

Leicester City Joint Health & Social Care Learning Disability Strategy (The Big Plan)



Introduction To Our Plan



The rules in England say we must have a 'Strategy' (Strategy means 'plan') for people with a Learning Disability.



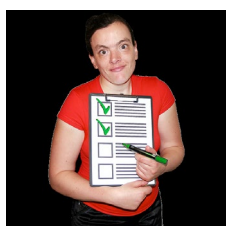
The plan also says how we must change the way we work to meet the needs of people with a learning disability.



There are laws that say how we must make sure that people with a learning disability are valued and have the same opportunities as others.



This plan also includes things that we think should happen in Leicester to make life better for people with a learning disability.



Our plan also says what we will do to make sure people with a learning disability can stay safe well and happy.

Writing This Plan



This plan has been written by the members of the Learning Disability Partnership Board (LDPB) and is for all people with a learning disability in Leicester.



We started to write this plan by thinking about what was good and what was not so good for people with learning disabilities who use:

- Health and social care services
- Housing and accommodation
- Employment and career services
- Benefits and welfare services
- Services to support people becoming adult
- Services that carers



We had meetings with

- People who have a learning disability,
- Carers of people with a learning disability.
- Health and social care professionals



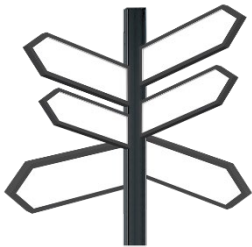
This plan now gives details of the things we believe need to change and how we will do this.

Social care

We think that:



There should be more meaningful choice for people when deciding what support they want to have.



Information advice and guidance about services available for people with learning disabilities and their carers needs easy to understand and always available.



Social care and education workers should always take the time needed to write assessments and get support plans right.



Assessment forms should be available in easy read versions and they should always be written in a person centred way.



People should always get support that meets physical and emotional needs. Providers should never cancel support without the services users permission.

Making it real :



We will work together to write good practice guidelines so all professionals can use this to make sure they work in a person centred way.



We will work closely with social care and education teams to help them understand how to make reasonable adjustments.



We will work together to check when care and support sessions for people with a learning disability are cancelled without a service users permission.



We will work with our partners to ensure that hidden disabilities and emotional wellbeing support needs are understood and planned for.



Complain

We will make it easier for a person with a learning disability to make a complaint if they want to.



We will write easy read materials to help people with a learning disability understand what is written about them in their assessment.

Housing and accommodation

We think that:



People with a learning disability should have more choice and control over where they live, who they live with, and who they live near.



All tenants in supported living and residential care should have an opportunity to say how to make places they live in, better.



If a person with a learning disability, needs residential care they should get support from staff who have learning disabilities training.



People who have challenging behaviours should not have to live in hospitals because providers cannot support 'complex needs'.



Applying for social housing can be complicated and people with a learning disability trying to find social housing will need extra support.

Making it real:



We will improve our supported living and residential services by asking the people who use them how to make things better.



We will continue the 'Transforming Care Programme' work to help housing and supported living providers get better.



We will report on how good we are at finding people a place to live that is close to family or friends if that is what they want.



We will work with housing teams to make sure they can work in a way that people with a learning disability understand.



We will ask people to share their experiences of applying for houses on the councils website and report on how hard or how easy this was.

Equal healthcare



We think that:

People with a learning disability do not live as long as people without a learning disability and we must work together to stop this happening.



All health and social care workers, including doctors, must complete learning disability awareness training.



Professionals must look at all of the health needs a person has and not just the learning disability. Often other illness can be missed because doctors only see the disability.



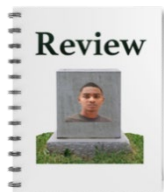
Every person with a learning disability should have a health check if they want one. The numbers are improving but can be better.



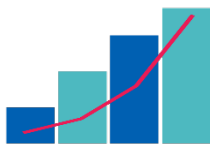
We will ask all of our residential care and supported living providers to sign up to the 'Health Charter'.

Making it real:

We will use lessons from LeDeR reports ((LeDeR looks at why a person with a Learning Disability has died) to help us make services better for people with a learning disability.



We will work together to find out why some people with learning disabilities are missing out on their health checks.



We will ask health partners to provide regular information to show how the NHS ten year plan for people with learning disabilities is working.



Training will be provided to all staff on:

- learning disability awareness
- Reasonable adjustments
- Equality and diversity



We will monitor the number of services that are signed up to the Health Charter and we will report on our progress.



Healthy Lifestyles

We believe that:



We need to work together to stop over medication of people with a learning disability. This is always a safeguarding concern.



People with a learning disability should be better supported to manage **chronic** conditions such as diabetes or asthma. **(Chronic means long lasting)**



Healthy eating should be encouraged. People with a learning disability should always be offered the chance to choose healthy food.



Flu jabs and other national vaccinations schemes should be made available to all people with a learning disability.



Mental health services must be able to recognise when a person with a learning disability is feeling poorly because of poor mental health.

To Make this happen;



We will ask care and support professionals to design an healthy eating and lifestyle plan to be included care assessments or support plans.



We will work with public health to ensure that people with learning disabilities are targeted when launching local public health campaigns.



We will raise awareness of flu vaccinations and other public health campaigns through our commissioned services.



We will work with public health to ensure gyms and pools are accessible and encourage people with a learning disability to use gyms and pools.



We will support the work of the 'Safe Well and Happy Group' to provide free advice, guidance and informal support for people with a learning disability to safeguarding there own wellbeing.

Access and Inclusion to Leisure, Recreation & Public Transport

We think that:



Sports and recreation services should be able to identify and support people to access the right kind of activity for them.



All people with a learning disability should have positive experiences using public transport that respects their rights.



People should be able to access whatever leisure services they wish with out the fear of a negative treatment from others.

Many people with a learning disability want to be able to do a wide variety of activities. This can sometimes not be recognised by



Local advertising and marketing campaigns should think about including people with Learning Disability.

Making it real



We will work together to ensure that people with a learning disability get update information about recreation session they might enjoy.



We will speak to the local bus companies and offer them advise on how to ensure there services are inclusive and support people with a learning disability to access them.



We find out how the voice of people with a learning disability can be present on steering groups and planning groups in particular public transport and active Leicester planning groups.



We will support the work of 'accessible places' and provide more support to this project to ensure the work can make a difference.



We will build a network of recreation and leisure services that are able to recognise and provide good services to people with a learning disability

Work college & money

We think that :



Young people with learning disability need to be given the chance to plan their work or college ambitions at a much earlier stage.



We need to work in partnership to make sure there are more job and volunteering opportunities for people with a learning disability.



Disability confident employers should be able to offer more job and volunteer opportunities to people with a learning disability.



Job application forms need to be in an accessible format for all people including easy read for people with a learning disability.



Staff who work to assess benefit claims, or for jobcentre plus must know how a learning disability can impact on persons ability to work .

Making it real



We will work with job centre plus and other partners write an action plan to make things better.



We will continue to offer employment opportunities within Leicester City Council for people with learning distality to access.



We will work with Leicester College and other partners to understand how colleges meet the needs of students with learning disabilities .



disability
confident

We will work to increase the number of companies that register as 'Disability Confident' recruiters and leaders in the city.

We will contact all our 'Disability Confident' care providers and ask for to report on how make this work. .

Moving into adulthood



We think that:

Housing options for young people with a learning disability need to be looked from an early age.



There needs to be better links between the Learning Disability Partnership Board and the Transitions Board so we can work closer together.



Teenagers should not be moved into adults services without good plans for the support and care that they may need.



Support for children needs to start to change into support for a young person becoming an adult at the age of 14.

Planning for adult life needs to involve all professionals working as a team.



The Learning Disability Partnership Board needs to have better links with children's and transition services.

Making it real



We will support the implementation of the Leicester City transitions strategy which will work to achieve the following



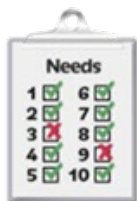
Write clear plans for preparing all young people for adulthood.



Make sure professionals use the same words to mean the same thing



List the important things that happen after someone's 14th birthday and work out what need to be made better



Make sure professionals talk to each other. This will help staff share information about who needs help getting ready for adulthood



Make sure we have plans to spend money in the best way to help people with special educational needs.

Support for our carers

We think that:

We have a shared a vision for carers of people with learning disability who will be included into and the wider carers strategy.

There is a carers reference group will update the partnership board on how the carers delivery plan is progressing.

Support for carers managing benefits money, and accessing counselling and mental health conditions needs to be better.

Carers should be listened to and valued more they are often not listened to properly, and their expert knowledge is not used.

Professionals need to get better at giving carers the opportunity to be put on a GP's carers register.

Respite needs for carers of people with complex needs, and profound and multiple learning disability need to be met.

JOINT CARERS STRATEGY 2018 – 2021
Recognising, Valuing and Supporting Carers in
Leicester, Leicestershire and Rutland

