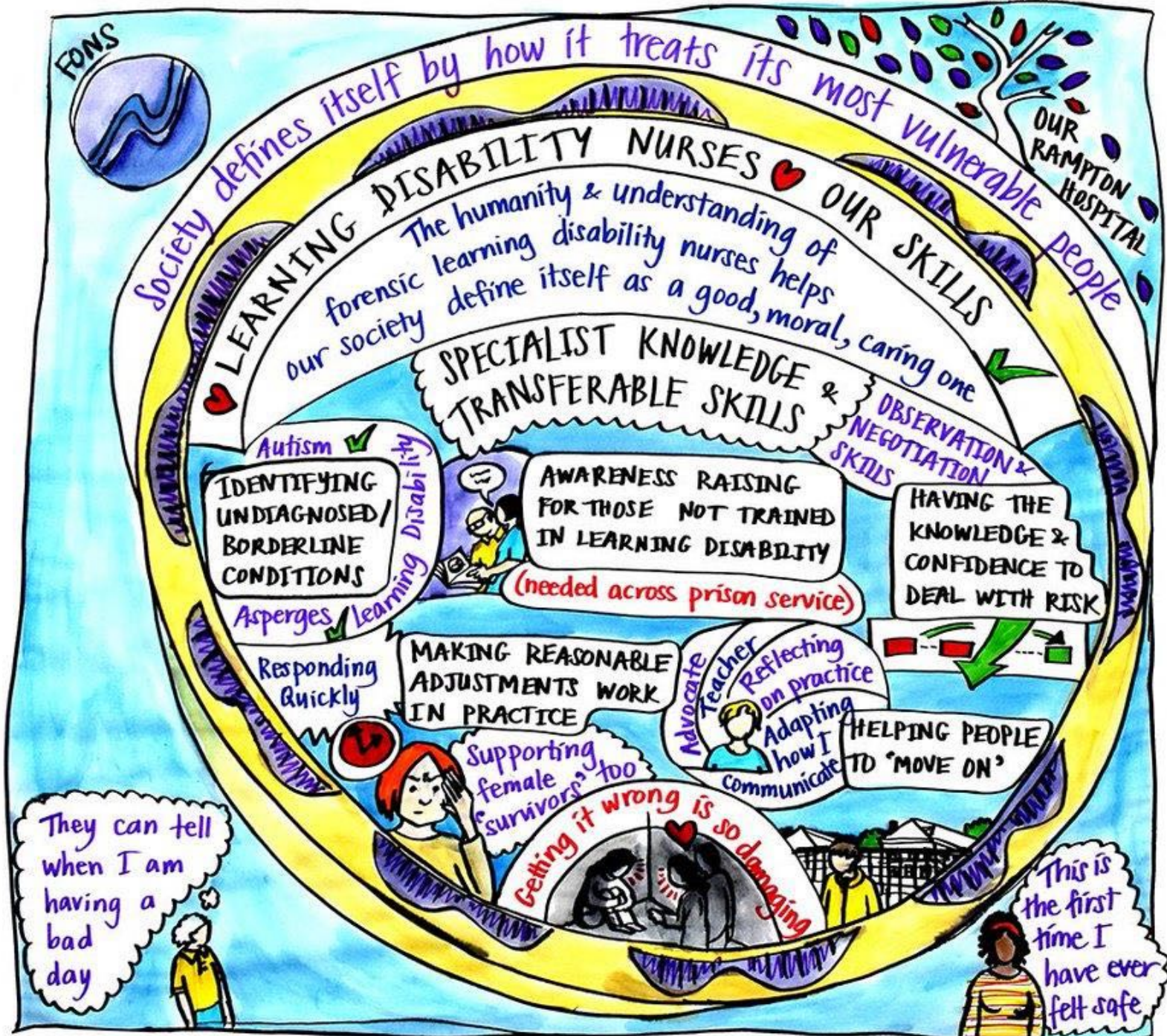


For some of us learning disability nursing has always been a positive choice; one made as a conscious decision at the start of our careers, for others it's something that came along by chance following practice experience or a chance encounter. Whatever the path that took the individual into learning disability nursing it is a career path that requires great resilience.

Does that resilience need to be greater than any other field of nursing?

Arguably no, but given recent spotlight issues in professional nursing services for people with a learning disability then one could argue yes. Positive choices gives students the opportunity to re-charge those batteries and reaffirm the positive choice they have made.





Ear worms



Dear Carer please excuse my writing
I can't stop my hands from shaking
I'm cold and hungry tonight
I miss them and nothing hurts like this bed
And no one understands that I feel pain

You're nice, but you're busy and sometimes you try.

And if my words break through the wall
And meet you at your door,
All I could say is "Nurse, I mean them all"

Dear Carer please excuse my writing
I can't stop my hands from shaking
I'm cold and hungry tonight
I miss them and nothing hurts like this bed
And no one understands that I feel pain

You're nice, but you're busy and sometimes you try.



Being part of that revolution

- <https://www.youtube.com/watch?v=tL7WrSDfa8Q>



So I've said it before and I'll say it again

- <https://www.youtube.com/watch?v=1pSpHMIXrsQ>



10/21/2024



Helen_laverty University of Nottingham & of Magical
Practice

18

LEARNING DISABILITIES MORTALITY REVIEW
 @leder_team

28% deaths of people with learning disabilities are under 50
5% compared with 5% general population

IT IS TIME FOR US TO SHINE
 Link up with Public health!

Avoidable deaths
 ✗ No access to cancer screening
 ✗ No annual check ups
 ✗ mental Capacity Act not understood
 ✗ Needs (& communication) not understood

Intersectional issues
 Disadvantage & inequality on multiple levels

SHOCKING STATS
 men died up to 20 years early & women up to 27

64% deaths are in hospitals compared to general population
47%

Be careful about email
 Tell other adult nurses @leder_team

BUILD BRIDGES BY STEPPING OUTSIDE & CONNECTING
 They don't get learning disabilities in the mainstream
 BUT WHAT DO YOU KNOW ABOUT THEIR JOBS? CAN YOU NAME THE WARD SISTER?
 TRY TO UNDERSTAND THE PEOPLE WHO NEED TO CHANGE, WHAT DO THEY NEED?

Network: meet people halfway

Project Charcos, Public Commission, School of Nursing and Midwifery, Trinity College, Dublin, April 2018. Graphics by @MandorahPer www.penn.orndora.com

YOU LOVE YOUR BEAUTIFUL CHILD

BUT THE BATTLE BEGINS, SOMETIMES EVEN BEFORE DIAGNOSIS

You understand your child... some professionals help, others just make promises. You arm yourself with knowledge.
You are prepared, always. You are on call, always. You keep going, even when you are unwell. You have to ask for help.
You feel judged by strangers, by family & friends.
You worry about the future. At home you take the armour off, but it is always there.



You imagine another life. You manage your expectations. You don't look too far ahead. At times it gets you down.
You make new friends, other parents. You share knowledge, talk & laugh!

You protect your child. You protect all your children. You protect each other.
You learn to protect yourself. You hold your head up high & stare back at them.

You find a strength you never knew you had

So to end

- If you can keep your head when nurses around you are losing theirs and blaming it on you
- If you can trust yourself when all nurses doubt you, but make allowances for their doubting too,
- If you can care but not be too tired by caring,
- Yet not look to good nor talk too wise
- If you can learn and be one for sharing
- And keep in mind your nursing prize
- If you can dream and not make dreams your master
- If you can think and not make thoughts your aim
- If you can meet triumph and disaster, and treat these two imposters just the same;
- If you can bear to hear the truths you've spoken twisted by others to make a trap for fools
- Or watch the things you've given your life to, broken and yet build again with trusted tools
- If you can walk with kings and queens but not lose the human touch.
- If all people with a learning disability count with you in honest ways that mean so much,
- If you can fill the unforgiving moment with skill and knowledge but no curse
- Yours is the earth and everything in it, and what's so much more my friend you'll be a nurse.

Value added extras

- <https://youtu.be/DLhjmFWDosQ>