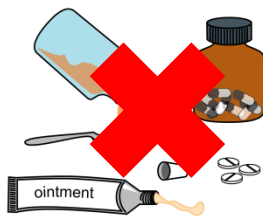


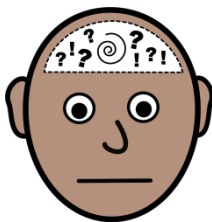
Durham Tees Valley Adult Learning Disability Physical Health Team STOMP

Information about stopping the over medication of people with a learning disability (STOMP)

What is STOMP?



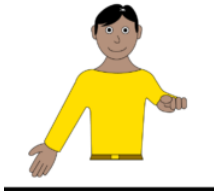
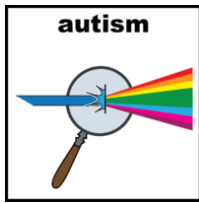
Stopping the over medication of people with a learning disability, autism or both (STOMP) is a project in England to stop too much use of psychotropic medicines



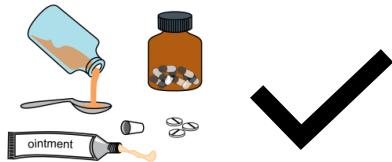
Medicines are used to treat your mental health conditions.



Sometimes they are also given to you if your behaviour is seen as challenging.



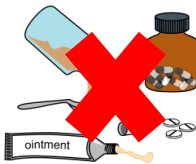
People with a learning disability, autism or both are more likely to be given these medicines than other people.



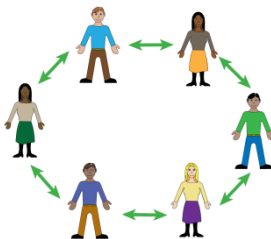
These medicines are right for some people.



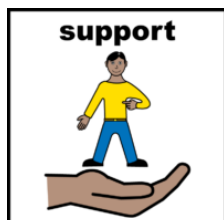
They can help you stay safe and well.



Sometimes there are other ways of helping you so, you need less medicine or none at all.



STOMP is about everyone working together to make sure you get the right medicine when you need it.



It is also about making sure that you get the other support you need so that you don't need this sort of medicine.

What are psychotropic medicines?



Psychotropic medicines change how you brain works.



They are used for mental health conditions like

- psychosis
- anxiety
- depression



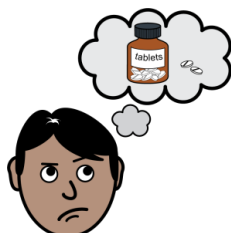
They can also help you sleep.



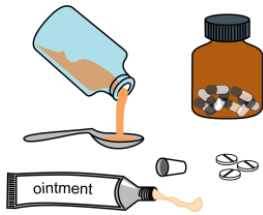
They can also be used if you have epilepsy.



Sometimes these medicines are used to change the way that you behave.

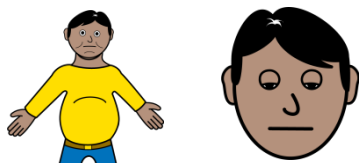


Lots of people with learning disabilities take psychotropic medicines, when they do not have the health conditions the medicines are for.



Psychotropic medicines can cause problems when you

- take them for too long
- take too high a dose
- take them for the wrong reason



They can make you

- put on weight
- feel tired or 'drugged up'
- hurt their physical health



There are often other ways of helping you, so you need less medicine.

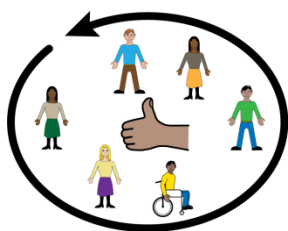
Do not change your medication without professional advice



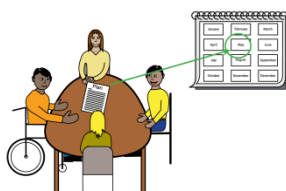
Do not change your dose of these medicines or stop taking them without talking to your doctor/pharmacist or health professional.

Your health professionals and the people who support you can help you.

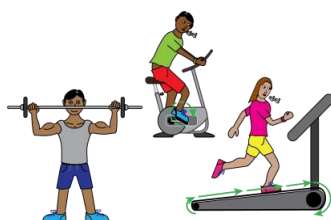
How we can get it right for you



Work with you and the people who support you, your family, your doctor and others to get your treatment right



Make sure you have regular medicine reviews



Help you look after your physical health



Make sure you take psychotropic medicine

- for the right reasons.
- in the right amount.
- only for as long as you need to.



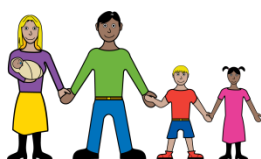
Find other ways to help you stay well and safe



Give information you understand so you know what things mean and can ask questions.

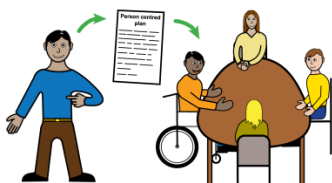


Involve you in choices about your care.



Help your family and carers get the information and support they need to help.

What support you can get



Help making person-centred plans with you, your family, carers, staff and others.



Understanding when and why you are having difficulties and what will help you feel better.



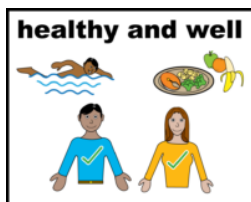
Helping you and those who support you to understand and manage your medicines.



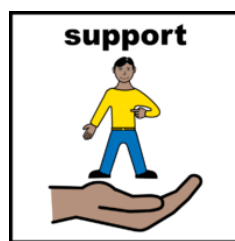
Easy to understand information.



Support with communication if you need it.



Helping you stay in good health, like keeping fit and going for health checks.



Using positive behaviour support to help you change how you behave and how you are supported.



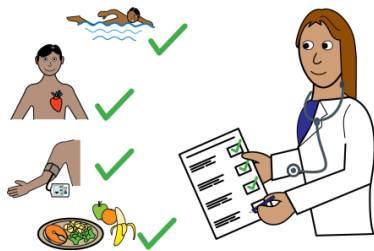
Using 'talking' therapy, speech therapy, occupational therapy, and art therapy, or social prescribers and health & well-being coaches if your GP surgery has them.

For more information



Go to www.england.nhs.uk/stomp

For more help

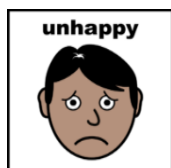


Ask your doctor or pharmacist for a medicine review or an annual health check.



Your doctor or nurse can help with finding other support too.

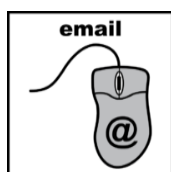
If you are unhappy about our services...



Please tell a member of staff.



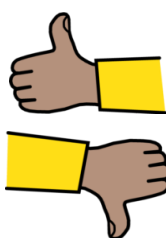
Freephone 0800 052 0219 or



Email tewv.pals@nhs.net.

Feedback

We'd like to know if you thought this information was



- good or bad
- if anything was missing you wanted to know
- if there was anything you didn't understand. Let a member of your care team know.

Find this information

Staff: Trustwide shared drive > Patient and Carer Information > Durham and Darlington (or Tees) > LD

Patients and carers: Search Durham Tees valley Adult Learning Disability Physical Health Team STOMP on our website www.tewv.nhs.uk