

## Online Q &A events about Health

### Healthy Diet, Healthy Bowels – “Let’s talk about Pool!”



10.00 – 11.30 am

Tuesday 19<sup>th</sup> January 2021

Lots of people suffer with constipation so sometimes it’s not viewed as serious but people with a learning disability are more at risk than the general population.

**Reviews into deaths of people with learning disabilities show us that too many people are still dying from constipation.**

**According to recent research from Dimensions UK –**

*“It is estimated that half of people with a learning disability are at risk of suffering from long-term constipation. Poor diet, limited physical activity, over medication and poor bowel movement monitoring are all risk factors for constipation, to which people with learning disabilities are more susceptible. [#MyGPandMe – Making Primary Care Fair - Dimensions UK 2018]*

This session is for ALL family carers, including those who have a family member in supported living or residential care and open to anyone else supporting people with learning disabilities, in health, education or social care.

The aim is to share ideas and good practice as well as get answers to any questions. We will invite key professionals and sessions will be recorded, so if you can’t make it to the actual event you’ll be able to visit our YouTube channel to see what was discussed.

To book your place please click [HERE](#)