



Hidden Figures

Building Strength and Independence in
Adults with Learning Disabilities

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the hidden figures...

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- **Accelerated biological aging with increased comorbidities**
- **Lifestyle Factors**
- **Diagnostic overshadowing**

Building Strength and Resilience-

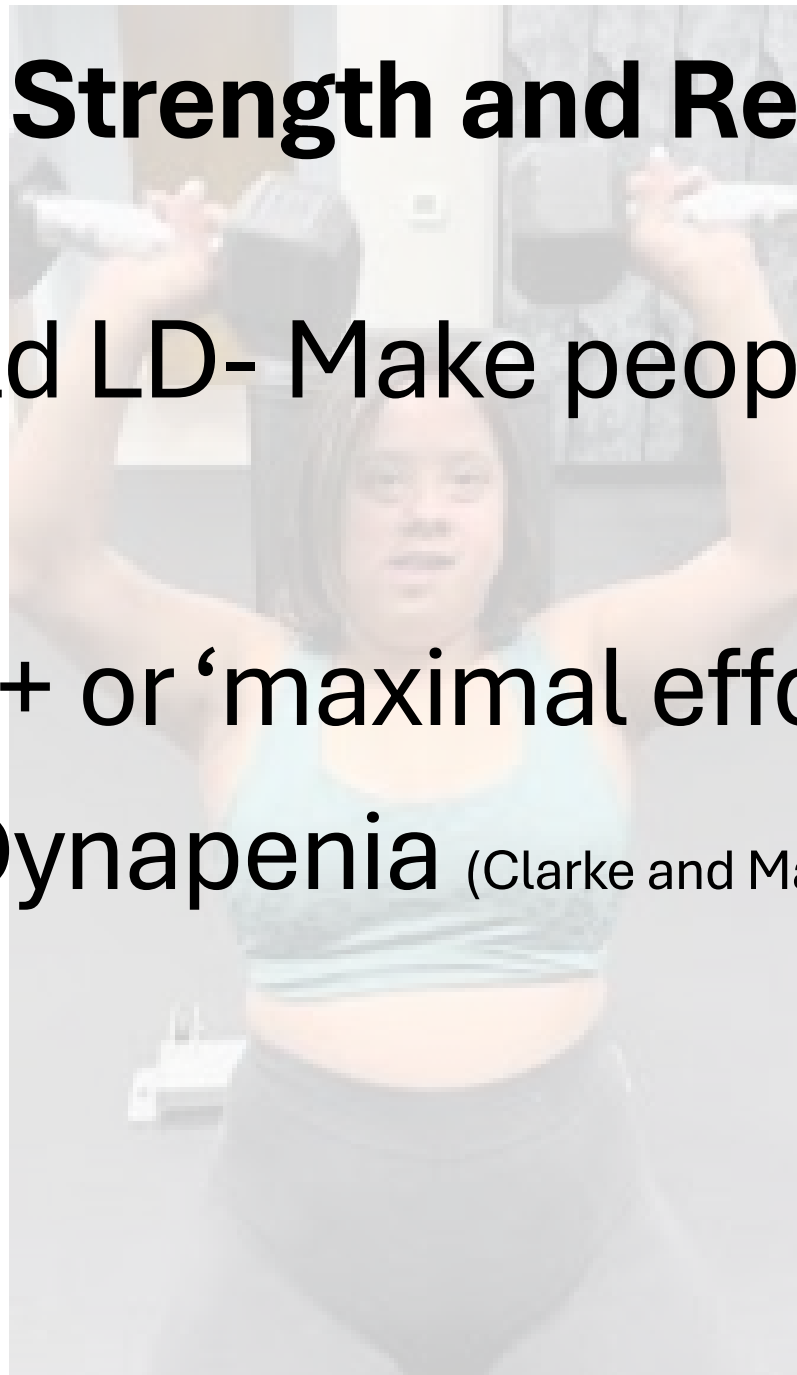
- **PLAN B-** balls, bubbles and balloons



Building Strength and Resilience-

Moderate /Mild LD- Make people STRONGER

- RPE 8+ or 'maximal effort' <5reps
- Dynapenia (Clarke and Manini 2008)







Everyone has a starting point



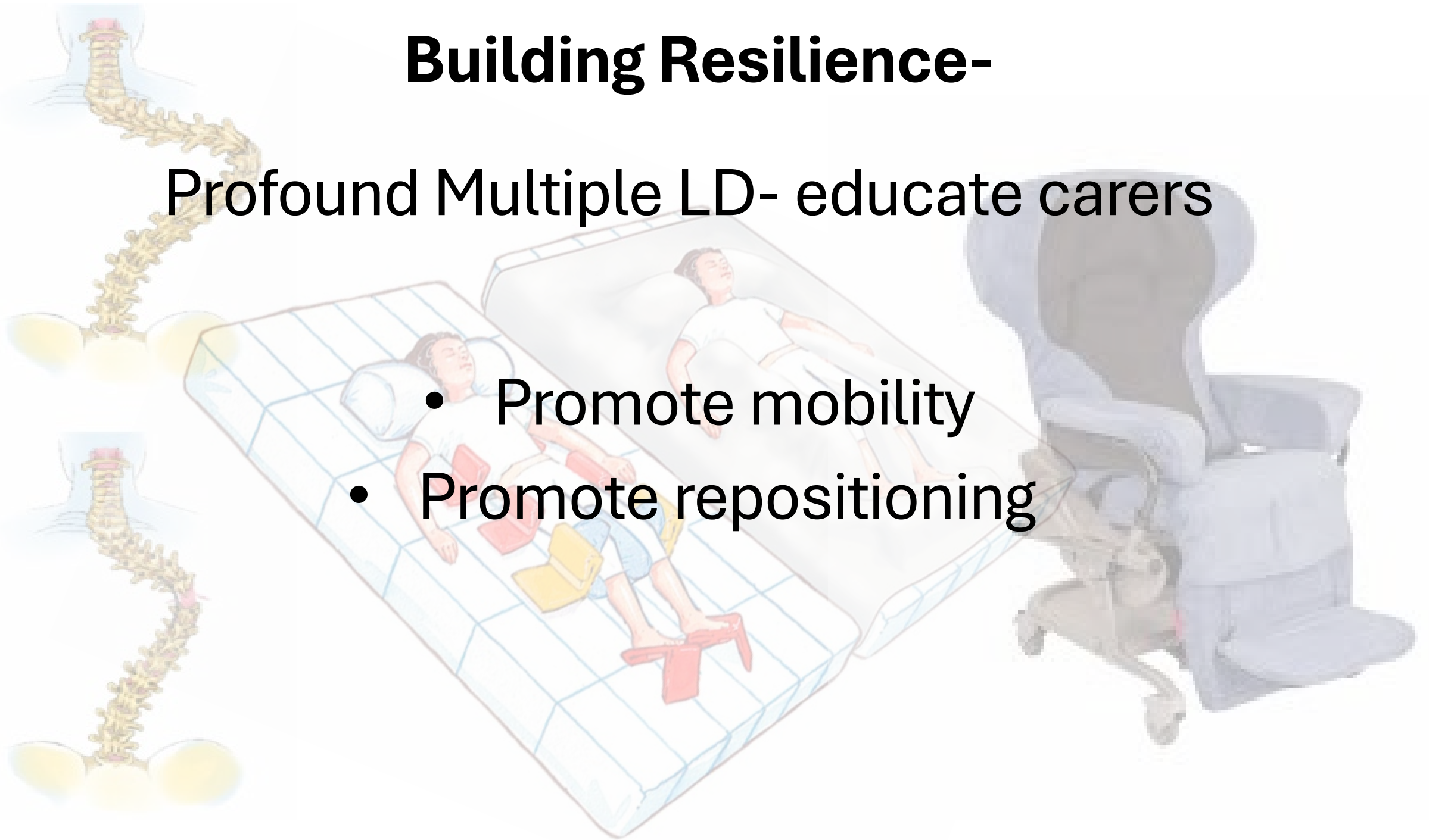
Building Resilience-

Profound Multiple LD- educate carers

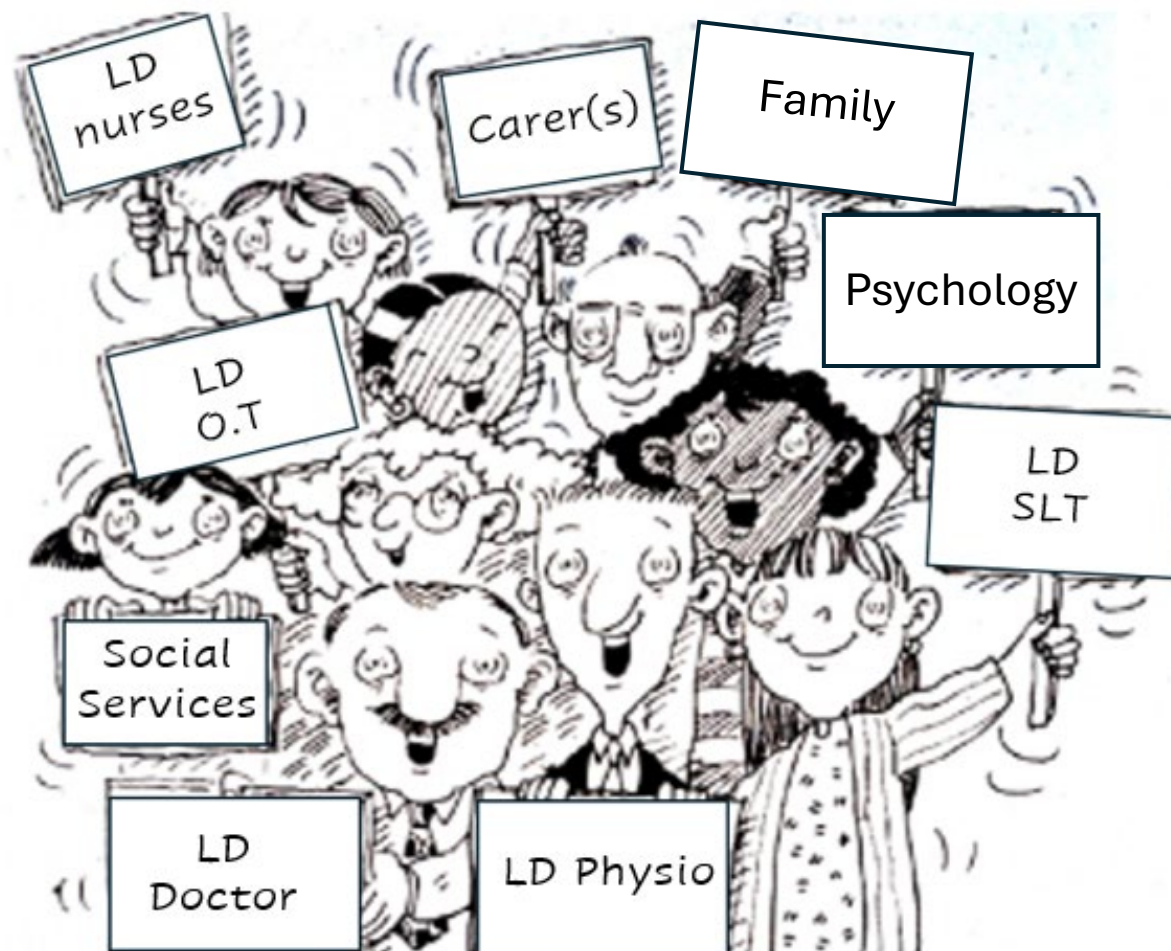
- Promote mobility
- Promote repositioning

A

E



Team Assistants
Students
Special Dentistry
Team Admin
District nurses



GP's
LD Liaison
Dietetics
Orthotics
TVN



Encourage Vigilance



B.E.A.C.H

HAVE YOU NOTICED ANY CHANGES IN -

- BALANCE ✓
- ENERGY LEVELS ✓
- ALTERED WEIGHT ✓
- CONVERSATION ✓
- HEALTH ✓

Speak to a friend, your GP or
a family member sooner
rather than later

Words Matter



CHRISTMAS

[illegible]

Words Matter

- Condition specific language
- Common words/phrases

A golden trumpet is shown from a side profile, angled towards the right. It has a large, flared bell on the left, a coiled body with three valves, and a green mouthpiece at the right end. The text "Call to action..." is superimposed over the middle of the instrument.

Call to action...

#makingfrailtyoldnews

Conclusion:

- Successful aging should not be exclusive to fine wine.
- Successful aging should be with dignity, a sharp mind, being active and staying connected to the people you love and the things you enjoy.





thank you



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