

Helping people with a learning disability, at risk of behaviour that challenges, to avoid harm from psychotropic medicines.



End of year summary 2025-2026

Helping People with a Learning Disability



In 2025 – 2026, a national project helped people with a **learning disability** who might have behaviour that challenges.

A national project is a big task or plan where lots of people from all over the country are invited to take part.

It aims to help people:

Get the support they need when they show behaviours that others may find challenging.

Get the best results from their medicines when they take psychotropic medicines for behaviour that challenges.

Reduce or stop taking psychotropic medicines if they no longer need them, supported by their healthcare team.



At a local level, Patient Safety Collaboratives helped manage this work. Patient Safety Collaboratives help NHS services learn from each other and make care safer for patients.



You can read more about the [national project in this easyread booklet](#) on our website.



In just one year, by March 2026, 102 fewer people with a learning disability were given antipsychotic medicines for behaviour that challenges. This is a big achievement.



Different parts of the health and care system worked together. This included NHS, social care, and other organisations. We also asked people with a learning disability to help us understand what is happening and ways to improve things together.



Lots of people looked at the steps people go through to get health care. This helped everyone understand the local problems better. They used surveys, interviews, and workshops to see how harm happens.



They found people were sometimes confused about who should do what. People did not always understand what each person should do. This makes it hard to work together well.



There was worry about stopping medicines without supporting people well enough. Doctors needed more help to feel confident about lowering medicines safely.



There weren't many ways for doctors to help people without medication. This meant people didn't always have the right support to help with their behaviour.



Local areas found that services were very complicated and did not always work well together. This made it hard for people to get the right help when they needed it.

Learning Together



Improvements were planned with help from many people, including people with a learning disability. They all used ideas from earlier work in the project. Workshops helped everyone feel part of the change. They focused on actions that could make a big difference.



Local groups showed strong team work and leadership. They worked together to share information on how they were doing. Then they used that information to help them plan what to do next.



The national project helped build trust and relationships. People talked about things they hadn't before. They were open about what was not working. They worked together to find ways to make things better.

What next?



In 2026–2027, the national project will continue. Working with people with a learning disability, local teams have made strong starts and are showing real improvements. They are ready to keep working on lowering harm.

Find out more



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