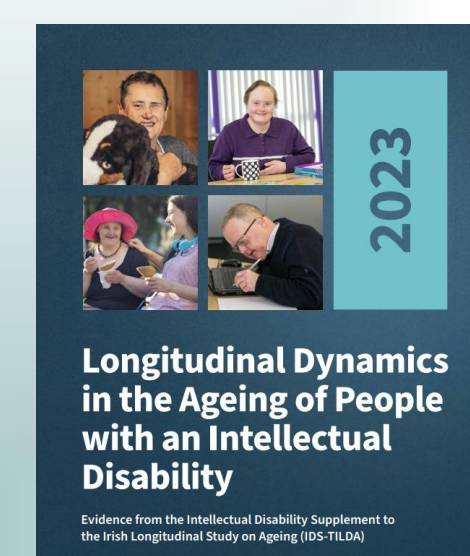
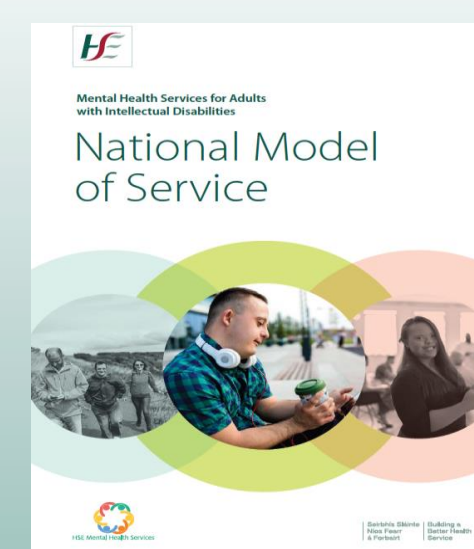


# Development of an ANP led Co-produced Community-based Psychosocial Sports/Leisure Intervention Programme for people in the Wexford inpatient MHID services



**Michael Mahon ANP - Tom Wall CNS**  
Emma Byrne CPC  
Waterford/Wexford Mental Health Services  
Mental Health Intellectual Disability Team



## Background

- People with intellectual disability have a high prevalence (46%), of mental health disorder.
- Sedentary behaviour prevalent where 51% are not engaging in minimum physical activity, (IDS-TILDA 2023).
- Standard health promotion interventions, may not be accessible to people with a dual diagnosis of intellectual disability and mental health disorder.
- The Covid-19 pandemic has had serious impact on physical activity programmes.

## Policy Alignment

Sharing the Vision Implementation plan 2022-2024

- *Promotion, Prevention, Early intervention*
- *Access,*
- *Inclusion,*
- *Accountability.*

Judgement Support Framework 2024

Model of Service 2021

Physical Activity Guidelines 2024

TILDA wave 5 2023

Slaintecare 2023

## Outcomes

- Paucity of evidence relating to this specific client cohort.
- Results
- New Skills, Socialisation, Empowerment, Desensitisation, Improved Quality of life.
- Participation Clients & Staff
- CORE-OM, Glasgow Anxiety and Depression Scales, The Becks Depression Inventory Scale, MANSA Quality of Life Scale used.
- WRIDS Integration:
  - *Initiate policy change-mandate for physical activity intensive inclusion. .*
  - *Reduce polypharmacy & restrictive practices & stigma.*
  - *Reduce challenging behaviour and the risks to clients and staff.*
  - *Impact positively on staff stress management and wellbeing.*

## Summary of Initiative

### Aims:

- Assist service users with appropriate physical activation through functionally related sports and wellness programmes, of one hour a month, over a 12-month period.
- This project hopes to increase the Physical and Mental Health & Wellbeing of both the service user and the staff, through Physical Activity and Modifiable lifestyle behaviours such as smoking, alcohol intake and poor diet.
- To develop a collaborative relationship between the client, family, staff and community-based personnel to enhance a Co-Production process.
- To develop these Health Promotion interventions in a community-based venue, which will provide real life events for people with complex needs.
- Sensory, Nutrition, Activation



## Other Data

- Adults with an intellectual disability have an increased risk of aging-related physical and mental health conditions and experience them at an earlier age than the general population.
- The benefits of regular physical activity on mental and physical health outcomes are well established.



## For More Information



## References

Department of Health (2022) *Sharing the Vision: A Mental Health Policy for Everyone, Implementation Plan 2022-2024*.  
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