

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

### Research Summary Sheet 2022



#### 1. What is this Research Summary Sheet about?

- We are doing some research. The aim of our research is to make 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.
- The first part of our research involved talking to people to find out their views on the plan.
- This summary sheet explains who we have spoken to and what we have found out.
- It also explains what we will do next.



#### 2. Who did we talk to?

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We interviewed 13 Adults with a Learning Disability (ALD).

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We interviewed 8 Carers for ALD.

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We interviewed 14 healthcare professionals who work with ALD – for example Nurses, Speech and Language Therapists, Occupational Therapists and Physiotherapists.



### 3. What were the main things that we found out?

#### The main things people told us were:

- That the plan needs to help support Adults with a Learning Disability (ALD) in thinking about why they fall and what everyone can do to help stop them from falling over.
- That it is important to think about how the plan looks and how it can be filled in- for example if it could be filled in on a computer or on paper.
- That it would be helpful to make two plans. One that healthcare professionals can use and one that ALD and carers could use.
- That the plan needs to include questions about why ALD think they may fall over or why they may worry about falling over.
- That the plan needs to make sure ALD can help complete it to make sure their views



### 4. What will we do next?

- We will try out the plan with the help of Adults with a Learning Disability, carers and healthcare professionals.
- We will ask them if it is clear and has all the information in it that they need.



### 5. 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
- [Visit the falls research website](#)