

Lifelong Disability and Autism

Our guide to tell organisations what kind of services we would like

Over the next 5 years





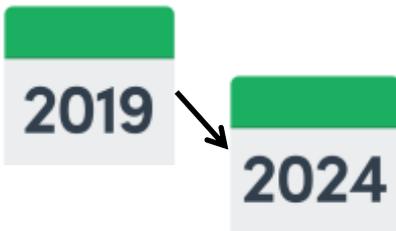
Introduction

This guide will help us develop the right care and support for people 16+ with lifelong disabilities in West Sussex.

The guide will help us to make future services and opportunities happen.



The guide is for organisations who are working with people with lifelong disabilities. We call these organisations 'Providers'.



The guide covers the next 5 years - until 2024. We will look at the guide each year to keep it up to date.

West Sussex like most areas, needs to spend less on health and social care. Therefore we need organisations to:



- Work with us to provide services that get good outcomes for people; and
- Provide services that we can afford to pay for.



West Sussex County Council will closely work with our NHS commissioning partners.

Principles – the things that we want



- People are helped to become more independent so they need less funded health and social care.



- People are helped to live independently, get work, be part of their community and keep healthy and safe.



- To listen to and work with people and their families.

We will need services that...



Help people to make friends and be confident to be part of their community.



Help people to make choices in their lives, including taking risks.



Help people to solve their problems and find support in the community.

Provide good and safe support.



Helps people have less challenging behaviours - this is people who shout, hit, kick, bite, not join in or hurt themselves.



Help people to set goals so that they can become more independent.



Have fewer people living in care homes.



Provide support that is closer to your home so you can get there more easily and making better use of people's mobility allowance.



Staff who are trained to work well with people with complex needs.



Providers who use and support people with technology.



Work with the us to plan support in the future.



Help people lead a healthy adult life.

Lifelong services



In 2019 the county council set-up lifelong services.

The service was set-up because we wanted to work better with people with lifelong disabilities. This means people disabled before the age of 25.



Lifelong services is for people who need help from social care and who have:

- Learning Disabilities
- Autism
- Physical disabilities
- Serious sight or hearing problems



In lifelong services customer support plans will aim to prepare young people well for their adult life and adults to be more independent.



There are about 3,600 customers in lifelong services. About 2,700 of these are adults. The lifelong service budget is £110 million.

For people with a learning disability:

- 600 live in a Care Home. This costs £48m.
- 770 have their own tenancy or support in their family home. This costs £21m.
- 800 use a building-based day service. This costs £10m.
- We spend £7m on Direct Payments and £2m on Shared Lives.



Pressures

1) Money



More people need care and support each year. Statutory services need to make savings because they do not have enough money.



We are spending money on prevention services. Examples are: My Network, Supported Employment, Equipment and Advocacy.

These services can help people before they reach a crisis. This will help prevent, delay or reduce the need for formal care services.

2) Workers



Providers are finding it more and more difficult to find staff to work for them. This is a problem across the South East where prices are high and there are lots of other jobs.

We are working with providers on filling jobs, keeping staff and training.



We will put on more 'Positive Behavioural Support' training. This is training for carers to know the best ways to help people, who shout, hit, kick, bite, not join in or hurt themselves. We will offer more autism training.

Our goals



1) Prevention services

a) Some new contracts will start in April 2020.



This support will focus on 3 areas:

- Independent Living
- Employment support
- Being part of your community



b) We are looking at how people with a lifelong disability could join in with adult services 'Talk Local' sessions held in community places - such as the library. At these sessions prevention or short-term support can be arranged by talking to voluntary organisations and staff from social care.



c) From April 2020 there will be a new all-age assistive technology contract. This will look at how equipment or Apps on a person's phone or tablet could help. This will be part of some people's support plan.



d) We will improve how people get wheelchairs and mobility equipment.

2) Supported Living



A new contract will start in 2021. We are working with the market to design a new model. We want more people to live in their own accommodation. We want young adults leaving home or college to live in supported

living if they need help.

3) Day opportunities



To increase independence and opportunities we will need fewer places at building based day services. We will develop a new model which includes more work opportunities - both paid and volunteer jobs.

Long-term places will only be for people who need supervision all the time.



We are looking at new social clubs that meet in the heart of a town that people could go to. An example is Hub Club in Chichester.



A new contract is being developed which will:

- Make things more even across the county - such as costs and activities.
- Support people to move-on from building based day services.
- Agree on a clear purpose for each service.
- Develop skills linked to a personal plan.
- Increase the use of the local community.
- Have more local opportunities so less money is spent on transport.



4) Direct Payments



A direct payment is money you can get to pay for your own support.



People sometimes find it difficult to employ Personal Assistants because of the shortage of staff. We will help attract more people into this role.

A new Pre-Paid card came in 2019 This is easier to use for many people because less paperwork is needed.

5) Individual Service Funds



This is money that we can give to a Provider. The Provider will then work with the person to agree on goals and how the money will be spent. It may be possible for a group of people to put all of their Individual service Funds together.

We will start to test this way of funding services.

6) Extra Care Housing



There are 2 schemes for people with a learning disability in West Sussex with additional support paid through a Personal Budget.

We want to have more schemes including ones for younger people.

7) Shared Lives



Shared Lives is where carers are paid to look after people in their family home. The person can join in family life.

We want to increase the number of places and the range of needs that Shared Lives carers can support.

8) Family and friend carers



Families and friends provide a lot of care for people. It is important that family and friends who are carers get support. Health and social care supports families in a number of ways including providing respite and day care and grants.



There are not enough overnight respite options for people with complex needs. We will work to develop more.

We will develop short break options for young adults up to age 25 and has started to test this out.

9) Residential care



To increase independence and opportunities we will need fewer places in care homes. This is because supported living is usually better for developing independence.



Care Homes still might be the best option for some people to live in a care home. For example, when people are older or need nursing care.

Sometimes care homes want to change to supported living. In these cases we will work with providers on their plans.

How will we get good services?



We will look at getting the best services for what we can afford to pay.

We meet often with providers. In these meetings, we talk about ideas, share information and work together.

We will visit most services at least once a year to see how good they are. We are developing a new 'Quality Assurance Framework' to use on these visits.



Our regular provider meetings give our providers a chance to share information and work together on solutions.

We will provide learning and development opportunities based on feedback from providers.

This is version 1 November 2019.

If you would like to feedback on this guide and/or be involved in future editions please email:



lifelongservices@westsussex.gov.uk