

## Studies

### [Healthy ageing for older adult people with intellectual disability: a scoping review](#)

The increasing longevity of people with intellectual disability creates a need for a healthy-ageing perspective, translated into evidence-based interventions in this multi-morbidity group. Accordingly, the aim of this scoping review was to identify, summarise and analyse the empirical research on healthy ageing in older adults with intellectual disability.

### [“We’re all in this together”: patient and public involvement and engagement in developing a new psychosocial intervention for adults with an intellectual disability who display aggressive challenging behaviour](#)

Although there is consensus regarding the added value of adults with an intellectual disability and family carers as Patient and Public Involvement and Engagement (PPIE) members in research studies, there is limited reporting on the practice and impact of their involvement.

### [The impact of exercise interventions on postural control in individuals with Down syndrome: a systematic review and meta-analysis](#)

Individuals with Down syndrome have severe difficulties maintaining proper postural control when standing upright. Therefore, the goal of the present review and meta-analysis was to examine the effects of exercise interventions on improving postural control in individuals with Down syndrome.

### [Young people with disabilities and their sexual health: a descriptive review of needs, recommendations and interventions](#)

Worldwide, almost 180 million young people aged between 10 and 24 live with disability. They are often perceived as asexual, lacking in sexual desires, or as sexually inadequate. The sexual health of young people with disabilities thus remains a blind spot in health promotion. The aim of this descriptive review was to describe and analyze articles exploring needs, recommendations and interventions for promoting the sexual health (SH) of young people with disabilities.

### [Effects of Covid-19 pandemic on nutritional habits, lifestyle changes and dental trauma frequency of children with autism: a cross-sectional study](#)

The Covid-19 pandemic has disrupted daily routines and lifestyle habits, affecting the psychological well-being and dietary habits of individuals, especially children with autism spectrum disorder (ASD). This study aims to evaluate the susceptibility of children with ASD to changes in nutritional habits, lifestyle, and dental trauma during the pandemic related with oral health and compare them with healthy children.

### [Breastfeeding duration and neurodevelopment: insights into autism spectrum disorders and weaning practices](#)

This paper examines the complex relationship between breastfeeding duration and the incidence of autism spectrum disorders (ASDs), focusing on identifying the most beneficial weaning period and its subsequent effects on child development.

### [Loneliness and susceptibility to social pain mediate the association between autistic traits and psychotic experiences in young non-clinical adults](#)

Understanding of the mechanisms involved in the occurrence of psychotic experiences (PEs) in highly autistic individuals is crucial for identifying appropriate prevention and intervention strategies.

[Risks and Safeguards in Social-Behavioural Research With Adults With Developmental Disabilities: A Qualitative Systematic Review](#)

We identified participant-level risks and safeguards in social-behavioural research with adults with developmental disabilities.

[Calcineurin inhibition may prevent Alzheimer disease in people with Down syndrome](#)

Virtually all people with Down syndrome will develop Alzheimer disease pathology during their lifetime. As Alzheimer disease is the third leading cause of death and a significant factor in end-of-life complications for adults with Down syndrome, identifying interventions is a medical necessity.

[A Tele-Coaching Pilot Study: An Innovative Approach to Enhance Motor Skills in Adolescents With Down Syndrome](#)

Limited knowledge exists regarding the effectiveness of training programmes for individuals with Down syndrome, particularly innovative approaches like tele-coaching. Our pilot study aimed to improve strength and balance using tele-coaching sessions in children with Down syndrome.

[Virtual delivery of group-based cognitive behavioral therapy for autistic children and youth during the COVID-19 pandemic was acceptable, feasible, and effective](#)

Anxiety challenges co-occur at a high rate in autistic children and youth (~ 50–79%), often with significant interference with daily functioning.

[Investigation of the Relationship Between Self-Consciousness and Autobiographic Memory in Individuals with Autism Spectrum Disorders with LiveCam and fNIRS](#)

Autism spectrum disorder (ASD) is a prevalent neurodevelopmental condition with implications for self-consciousness and autobiographical memory. This study investigates the relationship between self-consciousness, autobiographical memory, and associated neurobiological structures in ASD.

## News

[Damages paid following inappropriate detention of person with learning disabilities](#)

'AP', a man with learning disabilities and who is autistic, has been paid damages by Oxford Health NHS trust after he brought a claim against them for breaching his human rights to freedom from detention and inhuman or degrading treatment. AP was inappropriately detained for almost a year, and the claim highlighted breaches of his rights to a private and family life, alongside negligence and associated psychiatric injury. These breaches will have had a significant impact.

[Autistic woman stuck in a mental health hospital for 45 years](#)

Charities have expressed their outrage after a BBC investigation highlighted the story of an autistic woman with a learning disability who was locked up in a mental health hospital for 45 years, of which 25 years were in long-term segregation.

[File on 4 highlights inappropriate detention of people with a learning disability and autistic people](#)

A BBC radio programme shows how the current system means that people with a learning disability and autistic people get stuck in mental health hospitals.



### [Lifeways: ITV News uncover neglect of people with learning disabilities in supported living](#)

An ITV News investigation has exposed allegations of multiple failings at residential and supported living homes run by Lifeways, which is contracted to provide support to adults with learning disabilities and other complex conditions.

### [Health secretary calls for investigation into Lifeways after neglect reports mount](#)

The Health Secretary has called for an investigation into Lifeways, one of the UK's largest providers of support for people with a learning disability after an ITV expose found evidence of serious neglect in its care homes.

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

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

- In total 2,065 autistic people and people with a learning disability are in inpatient mental health hospitals in England
- 1,460 (71%) of these people are autistic
- There are 220 under 18s in inpatient units that are autistic or have a learning disability. Of these, 95% are autistic.

### [Ministers plan major changes to SEND education in England](#)

Labour is preparing major changes to special educational needs provision in English schools, as individual councils raise the alarm over debts running into hundreds of millions of pounds that have pushed many to the brink of bankruptcy.

### [Understanding the law in relation to disabled children and young people](#)

The law relating to disabled children's social care can be complex. New open access resources, developed by Research in Practice and Council for Disabled Children, explain the law so that children, young people and their families can receive the support they are entitled to.

### [Working together with parents with learning disabilities](#)

Professionals working with parents with learning disabilities are welcomed to join the Working Together with Parents Network.

### [Working with parents with learning disabilities and learning difficulties](#)

Shifts in terminology occur over time through changes in societal values, awareness, and movements aimed at achieving greater equality, social justice and promoting and protecting marginalised groups' human rights.

### [New AI model aims to improve hospital care for people with a learning disability](#)

Scientists have developed a new artificial intelligence (AI) model that can predict how long a person with a learning disability needs to stay in hospital, which could help improve care and reduce health inequality.

### [Maternal infection's link to autism may be a mirage](#)

The associations between maternal illnesses during pregnancy and autism in children may have been overestimated in past research, according to a study that analyzed data from more than a million children in Denmark. Other factors shared between a mother and her child, such as genetics, could explain nearly all of the connections suggested in past work.



challenging behaviour  
**Learning Disabilities and Autism**  
Asperger Syndrome  
quality of life

research  
mental capacity  
intellectual disabilities  
health information  
carers



**NHS**  
**Mersey Care**  
NHS Foundation Trust

11 March 2025

[Structure of striatum varies by sex in autistic children](#)

The changes could reflect different developmental trajectories between boys and girls with autism, a new study suggests.

