

Studies

[Good mental health for people with intellectual disabilities: a participatory focus group study](#)

Mental health is a fundamental component of overall health. However, it remains unclear whether commonly accepted definitions of good mental health, like the WHO's, are applicable to people with intellectual disabilities (ID). While there are studies with experts in the field of mental health and ID investigating this issue, the perspectives of people with ID themselves have yet to be adequately represented in this discourse.

[Living Through the COVID-19 Pandemic: The Experiences of People With Profound and Multiple Intellectual Disabilities Through a Family Carer Lens](#)

People with profound and multiple intellectual disabilities were disproportionately negatively affected by the COVID-19 pandemic. Few studies exist about the perceived longer-term impact of the pandemic on this group.

[Race/Ethnicity, Intellectual Disability, and Diagnostic Characteristics Among School-Aged Youth with Autism: A Cross-Sectional Study](#)

Autism is a condition that affects how children interact, communicate, and behave. Getting diagnosed early can make a big difference, allowing families to access services and support that help children thrive. However, not all children are diagnosed at the same age or in the same way, especially when it comes to children from different racial and ethnic backgrounds.

[Re-imagining connection: the role of late autism diagnosis in eating disorder recovery and social support](#)

This paper explores the complex relationship between autism, social connection, and eating disorder recovery, drawing on the lived experiences of two late-diagnosed autistic adults with histories of longstanding and severe eating disorders.

[Associations of physical fitness with sustained overt attention and academic performance in children with learning disabilities](#)

Physical fitness has consistently been linked to cognitive and academic performance, with sustained attention recognized as a key predictor of academic success.

[Paternal Role of Fathers in Families of Parents With Intellectual Disabilities: Views, Barriers and Facilitators in Fulfilling This Role](#)

This study examined the paternal role of fathers from families headed by parents with intellectual disabilities, their views and their barriers and facilitators in fulfilling this role.

[The Role of Gender and Strong Interests in Self-Reported Camouflaging of Autistic Adults](#)

The current study explores how gender, gender-diversity, and strong interests are associated with camouflaging in autistic adults.

[Longitudinal study of body mass index in relation to Alzheimer's disease pathology and symptomatology in Down syndrome](#)

Weight loss has been linked to early Alzheimer's disease (AD) pathology, possibly through metabolic dysregulation. We examined changes in body mass index (BMI) in relation to AD biomarkers (amyloid beta [A β] and tau) and cognitive decline in adults with Down syndrome (DS). We hypothesized that BMI decline would track with early AD pathology and cognitive decline.

[Diagnosis and Diversity: Feminism, Autistic Identity, and the Possibilities for Neurodiversity](#)

In this qualitative study, we analyse autistic women's accounts, drawing on the notion of performativity to examine the role of diagnostic identities, gender, and the interplay between them in the storying of women's self-hood. We explore how their accounts both utilise and challenge the binaries around diagnosis and gender.

[Neuro-Normative Epistemic Injustice – Consequences for the UK Education Crisis and School Anxiety](#)

The UK education system is failing to meet needs, leading to an attendance and school anxiety crisis. However, the system faults those disproportionately and most visibly struggling – namely Neurodivergent and SEND learners – as outliers instead of warning signs. Only through acknowledgement of systemic internal mechanisms can the complexity and scope of the education crisis be addressed.

[Texts and Effects: Interview Findings on Neurodiversity and Representation](#)

What texts do people use to think about, understand, and build upon the language and concept of 'neurodiversity'? This article presents findings from an institutional ethnography study in which participants in Ontario, Canada each selected and discussed a text – any written, visual, or recorded source – that had influenced their understanding of neurodiversity. This analysis focuses on findings from interviews with the 44 neurodivergent participants.

Guidance

[Oliver McGowan code of practice](#)

Sets out standards for training on learning disability and autism for Care Quality Commission (CQC)-registered health and social care providers and their staff.

[Oliver McGowan code of practice \(easy read\)](#)

Guidance about the training on learning disability and autism that health and care staff must do if they work in services registered with CQC in England.

Reports

[Our annual report 2024-25 - a voice for fairness and making sure individuals and their families are involved in the decisions about their lives and care](#)

Published today, the Mental Welfare Commission's annual report shows the wide range of work the organisation completed last year, including visits to 149 wards and units around the country, meeting individuals, families, and staff.

Calls for Evidence

[Men's Health Strategy for England: call for evidence \(easy read\)](#)

This call for evidence will help the government to make a Men's Health Strategy for England. We're especially interested in hearing from people who have lived experience of men's health issues.

Webinars

[Webinar recording – Love and relationships for people with learning disabilities](#)

For Learning Disability Week 2025, Bild for the Future decided to run a webinar exploring how people with learning disabilities can be supported to find love and build relationships. The main speaker was Claire Bates, founder of Supported Loving.

Blogs

[Speaking at NHS ConfedExpo 2025: Tackling the Health Inequalities of Minoritised Ethnic People with a Learning Disability](#)

Last week Nicholas, Ramandeep, Jahan and Habib from the Race Equality Foundation, and Sam from Learning Disability England led a session at NHS ConfedExpo 2025, a leading health and care conference ran by the NHS.

[“With the right tools and support, people can stay connected and fully take part in communities, including virtual communities like this.”](#)

This week Learning Disability England is spotlighting Chapter 2 of the Good Lives Framework ‘Communication and Staying Connected’ and good practice in this area.

[“Do you see me?” – musings on a theme](#)

For Learning Disability Week 2025, the theme is a powerful one: Do you see me?

News

[Care for those with learning disabilities or autistic people](#)

New guidance published today (19 June 2025) to ensure health and care staff have skills to provide care for people with a learning disability and autistic people.

[Government publishes Oliver McGowan code of practice](#)

The Government has published the Oliver McGowan code of practice, which sets out standards for training on learning disability and autism for Care Quality Commission (CQC)-registered health and social care providers and their staff.

[New health toolkit for people with learning disabilities](#)

The Leicester, Leicestershire, and Rutland (LLR) Learning Disabilities and Autism (LDA) Collaborative has produced a new health toolkit to help people with learning disabilities lead healthier and happier lives.

[800,000 disabled people to lose out on PIP by 2030 under benefit cuts legislation](#)

DWP says recipients reassessed as ineligible for benefit will have 13-week grace period before removal of payments, but concession fails to quell charities' anger over prospect of deepening disability poverty.

[Existing PIP claimants to be protected from cuts in disability benefits U-turn](#)

About 400,000 people will hold onto payments of about £3,800 or £5,700 per year, while just over two million will be protected from real-terms cuts to universal credit, under climbdown designed to avert bill defeat.



[Community feedback leads to better care for people with learning disabilities](#)

Thanks to participants speaking up, changes have been recommended to improve communication during annual health checks and COVID-19 vaccination appointments.

[Historic neurodiversity conference unites psychiatrists and GPs in groundbreaking dialogue](#)

On Friday 13 June 2025, the Royal College of Psychiatrists (RCPsych) and the Royal College of General Practitioners (RCGP) convened an inaugural joint conference, marking a significant milestone in the UK's approach to neurodivergent healthcare. Held online, the event brought together leading researchers, clinicians and advocates to explore innovative, compassionate, and collaborative care models for individuals identifying as neurodivergent.

[Presenting the Good Lives Framework to the Minister of State for Care](#)

On 4th June, Learning Disability England took part in a Parliamentary Reception hosted by the Adult Social Care All-Party Parliamentary Group (APPG).

[Number of autistic people in mental health hospitals: latest data](#)

The latest monthly Assuring Transformation NHS Digital data shows that in May 2025:

- 2,030 autistic people and people with a learning disability are in mental health hospitals in England. Of these, 1,460 (72%) are autistic.
- There are 245 under 18s in inpatient units that are autistic or have a learning disability. Of these, 240 (98%) are autistic.
- The number of autistic people without a learning disability detained in mental health hospitals has increased by 141% since 2015.

[Case study: learning disability and improving your mental wellbeing](#)

After losing his seasonal job at Chessington World of Adventures as a result of the Covid pandemic, Alan Booth, a 34-year-old man from New Malden, struggled with his mental wellbeing.

['I love my fans, but also dread meeting them' - life as an autistic elite footballer](#)

Goalkeeper Safia Middleton-Patel is part of the Wales squad for Euro 2025. She is sparky, thoughtful, and has an infectious laugh. She is also autistic. Overstimulation has sent her to bed, exhausted, for a week. A misunderstood social interaction can ruin her mood for months. She will drive miles past a petrol station to find one with a self-pay pump. And, unconnected to her disorder, she is of the opinion that tomatoes are vegetables, whatever the scientists say. Of which more later.

[£1.7m government funding for 4,000 schools will help children with SEND trial assistive tech](#)

The Department for Education (DfE) has provided £1.7 million funding to allow children with special educational needs and disabilities (SEND) to trial innovative assistive technologies.

[Amid alarm over a US 'autism registry', people are using these tactics to avoid disability surveillance – podcast](#)

Robert F. Kennedy Jr. caused controversy in April by promising to find the cause for autism by September. Claims by the new US secretary for health and human services that autism is a "preventable disease" with an environmental cause, contradict a body of research that suggests autism is caused by a combination of genetic and external factors.

challenging behaviour
Learning Disabilities and Autism
Asperger Syndrome
quality of life
mental capacity
intellectual disabilities
health information
research
carers



NHS
Mersey Care
NHS Foundation Trust

1 July 2025

[Leaders Awards: meet the community self-advocates](#)

Now in its seventh year, The Learning Disability and Autism Leaders Awards, hosted by Dimensions, celebrates self-advocates who have shown leadership in their lives and communities to drive positive change for people with learning disabilities and autistic people.

[I'm worried my autistic son is going to struggle socially in his new school](#)

All children face difficulties in new schools – make sure he knows this, stick to the positives, and take the fact he's already been invited to a party as a positive first step.

