

Easy Read

What we will do to support adults with learning disabilities from 2019 - 2024

A Plan by Cardiff Council, Vale of Glamorgan Council and Cardiff and Vale University Health Board.

This is an easy read version of: **'Joint Commissioning Strategy for Adults with Learning Disabilities 2019 – 2024'**.

May 2019

How to use this document



This is an easy read version. The words and their meaning are easy to read and understand.



You may need support to read and understand this document. Ask someone you know to help you.

Some words may be hard to understand. These are in **bold blue writing** and have been explained in a box beneath the word. If the hard word is used again it is in **normal blue writing**. You can check what it means on page 43.

Where the document says **we**, this means **Cardiff Council, Vale of Glamorgan Council and Cardiff and Vale University Health Board**. For more information contact:



Cardiff Council Community Support Team,
Adults with Learning Disability:

Phone: 029 2053 6111



The Vale of Glamorgan Community Support Team,
Adults with Learning Disability

Phone: 01446 731105



This document was made into easy read by **Easy Read Wales** using **Photosymbols**.

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About this plan

This is the first plan our health and social care teams have written together.



To write this plan we have worked with:

- People with a learning disability.
- Families.
- Carers.
- Charities.



This plan is about our services for people with learning disabilities. And how we are going to make them better over the next 5 years.



We need to make sure our services are the best they can be to improve people's lives. We want services to be there when people need them. So it is important that we listen to:

- people with learning disabilities
- their families
- carers.



We want our services to help make sure people with learning disabilities:

- Live good lives.
- Feel valued.
- Live the lives they want.
- Live locally.
- Be included in their community.
- Have support that helps them be more independent.
- Have choice and control.



We will work together with people with a learning disability to make this plan happen.



This plan says who needs to do what to make all this happen. It also talks about what laws we need to follow.

Our 4 main goals

1. Develop services that last

This means having services that:



- are there when people need them



- give people what they need



- are good value for money.

2. Listen to people

This means listening to what people want and working together.

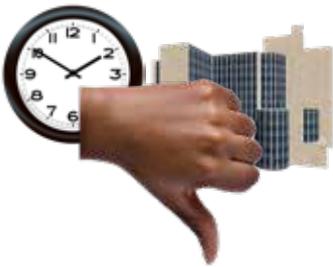


3. Make sure services are the best they can be

This is about making sure:



- people are safe



- we do not waste our resources like time, money, buildings and staff



- everyone has good services.

4. Make sure people can live in the best places

This means:



- trying to make sure people can live at home. Or as close to home as possible



- making sure people can live in a home that is the best for them. And helps them to be as independent as possible.

The Law

This plan is based on 2 Welsh laws:

1. The Social Services and Well-being (Wales) Act 2014

This law is about making sure services support people's **well-being**.

Well-being means a person is happy, healthy and is comfortable with their life and what they do.

2. The Well-being of Future Generations (Wales) Act 2015

This law is about making sure services think about how the choices they make now might affect people in the future.

Working together



We are:

- Cardiff Council
- Vale of Glamorgan Council
- Cardiff and Vale University Health Board



We have a special group that works across the council and health board. They check on and support other groups that are developing services.



We have talked to people with learning disabilities, their families and carers to find out:

- what is important to them
- what needs to be in the plan.



We also asked people who work in learning disability services what they think. **Cardiff People First** and **Vale People First** helped us with this.



What is important to people

This is what people said is important:



1. Health

- To be healthy and feel good.
- To be active.
- Have fun.
- Have a social life.



2. Information

- Information that is easy to get and understand.



3. Control

- Choice and control over their lives.
- To be listened to and included.
- For their ideas and what is important to them to be heard and thought about.



4. Support

- To have the support that meets their needs when they need it. Including support early on. This includes being able to have a break from their caring duties. This is sometimes called respite.



5. Work, volunteering and day opportunities

- The chance to take part in a wide range of activities, work and volunteering. That is right for people's needs. And easy to find and get involved with.
- To feel valued, learn skills and be part of their community.



6. Children and adult services

- These teams work together and plan better.
- Young people need support to plan for their future when they leave school.



7. Having my own home

- People need support to live as independently as they can.
- We need to use **technology** better to make life easier.

Technology is things like computers and equipment that helps people be independent.

- People need to be near their friends and family. And have choices.



8. Working together better

Everyone should work together more. This is called **Co-Production**.



What people need and want



We have found out more about people with a learning disability in Cardiff and the Vale of Glamorgan. This has helped us make this plan. This is what we found out:



There are around 7081 adults with a learning disability in Cardiff.



There are around 2400 adults with a learning disability in the Vale of Glamorgan.



But a lot of people do not receive support from **Learning Disability Services**.



Most people who get support have a **moderate** or **severe** learning disability. This means they may have more needs than someone who does not need support.



There are going to be more people over the age of 65 in Cardiff and the Vale of Glamorgan. These people may need more support as they get older.



We have lots of people from different backgrounds and **cultures** in Cardiff and the Vale.

Culture means the ideas, beliefs and behaviours shared by a group of people



People may need support that thinks about things like:

- where they are from
- what they believe
- what language they speak.

Carers

In 2011 we found out there are over 50 thousand carers in Cardiff and the Vale. Carers have told us they need:



- Good information and advice at the right time.



- To be valued.



- To have a break (**respite**).



- Support that does not keep changing.



- Support during an emergency.

Health



Adults with a learning disability are more likely to have poor health and **well-being** than other people.



Adults with a learning disability do not get the same chances to use health services as other people. And are not treated the same as other people.



People with a learning disability are living longer and may need more support in the future.



People with a learning disability are more likely to have health issues like:

- Problems with hearing.



- **Mental health problems** – where people do not feel well in their mind and thoughts.



- **Dementia** - an illness that affects the brain. People can have problems with memory and get confused.



- **Epilepsy** - a brain condition that can cause fits.



- **Challenging behaviour** - things like hitting people, breaking things or hurting yourself.



- Problems with seeing.



Some health issues like **mental health** and hearing are not always spotted in people with a learning disability.



It is important that everyone with a learning disability has a local doctor. And they have their health checked every year.

What we do now

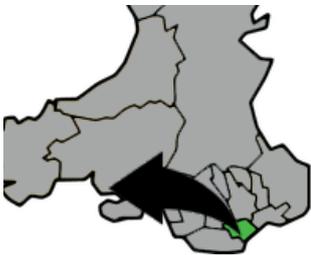
Cardiff



Over half of all adults with learning disabilities live at home with their family.



In 2016 there were 111 supported living houses supporting 343 people with learning disabilities.



84 adults with a learning disability from Cardiff lived outside of Cardiff.



11 out of every 100 people get **Direct Payments**.

A **Direct Payment** is money that social services can give people instead of a service. The person can spend the money on getting the support and services they want.



Around 19 children with a learning disability will become adults every year.



There are 2 learning disability teams.

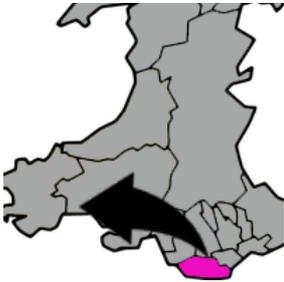
Vale of Glamorgan



Under half of all adults with a learning disability live at home with family.



In 2016 there were 27 supported living houses supporting 77 people with learning disabilities.



38 people with a learning disability from the Vale lived outside the Vale.



10 out of every 100 people with a learning disability get **Direct Payments**.



Every year about 9 children with a learning disability will become adults.



There is 1 learning disability team.

Health care



People with a learning disability are not getting their health checked enough.



Some people with a learning disability need extra support where they live. For example, from nurses or other health staff.



Some people with a learning disability need extra support for **challenging behaviour** or **mental health** problems. They may have to go to a hospital for support.

Learning Disability Teams



In 2017 980 people were being supported by the **Health Learning Disability Team** in Cardiff and the Vale of Glamorgan.

Money



In 2017 to 2018 services for adults with learning disabilities cost:

Cardiff: £36,231,444

Vale: £11,918,152



We need to improve the services we already have with the money we have got. For example, some people live far away from home and we want to be able to give them services here if that is what they want.



Checking services work well



We want to make sure people get the best services.



We need to make it clear to organisations what they need to be doing when running services.



We will be putting checks in place to make sure this happens.



These checks will follow the laws we have talked about in this plan.

How we deliver our plan



We will work with people with a learning disability, their family and carers.



We will work with other organisations.



We will check that we are delivering services well.



We will work with a group called **The Learning Disabilities Partnership Group** to carry out the plan.

The **Learning Disabilities Partnership Group** works together to make services for people with learning disabilities better. It is made of people from other groups that support and provide services.



We will try and make sure we give people the best services. And make the best use of money.

What we are going to do

In part 3 on page 10 we wrote about what people said is important. This is what we want to see and are going to do about these things:



1. Health



- We want more people with a learning disability to get a health check at their doctors every year.



- We want people with a learning disability to be treated in the same way as anyone else for their health.



- We would like to support people with a learning disability do more things that are good for their health. For example, eat more healthy food and give support for good mental health.



- We would like people with a learning disability to use their community more. For example, for social activities.



- We would like to see more people with a learning disability make more friends.



This is what we are doing now:

- We support people to go to health appointments when they need it.



- We give money to support people to go to groups.



- We support friends to share their support when it is right to do so.

This is what we are going to do:

- Develop more social groups. For example **Gig Buddies**.



Gig Buddies is a service that matches people with a learning disability with volunteers who share the same interests so they can go to gigs and events together.



- Support more people to use **Direct Payments**.



- Have a new job called **Learning Disability Liaison Nurse**. They will work with staff in hospitals to make sure people with a learning disability get the right care.



- Develop **Social Prescribing** in the NHS.

Social Prescribing is telling people about services in their community that can help their **well-being**.



- Support more people with a learning disability to see their doctor for a health check every year.



2. Information

We want more people with a learning disability to get information about services in a way they can understand.

This is what we do now:



- We are making easy to read leaflets and letters for staff in the community to use with people.



- We have bought the website **Dewis Cymru**. This gives information about local services.



- We use **Support Planners** – They help people learn about local services.

This is what we are going to do:



- We will work with people called **Speech and Language Therapists** to make information easy to get and understand.



- We will make sure information on the **Dewis Cymru** website is easy to understand.



- We will use of social media and **technology** to help share information.



- We will ask people from the **Learning Disability Partnership Group** to check information.



3. Control

- We want people with a learning disability to be involved in their care and support plan.



- We want more people with a learning disability to be able to get **advocacy**.

Advocacy is when someone helps you by speaking up for you.



- We want more carers and parents of people with a learning disability to get support when they need it.



- We want more people with a learning disability and their carers to have a say about what services are to run. And what they should be like.



- We would like more people with a learning disability to use **Direct Payments**.

This is what we are doing now:



- Supporting staff to use **assessments** that focus more on what people want in life.

An **assessment** is when someone looks at your care and support needs and how they can be met.



- A **Support Planner** works with people to find out what they want to do.



- We support people to use **advocacy**.



- All support is person centred and based on individuals.



- We tell people about **Direct Payments**.



- We have a project in the Vale that gives support to people. It is called '**Your Choice**'.



- We have staff who have the job of care officers. They support parents and carers of people with a learning disability.



This is what we are going to do:

- Talk to people using services and carers more.



- Think more about how support can help people get what they want in life.



- Ask more people who use our services to be involved with checking services.



- Look at the best ways to use [Direct Payments](#).



- Work with other organisations that can help with the use of [assistive technology](#).

Assistive Technology is equipment and computers that can make life easier and help people be more independent.



4. Support

- We want to make sure everyone gets the support they need.
- We want fewer people to need to use hospital beds that are for people with a learning disability. When they need to be used we want people to be able to go home as soon as they are ready.
- We want more support for carers.



This is what we are doing now:



- We have social work teams working 24 hours a day for emergencies.
- We support people to have a break. This is called **respite**. We need more respite in the Vale. Cardiff is checking their respite services to see what is working well. And what needs to change.



- There are groups and organisations that offer **peer support** to people.



Peer support is when a group of people support one another.



- Checking the work done in the NHS to make people can get support in the community. And do not need to go into hospital.

This is what we are going to do:



- Develop more **peer support** groups and social groups.



- Tell carers they may find **peer support** groups helpful.



- Improve services in the NHS for people with a learning disability.



- Improve services in the community.



- Help care and nursing homes to support people with a learning disability better.



5. Work, volunteering and day opportunities

- We would like to see more people with a learning disability get involved with their community.



- We would like to see more people with a learning disability in work or volunteering.



- We would like there to be more choices of things to do for people with a learning disability.

This is what we are doing now:

- We have developed more day services for people with **complex needs**.



Complex needs are when people may:

- have more than one disability
- have communication or health needs
- behave in a way other people find difficult.



- Cardiff has improved their day services for people with **complex needs**.



- We have improved **Support Planning** to help people find out what they want to do.



- The **Dewis Cymru** website.

This is what we are going to do:



- Develop the **Support Planner** role in the Vale.



- Keep making services for **complex needs** better.



- Work more with charities and community groups for day services, work, volunteering and social support.



- Work more with organisations that deal with employment to help find work for people.



- Make sure day service providers help people get what they want out of life more.



- We want people who use day services to be more involved in their community when this is right for them.



6. Children to adult services

- We want there to be a plan for supporting young people moving from child services to adult services.



- We want young people and their carers to feel more involved and supported during this time.



- We want special staff whose job it is to support young people move to adult services.



- We want education, health and social services to work with young people on their plans.

This is what we are doing now:



- We have more people working in special roles to support young people when moving from child to adult services.



- We want to make sure we all work in the same way in Cardiff and the Vale.



- We want there to be more choices for young people leaving school.

This is what we are going to do:



- We will listen to what people are saying and what they want.



- Give young people and their carers better information about moving from child to adult services.



- Put out a plan for how we can all work in the same way when young people move to adult services.



- Get in touch with more with young people due to move to adult services.



- Use information we have about young people better.



- Have staff training about a new law called the **Additional Learning Needs and Education Tribunal (Wales) Act 2018**.



- Develop day services for young people who are changing over to adult services.



7. Having my own home

- We want fewer people to use supported living that is outside their area.



- We want fewer people to be in hospital long term.



- We want more people to have choices about where they live and how they are supported.



- We want more people to use **technology** to help them be independent.

This is what we are doing now:



- We are working with housing organisations to talk about what is needed.



- Planning new contracts for supported living providers.



- Improving housing services.



- Making the service called **Adult Placement Service** bigger.



- Developing more homes and closing houses that are not right for people.

This is what we are going to do:



- Support friends to be able to live together through the **Adult Placement Service**.



- Support people to live close to where they are from when this is right for them.



- Support people who live away from their family to have their own **tenancy** where they can.

A **tenancy** is an agreement of your rights with the person who owns the house.



- We will support the use of more **technology** to help people be independent.



- Improve housing services so they meet people's needs better.



8. Working together

- We want care and support plans to focus on what people are good at.



- We want people to be fully involved with their support plan.



- We do not want people to have lots of support plans. It is better to have 1 support plan when possible.



This is what we are doing now:

- **Your Choice** project has now started in the Vale.



- Thinking more about what people are good at and what they want to do.



- Listening to people's views.

This is what we are going to do:



- Give training to staff about helping people find out what they are good at.



- Talk to people more about what they think.



- Listen more to the views of [The Learning Disability Partnership Group](#).



- Look at how health and social care can work together even more.



- Have the Health and Social services learning disability teams work from the same building.

What happens next?



The Learning Disability Partnership Group will help us write action plans.



These will say how we are going to make the changes needed in the next 5 years.



The Learning Disability Partnership Group will keep checking these plans.



How will we know we have done what we need to do?



We will talk to the [Learning Disability Partnership Group](#) about our action plans and how they are going.



We will ask people with a learning disability what they think about our action plans and the work we have done every year.



We will know our plans are working when people say their lives are better for it.

Hard words

Advocacy

Advocacy is when someone helps you by speaking up for you.

Assistive Technology

Assistive Technology is equipment and computers that can make life easier and help people be more independent

Challenging behaviour

Challenging behaviour is things like hitting people, breaking things or hurting yourself.

Complex needs

Complex needs are when people may:

- have more than one disability
- not use words to talk
- behave in a way other people find difficult.

Dementia

Dementia is an illness that affects the brain. People can have problems with memory and get confused.

Direct Payment

A Direct Payment is money that social services can give people instead of a service. The person can spend the money on getting the support and services they want.

Epilepsy

Epilepsy is a brain condition that can cause fits.

Gig Buddies

Gig Buddies is a service that matches people with a learning disability with volunteers who share the same interests so they can go to gigs and events together.

Learning Disabilities Partnership Group

The Learning Disabilities Partnership Group works together to make services for people with learning disabilities better. It is made of people from other groups that support and provide services.

Mental health problems

Mental health problems are where people do not feel well in their mind and thoughts.

Peer support

Peer support is when a group of people support one another.

Social Prescribing

Social Prescribing is telling people about services in their community that can help their well-being.

Technology

Technology is things like computers and equipment that helps people be independent.

Well-being

Well-being means a person is happy, healthy and is comfortable with their life and what they do.