



## Developing a Falls Management Plan for Adults with a Learning Disability



### Newsletter- December 2022

#### 1. What is this Newsletter about?

- \* We are doing some research. The aim of our research is to make a plan.
- \* The plan will help people to think about reasons why Adults with a Learning Disability (ALD) might fall over and what could be done to reduce the chance of them falling over.
- \* This Newsletter explains what we have done and what we have found out.
- \* It also explains what we plan to do next.

#### 2. What have we done so far?

- \* We have talked about the plan with Adults with a Learning Disability, carers and health care professionals. Examples of Healthcare professionals are Nurses, Speech and Language Therapists, Occupational Therapists and Physiotherapists.
- \* They told us that it would be helpful to make two plans. One that healthcare professionals can use and one that ALD and carers could use.
- \* They told us that the plan needs to make sure ALD can help complete it to make sure their views are heard.

#### 3. What else have we done?

- \* We have talked about the research at several conferences this year. A conference is where a group of people who are interested in the same thing meet to learn things.
- \* The conferences we talked at were for Adults with a Learning Disability and for people who can use the plan to help reduce the chance you might fall over, like carers and health care professionals.
- \* We have written about our research for some journals so other people can read about it. A journal is like a magazine.



### 4. What will we do next?

- \* The research will stop at Christmas and will start again next autumn in 2023. This is because Katie, who is in charge of the research, is having a baby.
- \* When Katie comes back to work next autumn we will start the research again.
- \* We will then try out the plan with the help of Adults with a Learning Disability, carers and healthcare professionals.

### 5. Thank you

- \* We would like to say thank you to everyone who is interested in our research.
- \* We would like to say thank you to everyone who has helped in our research. The ideas you have given us were really interesting and have been very helpful.

### 6. How can you find out more information?

- You can look at our website.
- This has information on our research and how you can contact us if you have any questions
- [click here for the falls research website](#)



**Happy Christmas from the research team!**

