



Commissioning plan for people with learning disabilities

2016–2019

DOING NORMAL THINGS WITH SUPPORT

"I am a working adult and I expect people to treat me the way that a 25 year old man should be treated. It is very important not to underestimate people with Down Syndrome. We are capable of many things."



- Coastal West Sussex CCG
- Crawley CCG
- Horsham and Mid Sussex CCG

Working in partnership

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Poster from our 'Big Planning Day'. Where we talked with the Learning Disability Partnership Board.



A note from the Co-Chair of the Partnership Board

My name is Elizabeth Munnion and I am Co-Chair of the Learning Disability Partnership Board. I enjoy working with the Partnership Board.

I am very pleased to see transport and health in the plan. It is very important for people with learning disabilities to have annual health checks and easy to read information and support about staying healthy and eating well.

I am looking forward to working with the Partnership Board to make things happen. Action speaks louder than words!



Introduction

What is a Commissioning Plan?

A Commissioning Plan is a written document.

It says what will happen in the future.

It says what will happen to improve support for people with learning disabilities in West Sussex.

It says how money will be used to buy and provide services.

Some of the money (19%) comes from the Health Service (NHS). This Plan is jointly written between West Sussex County Council and the 3 West Sussex NHS Clinical Commissioning Groups.



Why we need a plan

Compared to 5 years ago there are more people with learning disabilities who need services and support in West Sussex.

The way that people want to be supported is changing. People have told us they want to live more ordinary lives in their community.



There will be less money to spend in the next five years.

This means we have to spend the money that we have carefully. We also need to save money. Having clear plans for the future helps us to do this.

There are some new laws that mean social care services need to change. For example, the Care Act 2014 and the Children and Families Act 2014.

There was also some important guidance after the abuse of people with learning disabilities at Winterbourne View in Bristol.



How was the plan written

Before writing this plan we talked with customers, advocacy groups, carers and service providers.

We had a Big Planning Day. We talked with the Learning Disability Partnership Board.

There was a consultation between October 2014 and January 2015. We have written a summary of the consultation and what people told us. This helped us write our final plan.



2. The key ideas in the Plan

The Plan has some key ideas (priorities).

These are:

- Choice and Control
- Citizenship and Inclusion
- Improving health and access to health care
- Promoting independence and keeping safe



Choice and control

What customers have told us

- We need better information so we can make better choices
- Advocacy is important to me. It helps give us a voice. We really need advocacy support
- We want more choices in housing
- We want to go to bed when we feel like it
- We want to access services for all people not just people like us
- I would feel more independent if I controlled my money



- Some people cannot make decisions; their parents make decisions for them although they are quite capable. That makes me angry



Achievements - Things we have done since the last plan was written (2009)

- We have spent money to improve advocacy services
- We have given more people the chance to have direct payments and increase the choice and control they have over their support
- We have developed information, advice and support services in the community



What we are going to do

- Check how we are doing on choice and control, including person centred planning for young people in transition
- Improve accessible information about services for people with learning disabilities



- Continue making improvements to the Learning Disability Partnership Board and how we involve people with learning disabilities



Citizenship and inclusion

What customers have told us

- We don't have enough opportunities to work
- We want real jobs with employers
- I want a real job that is meaningful and pays real wages
- I struggle with benefits and this worries me and my carers
- We want more advice on and support with personal relationships
- I want to do more things with people who don't have a learning disability.
- Training is needed to support people to manage difficult social situations and behave in responsible ways as citizens
- I don't want to go home early because of my carers' shifts, so I support the 'Stay up Late' movement
- Transport makes it difficult to access the community and events, particularly at evenings and



weekends.

- It is not good to have day centres and care settings in the middle of nowhere with poor transport. There are no shops around my care home for miles.
- I like swimming but access is not always good in swimming pools and I don't like using hoists

Achievements - Things we have done since the last plan was written (2009)

- Commissioned employment support services
- Set up a sport and leisure service called "Out There"
- Developed a network of support and advice in the community – My Network
- Given grants to projects like Gig Buddies and friendship groups

What we are going to do

- Write an Employment Plan to support more people with learning disabilities in employment



- Work in partnership to improve support for people with learning disabilities with friendships and relationships
- Look at digital and social media and how it can help people to link up
- Work with partners to improve accessible community toilet facilities



Improving health and access to health care

What customers have told us

- Health is very important to me and I like having my health check.
- I like to see my GP and dentist regularly
- I like having health facilitators, they help me understand medical language.
- I worry about getting a serious illness
- I worry about things like cancer and diabetes
- Mental health can be an issue for people with learning disabilities Mental health care is difficult to access
- I would like help with keeping fit –



diet and swimming

- I like to be healthy but I need support with eating well and getting to places for treatments
- Care homes need to promote healthy eating and living
- Health services need to make better links with schools and colleges

Achievements - Things we have done since the last plan was written (2009)

- Put health and social care staff in teams together
- Created a health facilitation service which had facilitators in the community and nurses when you are in hospital
- More people now have hospital passports
- 66 GP surgeries are now signed up to do annual health checks
- We know at least 1190 people had a health check during 2014-15
- Improved care to people with learning disabilities who are very ill and dying.

What we are going to do



- The Council and NHS will work together to improve healthcare for people with learning disabilities
- Increase the number of GPs who do annual health checks
- Increase the number of health checks in each year of the plan
- Work to improve screening for serious illnesses
- Give health and well-being hubs some training and easy read leaflets
- Keep on improving mental health care for people with Learning Disabilities



Safety and independence

What customers have told us

- We want to choose the type of housing we go into and who we share our housing with
- I need support to live independently in my home
- We want our carers to get more support like respite and breaks
- We want to feel safe in town centres I like the safe places scheme. It tells us



- where we can go in the community.
- We don't feel safe at night on buses and trains
 - I need support with public transport and more flexible transport provision, especially in isolated areas
 - There are problems with transport which means we cannot get to some places or be safe at night going to some places
 - Transport is not reliable and it is expensive
 - Some minibuses do nothing during the day and we could use them better.



Achievements - Things we have done since the last plan was written (2009)

- Set up a new social care and health assessment team for people with challenging needs
- Commissioned a respite service in Crawley
- Provided more short breaks for carers
- Invested in support for carers for people with Learning Disabilities
- Developed the shared lived service



What we are going to do

- Review Community Learning Disability Teams to make sure they are as good as they can be
- Continue to improve services for people with challenging needs
- Work with partners to improve community safety for people with learning disabilities
- Improve the experience of young people with learning disabilities moving into adulthood (transition)
- Try out new technology and other ideas that may support people to live more independently
- Work with transport companies to see what improvements can be made
- Continue to support carers



Other Plans

There are also plans for:



- Making sure services are good quality;
- Making sure people are treated equally; and
- Improving staff.



Some of these plans are below:

- To improve how we look at services
- To develop a quality questionnaire for customers, to help us understand if their support and their lives are getting better
- To write a plan about staff and people who support people with learning disabilities (the workforce)
- To look into issues experienced by people with learning disabilities from minority communities



3. How will we know if this plan is working or not?

West Sussex County Council and the three NHS Clinical Commissioning Groups in West Sussex are responsible for making sure these plans happen.

We have also written a more detailed action plan for each year of the Plan.

Below are some of the ways we will make sure these plans happen and some of the ways we will involve local people.

- We will set up a 'Making it Happen' Group to keep a check on progress. This group will link to the Learning Disability Partnership Board We will work closely with self- advocacy groups and parents and carers
- We have made some targets for things to get better. We will involve the Making it Happen Group in checking how well we are doing and changing or adding targets
- We will review these plans regularly



4. What you told us & thanks !

We want to thank everybody that took part in the consultation between October 2014 and January 2015.

What people said made a difference.
Some of the ways we changed our plans because of what people said are below:

- Plans to help people with friendships and relationships
- Better plans about information and easy read information
- Clearer plans about keeping people safe and stopping abuse and bad support
- Improved plans about improving health and health services for people with learning disabilities
- Better plans about staff and improving the quality of services



5. More information

If you have any questions about the Plan or want more information you can contact us on:

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