



Stopping the over medication of people with a learning disability, autism or both

Everyone working together to stop the over use of psychotropic medicines and to improve people's quality of life autism or both

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About psychotropic

Psychotropic medicines are a group of medicines that change how the brain works and functions.

They are used for mental health conditions like psychosis, anxiety and depression, whilst they can also be used to help people sleep or for those with epilepsy.

Sometimes these medicines are used to change the way that people behave even when they do not have a mental health condition or epilepsy.

Public Health England says that every day about **30,000 to 35,000 adults** with a learning disability are taking psychotropic medicines, when they do not have the health conditions the medicines are for.

Psychotropic medicines can cause problems when people take them for too long or take too high a dose, with side effects including, putting weight on, feeling tired or 'drugged up' or having serious problems with physical health

There are often other ways of helping people so they need less medicine.

Before changing dosage or stopping the medication, it is important for people to discuss it with their doctors and gain their advice.

Getting it right for the individual

It is important that the support team work with the individual, their family, the doctor and others to ensure the treatment is correct:

1. Make sure the individual has regular medicine reviews
2. Help the individual look after their physical health
3. Make sure they take the medicine for the right reasons and the right amount
4. Find other ways to help them stay well and safe
5. Give them information they can understand so they know what things mean
6. Involve them in decisions about their care and treatment
7. Give their family the information and support they need to help when possible

[Click here](#) for more information about STOMP

Ways of supporting people



Making person-centred plans with the individual, family, and others



Helping support them to understand and manage their medicines



Make information easy to understand and involve people in making a communication plan



Help people stay in good health overall, such as keeping fit and going for health check ups



Use positive behaviour support to help people change how they behave



Using 'talking' therapy, speech therapy, occupational therapy, and art therapy

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