



# A plan to help people Live Well with a Learning Disability in Devon





The Living Well with a Learning Disability in Devon Strategy 2018 - 22 is a plan that talks about how we will work to improve the lives and wellbeing of adults who have a learning disability.



The Plan is for adults who have a learning disability who are living in Devon, including Plymouth and Torbay.



We want to improve outcomes for people who have a learning disability and their carers.



We want people to have care and support that is personalised and co-ordinated. It should be delivered in the right place at the right time.



## **Our Vision – What we want for people with learning disabilities**



We are ambitious for adults with a learning disability in Devon.

We want people with learning disabilities to have the same opportunities as everyone else and to lead meaningful lives in their communities.



Carers and families of people with learning disabilities have the right to the same hopes and choices as other families.



## **Outcomes – what we want for people**

### **What we want people to be able to say**



I am an active citizen in my community.



I have opportunities to meet friends, to join social groups and to benefit from community and leisure facilities.



I can learn independent life skills to help me use Technology Enable Care and Support (TECS) to support my independence.



I have education and training opportunities to support me to learn the skills needed to have a job.



I have information and advice I can understand and can access support when I need it that is close to home and helps me to achieve my goals.



I live in my own home, where possible, that meets my needs.



I am supported to live an independent life that is right for me throughout my early life and as an adult.



Where I have complex needs, specialist support is in place when I need it.



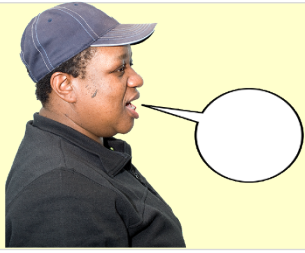
My family and/or carers are able to care for me.



I can access healthcare and my physical and mental health are better as a result.



I feel safe and can take positive risks because I am supported in the right way.



## What people have told us.



People with disabilities and their families/carers have told us they want to be as independent as possible and be supported by their family and friends to live life in their community.



People need to be supported to be as independent as possible.



Important things we will be working on and work we will be doing.



**Working with communities**  
**What people have told us and what we will do.**



What people have told us:

I want to be accepted for who I am and to be able to get involved in my community.

I want to have friendships and relationships like everyone else.



We will work with local communities to bring together people with skills and knowledge to support people with learning disabilities to have the same opportunities as everyone else.



We will create more opportunities for people to build real friendships.



Devon County Council will develop an accessible website, it will include information about what is happening in local communities.



Devon's Learning Disability Partnership Board will carry on working to improve accessibility and promote people's independence in their communities.



We will work in partnership to increase the number of Changing Place toilets in towns across Devon.



We will work with universal services, like GP surgeries, hospitals, leisure services, businesses and employment support services to make sure they are easy to use for people with a learning disability.



We will think about how Technology Enabled Care and support can support people to be more independent and support people to live as independently as possible in their communities.



**Housing**  
**What people have told us and what we will do**



What people have told us;

I want my own home.

I want to live close to my friends and family.





Many people with learning disabilities live in their own homes.

Some people live alone or with family or friends.

We will carry on supporting people to do this.



Some people with learning disabilities need extra support and need a different type of housing to meet their health and care needs.



**Support**

We want people to be supported in different types of housing settings to develop independent living skills.



Some people live in care homes. We do not want people living in care homes if they don't need to.



If someone living in a care home is able to live more independently, we will help them to look at different housing options that support their independence.



Supported living and Extra Care Housing can help people become more independent even if they require full time support to meet their needs.



We will work with providers to develop supported living options and Extra Care Housing.



We will write a housing plan that covers all of Devon.



The plan will include information about how we will provide good quality housing for people with learning disabilities who have challenging behaviour.



People's needs can change over time.

We will work with providers to develop the right housing that supports people through change.



We will look at the housing needs of young people who will need health and social care support when they become adults.



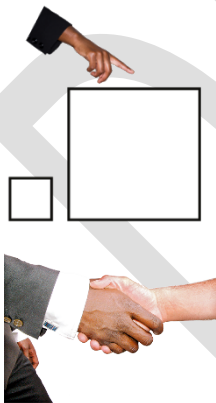
**Employment**  
**What people have told us and what we will do.**



What people have told us;

I want to have a paid job so that I can support myself and do the thing I want.

I find it hard to get a job.



Across all of Devon we will increase the number of people with learning disabilities who have jobs by the year 2020.

We will work with partners to make this happen.



There will be more supported employment opportunities.



## Health

What people have told us and what we will do.



Understand

What people have told us:

I want to be understood.



I don't know how to access health and care when I need it.



We will increase the number of people with a learning disability on the GP learning disability register who have an Annual Health Check and Health Action Plan.



Promote and help make happen MENCAP's "Don't Miss Out" and "Treat me Right" campaigns. We will work with schools to ensure young people aged 14 – 17 are included.



We will work to make sure that people with learning disabilities are given the right amount of medicine.

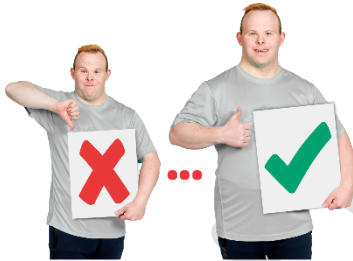
STOMP (Stop the Over medication of People with a learning disability).



Support people with learning disabilities as they grow older to access services that meet their needs including dementia needs.



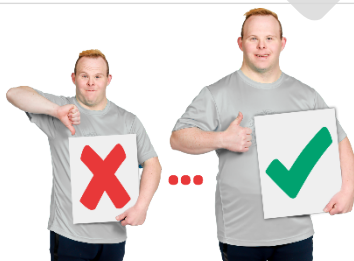
Make sure that people with learning disabilities and their families/carers have the right support at the end of their life.



Support and learn from the LeDeR programme. The LeDeR programme aims to make better the quality of health and social care for people with learning disabilities, and to reduce early deaths.



Make sure that all people with a learning disability with 2 or more long-term health condition have a local named Health Care Coordinator.



Improve the way different care providers communicate with each other.



Provide learning disability awareness training to staff and include people with learning disabilities in the training.



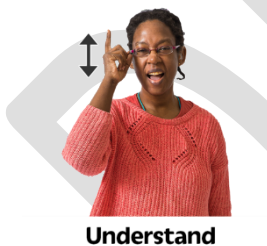
**Preparing young people for life as an adult**  
**What people have told us and what we will do**



What people have told us:

I don't want to have to fight for everything.

I want to be listened to.



Understand

I want someone to understand my situation.

I want my young person/adult to be able to do things other young there are doing.



We will work better together to support young people moving from children's services to adult services.



**Support**

We will make sure people are supported to be as independent as possible. Including travel training, cooking and have a job if they want.



For young people with learning disabilities and their families/carers to be able to access information and advice about what is happening in their local communities.



Increase the number of young people who use Technology Enabled Care and Support to help them be more independent.



Provide more employment and training opportunities for young people, including within our own organisations.



Use the information needed to plan for those young people with learning disabilities who will need health and care support as adults.



We will help people to be ready for the next real transition in their lives, this will include learning from new ways of working.



**Support for people with complex needs**  
**What people have told us and what we will do**



What people have told us:

I want to be close to family and friends and to go home.



There is a lack of training, skills and support for families and carers managing complex needs and behaviours.

There is a lack of confidence in behaviour management and shared risk taking by practitioners and families.



Reduce the number of people with learning disabilities who go into inpatient settings outside of Devon.





We will work with local housing providers to provide housing and care options.



We will develop behaviour support services to support people so they don't have to go into hospital.



We will work to make sure that there are beds available in the Additional Support Unit (ASU) so that beds are available when needed urgently.



We will improve planning of transitions for young people and develop community forensic services.



We will deliver our workforce development plan which includes ways to help people with a learning disability and their family.

Workforce is about staff who work in a service.



## Keeping People Safe

### What people have told us and what we will do



What people have told us;

I do not always feel safe in Devon.

I am worried about the care that my family member is receiving.



Make sure that services we provide or commission (buy) have fully trained staff.



We will commission (buy) services that provide kind and compassionate care that helps to keep people safe.



Run focus groups across Devon to understand the reasons why people don't feel safe.



Make sure local authorities and other agencies are dealing with safeguarding concerns quickly.



Make sure people know what safeguarding is and how to get the help that they need when they need it.



**Carers are able to Care  
What people have told us and what  
we will do**



What people have told us:

We want to be recognised and involved with our family members.



Involve

We want to understand what services are available for our family member and to be respected and involved by them. Including preparing for adulthood, living independently and preparing for later life.



We want to be put in touch with support which enables us as families and carers to support our health and wellbeing and to have a life of our own.



The role of caring is really important.

We will involve families and carers in the health and care support for people with learning disabilities.



**Support**

We will also support families and carers to plan for when they have gone and to include the planning into the support for their child.



**How we will know how we are getting on**



**Workplace**

There will be more people with a learning disability in employment.



**Assessment**

Less people asking for assessments for education for people over 19 years old.



**Plan**

More people with a learning disability who are happy that they have a clear plan for the future.



Fewer people in hospital and residential and nursing care.



Fewer people placed outside of Devon.



Levels of support will go down and there will be less emergency placements.



GP's will know more about young people's health needs as they become adults.



More people with a learning disability have had a Annual Health Check and have a Health Action Plan.



Health & Social care services work better and people with a learning disability are healthier.



Carers will feel better supported.

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## Checking how we are getting on



Improvements in care and support in this strategy (plan) will be monitored (checked) by each local authority (DCC) and Clinical Commissioning Group (CCG's).



There will be regular reports to the Health & Wellbeing Boards in each council area.



The Learning Disability Partnership Boards will also have an important role in the monitoring of any local action plans.



**Involve**

Making sure that people who have a learning disability and their families and/or carers are involved.



It is really important that we work closely with people with learning disabilities and their families and carers.



We want to understand what is important to people.



Devon, Plymouth and Torbay all have Learning Disability Partnership Boards



There are a number of events during the year to check how we are getting on and to hear from carers and people using services about what needs to get better.

If you want to get involved, please contact us.

Ways to make contact? I can then list them.