

CONFERENCE ABSTRACT

StrIDeS: Implementing an integrated model of service to improve health outcomes for people with intellectual disability.

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Introduction

People with intellectual disability experience significant inequity in health outcomes and premature mortality. Limited specialised health services and confidence, skills and knowledge of mainstream health services contribute to this inequity.

Practice Change Implemented

A new team, Specialised Team for Intellectual Disability Sydney (StrIDeS) was established in 2020 within Sydney Local Health District, NSW, to address these issues. The service model is delivered within an integrated care framework, building pathways and partnerships across the acute health care sector and the local primary health network.

Aim and Targeted Population

The aim of the service is to address unmet health needs of people with intellectual disability. People of all ages with intellectual disability with unmet health needs are eligible for the referral to the multidisciplinary team. In addition to clinical service, capacity building, including partnership building is a key role.

Highlight

A series of case presentations will highlight the unmet needs, the nature of the clinical intervention and the health outcomes achieved from the short term intervention.

Sustainability and transferability

The sustainability of this model of service requires ongoing dedicated funding, and leadership of the SLHD to support building capability and engagement across the sector. Given the service is based on an integrated care framework that acknowledges the additional needs of people with intellectual disability, this model of health care is transferrable.

Conclusions

A dedicated multidisciplinary team is able to identify unmet health needs, provide wholistic healthcare recommendations and treatment that significantly improve health and reduce unnecessary visits to hospital. By “getting to know” the individual, unrecognised motivators and stressors that are maintaining health seeking behaviour and mental health distress can be identified and addressed.

Heaton: Implementing an integrated model of service to improve health outcomes for people with intellectual disability

Lessons Learned

Through establishing a dedicated multidisciplinary team for people with intellectual disability, early experience demonstrates that it is possible to assess, diagnose and treat unmet health needs of people with intellectual disability and so address persistent health inequities.