

# improving the health of people with learning disabilities

Monday 4th - Tuesday 5th  
December 2006  
Hilton Glasgow

This conference is a **MUST**  
for all practitioners working  
in education, health care  
and social care settings:

Knowledge updates  
Practical information  
Innovative programmes  
and an excellent  
Networking opportunity

**2 DAY CONFERENCE**

Register for both days  
or only one day,  
the choice is  
YOURS!



Painting by  
Project Ability

A Continuing Professional Development Conference

**BOOK NOW! 4 EASY WAYS FOR YOU TO REGISTER**

1 Telephone 0141 201 9353/9264 2 Fax 0141 201 0674 3 By Post   
4 Online [www.gla.ac.uk/developmental/cpd/newcourses.html](http://www.gla.ac.uk/developmental/cpd/newcourses.html)



UNIVERSITY  
of  
GLASGOW



This 2 day conference is now in its second year running and is a "MUST" for anyone working with children and adults with learning disabilities. The conference will focus on key topics on health and well being with Day 1 of the programme concentrating on children and adults with profound and multiple learning disabilities.

### Four Great Reasons To Attend This Years Event!

- 1 An opportunity to hear current information and update your knowledge
- 2 Learn about and share good practice
- 3 Take away practical information which can be applied in your work setting
- 4 A chance to meet other professionals working in the same area and network

### Remember!

You Can Attend Both Conference Days Or You Can Register Just For Your Preferred Day

#### What delegates have said from last year's successful conference:

"Course content most valuable, thought provoking and motivational"

"For me all the sessions were useful – I could relate many of the ideas to the people I work with"

"Well organised and informative"

"Good balance of knowledge update and practical information"

The conference programme has been developed to be of interest to a multidisciplinary audience of practitioners in education, health and social care settings including:

Social workers	Private care home owners
Day centre managers and staff	Special needs head teachers,
Residential service managers and staff	school teachers and classroom assistants
Social care staff	Mainstream head teachers,
Respite care staff	school teachers and classroom assistants
Team leaders	Further education lecturers
Care managers	Academics and researchers
Project workers	Voluntary/charity organisations
Heads of care	Nurses and other health professionals
Trainers	Administrators
Caterers	Others with an interest in this area

## Programme Day 1: Monday 4 December 2006

Theme: Improving The Health Of People With Profound and Multiple Learning Disabilities

9.00 - 10.15 Registration

10.15 - 10.20 Welcome from the Chair  
Professor James Hogg, Director,  
White Top Research Unit, Dundee

### the health issues

10.20 - 10.45 The health of people with profound and multiple learning disabilities: Vulnerabilities and their consequences  
Professor James Hogg (As above)

10.45 - 10.50 Questions

### difficulties with eating

10.50 - 11.15 Gastrointestinal problems in individuals with learning disabilities: A practical guide  
Dr Peter Gillett, Consultant Gastroenterologist, Royal Hospital for Sick Children, Edinburgh  
• Gastrointestinal reflux disease  
• Feeding problems  
• Tube feeding  
• Constipation

11.15 - 11.20 Questions

11.20 - 11.50 Refreshment break

11.50 - 12.30 Nutritional and feeding problems  
Laura Stewart, Paediatric Dietitian and Anne Bruce, Specialist Speech and Language Therapist, Royal Hospital for Sick Children, Edinburgh  
This session will cover other nutritional and feeding difficulties including a focus on swallowing problems

12.30 - 12.45 Questions and discussion

12.45 - 1.50 Lunch

1.50 - 1.55 Welcome back from the Chair

### oral health

1.55 - 2.20 The oral health of people with learning disability  
Helen Patterson, Assistant Clinical Director, Lothian Primary Care Dental Service  
• What particular oral health issues do those with a learning disability have?  
• How does disability impact on their dental care and management?

2.20 - 2.25 Questions

### physical activity

2.25 - 2.50 Go For It: Physical activity and leisure  
Dr Joe Gibson, Outdoor Education Officer, Sense Scotland  
An illustrative talk describing the positive impact of physical activity development for people with complex support needs

2.50 - 2.55 Questions

2.55 - 3.15 Refreshment break

### music therapy

3.15 - 3.40 Making connections: An introduction to music therapy  
Clare Fillingham, Lead Music Therapist, Psychological Services, NHS Borders  
Music therapy is a process that enables personal growth and development. It can help a person to develop a personal, creative and spontaneous means of emotional expression which isn't reliant on words. The ability to appreciate and respond to music usually remains unimpaired in spite of disability, illness or injury.

3.40 - 3.45 Questions

### day in the life of...

3.45 - 4.00 Mary Garvey who looks after her son who has profound and multiple learning disabilities will provide a carer's perspective. She will also focus on the differences between children and adults with learning difficulties and those who also have complex medical health needs

4.00 - 4.15 Questions, discussion and closing remarks

4.15pm Approx close

## Programme Day 2: Tuesday 5 December 2006

Theme: Improving The Health Of People With Learning Disabilities

9.00 - 10.15 Registration

10.15 - 10.20 Welcome from the Chair  
Lisa Curtice, Director, Scottish Consortium for Learning Disability

### problems with vision

10.20 - 10.45 Understanding and helping children with limited vision  
Shohista Saidkasimova & Beth McKillop, Specialist Registrars, Tennent Institute of Ophthalmology Glasgow  
We are all limited in what we can see. Things can be too small, too faded, too fast moving, or too far outside the field of view to be seen. The same is true for children with poor vision but the limits are different. Vision allows us to see the surrounding environment and move accurately in it; to recognise and relate to people; to see the information and use it for learning. The way that vision interferes with each of these activities for each visually impaired child must be fully understood and acted upon by everyone responsible for looking after the child both at home and at school.

10.45 - 10.50 Questions

### mental health

10.50 - 11.15 Gaining a better understanding of mental ill health in individuals with learning disabilities  
Janet Finlayson, Research Assistant, Section of Psychological Medicine, University of Glasgow  
• The types of mental health problems more commonly experienced by individuals with learning disabilities  
• Associated vulnerability factors for the onset of mental ill-health  
• Predicting mental ill-health or enduring mental ill-health in people with learning disabilities  
• More effective evidence-based service planning

11.15 - 11.20 Questions

11.20 - 11.45 Refreshment break

### weight issues

11.45 - 12.10 Obesity and learning disability: The facts, the fiction, the future  
Sarah Hamilton, Research Assistant, Division of Community Based Sciences, University of Glasgow  
• Prevalence of obesity  
• Contributing factors  
• Health implications  
• The Future: addressing the issue

### epilepsy

12.10 - 12.35 Epilepsy and learning disability  
Dr Mark Scheepers, Learning Disability Psychiatrist, Gloucestershire Partnership NHS Trust  
Epilepsy is common, affecting up to a third of people with a learning disability. The management of this medical condition is complicated by issues which include communication, behaviour and other co-morbid medical conditions. With appropriate collaboration between carers (both paid and families) and professionals, it is possible to balance treatment aims with quality of life and improve the outcomes for people with a learning disability.

12.35 - 12.45 Questions and discussion

12.45 - 1.45 Lunch

1.45 - 1.50 Welcome back from the Chair

### improving services

1.50 - 2.15 Improving services for people from minority ethnic communities  
Chris Hatton, Professor of Psychology, Health & Social Care Institute for Health Research Lancaster University  
Do we know how to make services better? If we do, why aren't we doing it?

2.15 - 2.20 Questions

### health promotion

2.20 - 2.45 Keep yourself healthy  
Fiona Wilkie, Carol Turnbull, Community Learning Disability Nurses, NHS Lothian and Gill Reid Assistant Director of FAIR (Family Advice and Information Resource)  
The development, production, evaluation, distribution and format of our health education materials (leaflets, interactive CD rom, audio CD and how they may be used).

2.45 - 2.50 Questions

### sleep problems

2.50 - 3.15 Sleep problems and their management: the importance of a 24-hour perspective on care  
Colin A. Espie, Professor of Clinical Psychology, University of Glasgow,  
Already compromised intellectual and emotional functioning is even more compromised by lack of sleep. Repeatedly falling asleep during the day should be considered pathological until proven otherwise. Carers can cope with most things, but when they are not able to get their sleep..... A significant proportion of daytime challenging behaviours may be partly explained by insufficient sleep or excessive sleepiness.

3.15 - 3.20 Questions

3.20 - 3.40 Refreshment break

### 'it's not something we talk about'

3.40 - 4.05 Sexual health knowledge and sources of information in non-disabled adolescents and young people with intellectual and physical disabilities  
Jaycee Pownall, PhD Student, Section of Psychological Medicine, University of Glasgow  
Sexuality is a core dimension of human experience. Unfortunately, young people with intellectual disabilities are confronted with many structural and attitudinal barriers in their sexual development and expression, and may have misconceptions that can lead to vulnerability and distress. In addition to misconceptions that may arise as a result of their intellectual disabilities, social context may reduce the available sources of formal and informal information on sex related matters. In order to develop effective sex education and training programmes, we need to include the voices of the individuals whom these initiatives are aimed at.

4.05 - 4.15 Questions and closing remarks

4.15pm Approx close



# Important Details

## Venue:

Hilton Glasgow, 1 William St, Glasgow G3 8HT Tel 0141 204 5555  
Hilton Glasgow is the city centre's only five-star hotel and has car parking on site.  
The hotel is easily accessible by public transport with the rail station being  
a 5 minute walk and Glasgow airport a 15 minute taxi ride away.

## Registration:

To register for this conference, please fill in the registration form below, detach and  
return no later than 21 November 2006. It is advisable to return the form ASAP as  
places are restricted. Further information will be sent to each delegate on receipt  
of the completed registration form.

## Time:

Each day of the conference will start promptly at 10.15am and finish  
at approximately 4.15pm. Registration on both days will be from 9.00am.

## Registration Cost:

Monday 4 December 2006: £150  
Tuesday 5 December 2006: £150  
Both Days: £300

## Accommodation:

Glasgow has a wide range of accommodation to suit every budget.  
For further information log on to [www.seeglasgow.com](http://www.seeglasgow.com)

## Certificate of attendance:

All delegates will receive a Certificate of Attendance from the University of Glasgow.

## Forthcoming Events:

For further information please look at  
<http://www.gla.ac.uk/developmental/cpd/NewCourses.html>



## Improving The Health Of People With Learning Disabilities Monday 4 - Tuesday 5 December 2006, Hilton Glasgow

### registration form

Please fill in BLOCK CAPITALS

Name \_\_\_\_\_

Position \_\_\_\_\_

Organisation \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Postcode \_\_\_\_\_ Tel \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

Special diet requests \_\_\_\_\_

I wish to register for the following day/s  
(Please tick the appropriate box)

Monday 4 December 2006:

£150

Tuesday 5 December 2006:

£150

Both Days:

£300

How did you hear about the conference? \_\_\_\_\_

Please enclose a cheque for the appropriate amount payable  
to **'The University of Glasgow'** or request an invoice.

Please send completed registration forms with cheques (where  
appropriate) to:

**Carolyn Fraser, CPD Manager, Queen Mother's Hospital,  
Glasgow, G3 8SJ. Tel 0141 201 9353/9264, Fax 0141 201 0674**

If you would like an invoice, please provide a contact name for  
the person to whom the invoice should be sent and the address  
(Please provide an organisation address as we cannot accept  
a personal address for invoices).

Name \_\_\_\_\_

Position \_\_\_\_\_

Organisation \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
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Postcode \_\_\_\_\_ Tel \_\_\_\_\_ Fax \_\_\_\_\_

Purchase Order No. \_\_\_\_\_



### Thinking about holding a Conference or Training Course? ...then let us do the hard work for you

The Division of Developmental Medicine, University of Glasgow runs an enterprising conference and training course  
service. This service can be accessed by other organisations and with 10 years experience in organising events we  
can really make your event a success.

Need a training course for staff? We can provide training on a wide range of health related courses designed to  
meet your staff training needs. Courses can be held in your workplace or we can organise a suitable venue for you.

For further information contact:

Carolyn Fraser, CPD Manager, 0141 201 9264 or email [cf24f@clinmed.gla.ac.uk](mailto:cf24f@clinmed.gla.ac.uk)