

Breaking down the barriers of advance care planning conversations to people in specialist & learning disability care homes

Hana Kennerley (Proactive Care Nurse, Tone Valley PCN), Amy Giles (Advance Care Planning Lead)

PROBLEM

People with learning disabilities (LD) and autism in Somerset face significant gaps in **advance care planning (ACP) and treatment escalation planning (TEP)**. A January 2023 CQC report highlighted inconsistent completion of plans, limited data, and concerns over 'blanket' Do Not Resuscitate orders for this population. Additionally, recent audits reveal an absence of recorded ACPs/TEPs in the Somerset Integrated Digital e-Record (SIDeR) over the past year.

Barriers: Limited awareness of ACPs/TEPs among individuals with LD/autism and families, coupled with challenges initiating sensitive end-of-life discussions and insufficient staff confidence and training.

Impact: Individuals with LD/autism are denied the opportunity to express their wishes and preferences, leading to poorer experience suboptimal care at the end of life that does not reflect their needs.

AIM

To improve outcomes, we will increase the number of facilitated conversations about Advance Care Plans (ACPs) and Treatment Escalation Plans (TEPs) with people with specialist needs, learning disabilities and autism in Orchard Lea care home and supportive

METHODS

This quality improvement (QI) project utilized the **7 Steps of Improvement** methodology used by Somerset NHS FT, including the **Problem Understanding Prompts** tool, aligned with the IHI Quadruple Aim and Model for Improvement. We piloted the intervention at Orchard Lea care home and supportive living, partnering with care home managers, staff, residents, and families to facilitate workshops and ensure effective implementation.

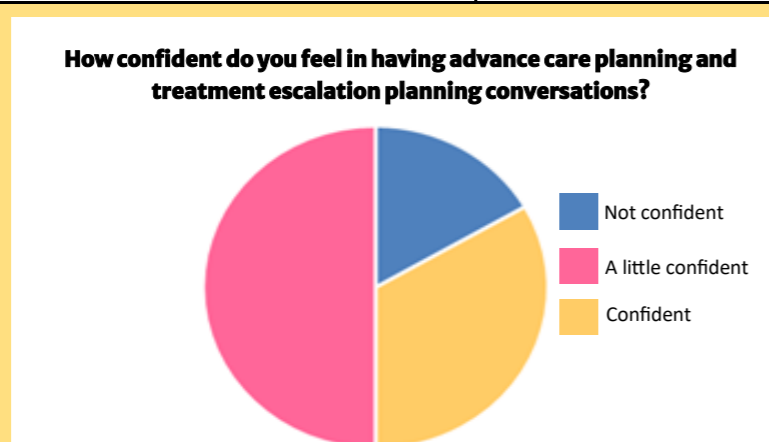
CHANGE IDEAS

- **Art-based facilitation:** Facilitate ACP conversations by delivering engaging workshops using creative activities (e.g., drawing, collages) tailored to the individual. This proven approach overcomes communication barriers and promotes deeper understanding for individuals with learning disabilities.
- **Empowerment through training:** Deliver bespoke training to care home staff to build confidence in facilitating advance care planning conversations and ensure consistent intervention delivery.
- **Optimise resources:** Replace resource-intensive boxes with more accessible and cost-effective bags for storing materials.



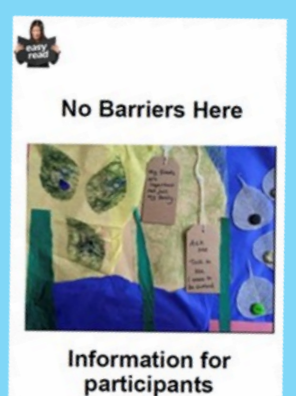
MEASURES

Measure	Description	How We Measured
Outcome	Number of facilitated conversations using the No Barriers Here approach	Number of session participants. 5 residents involved so far, 6 planned for next cohort.
	Staff confidence in facilitating ACP and TEP conversations	Feedback forms at project start/end, plus ongoing feedback via monthly QR code survey completed by staff.
Process	Attendance at sessions	Number of participants.
	Number of ACPs and TEPs completed	Tracked completion rates following sessions.
Balancing	Care home staffing training needs met around ACP and TEP	Assessed staff knowledge and comfort levels.



TEST AND LEARN

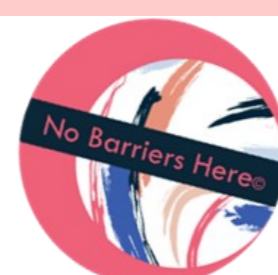
- **Easy read resources:** Following workshop 1, a resident is helping to co-produce easy read resources to help others to understand the No Barriers Here approach before they start.
- **Initial feedback:** Staff reported improved confidence of having ACP conversations.
- **Successful trial:** now completed at Orchard Lea care home. 5 residents involved in facilitated conversations using the No Barriers Here approach, with another 6 planned for the next cohort.



SPREAD AND SUSTAINABILITY

- **Expanding reach:** Piloting the approach in a new PCN and extending to more care homes across Somerset.
- **Empowering staff:** Developing resources and training to build confidence in ACP/TEP discussions.
- **Embedding the approach:** Collaborating with stakeholders to integrate the No Barriers Here approach into standard care for individuals with LD.
- **Continuous improvement:** Refining the approach through ongoing feedback from staff and participants.

Scan to visit the No Barriers Here website



Contacts: Hana Kennerley (hana.kennerley1@nhs.net), Amy Giles (amy.giles@somersetft.nhs.uk)