

2013 - 2016

**Living well with a learning disability in
Devon - making progress (DRAFT)**

Joint Commissioning

2013 - 2016

The Joint Commissioning Strategy for Services for Adults with a Learning Disability

This paper describes our high level strategy, which will be underpinned by local action plans. It covers the key areas of work we will undertake in order to improve the lives and wellbeing of adults who have a learning disability, although some of our work starts earlier than the age of 18 for young people who are in transition from children's services.

A learning disability is a reduced intellectual ability and difficulty with everyday activities – for example household tasks, socialising or managing money – which affects someone for their whole life.

This strategy will encompass the geographical area of Devon, including Plymouth and Torbay. It spans the work undertaken by the two Clinical Commissioning groups and three local authority areas.

This document provides a summary of key values, outcomes, and actions that we will undertake in the coming three years.

Since the publication of "Valuing People" in 2001 there have been some significant improvements in the lives of people who

have a learning disability, but there is still more work that we need to do.

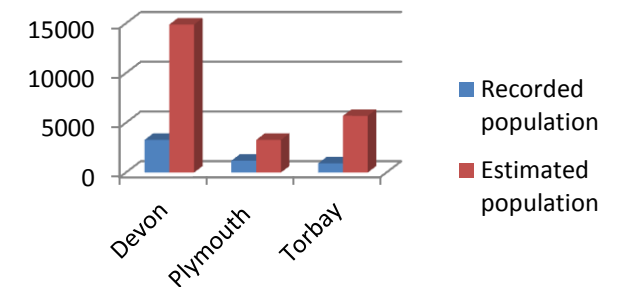
We will respond to the views of the local population as expressed through the Health & Wellbeing Board in this refreshed joint commissioning strategy, reviewing our progress and reaffirming our approach and commitment to the needs and preferences of people with learning disabilities and their carers.

Population

The graph below shows how many adults are probably known to services that have a learning disability. The likely true number is much higher. We need to constantly be aware that not all people who have a learning disability are in contact with specialist services.

This means that we need to let people know about specialist services that they may be able to access. We also need to ensure that universal services are able to meet the needs of our whole population.

The recorded and estimated number of adults with a learning disability in Devon, Plymouth and Torbay



Our commitment

We have set out our commitment to improving outcomes for people who have a learning disability and their carers, recognising the imperative of working together to achieve this.

It is very important that the values underpinning this strategy are upheld in our local communities and also within the services we all use in our lives such as employment support, transport, leisure and accommodation.

This means that a wide range of services need to be easy to use for people who have a learning disability

We want people to experience care and support that is personalised and coordinated. It should be delivered in the right place at the right time, and we will continue to work in partnership to achieve this.

We will also set out how we aim to measure and report our progress on delivering better outcomes and will oversee our planning and activity through a clear governance structure.

We will respond to the new duties for Local Authorities laid out in The Care Bill, recognising its importance in reforming care and support and prioritising wellbeing.

Values underpinning this strategy.

- People with learning disabilities should have the same rights and choices as everyone else.
- People with learning disabilities have the right to choice and control and to be treated with dignity and respect.
- People with learning disabilities should have the same chances and responsibilities as everyone else.
- Family carers and families of people with learning disabilities have the right to the same hopes and choices as other families.



Reviewing our progress

We will review our progress in respect of the outcomes we expect to achieve, using the measures that sit beneath each outcome to review or progress.

We will describe what we have achieved so far and what still needs to be done.

We will use our understanding of the needs of the population now and in the future, our understanding of the current market and the way services are designed and delivered, and our understanding of people's experience to shape and inform our plans, measuring these against our outcomes.

Outcomes

There are seven key outcomes that this joint strategy supports, they are expressed as "I" statements:-

- I have an improved quality of life because any health and/or support needs I have are identified quickly and addressed.
- I have information and advice that I can understand.
- I receive early help and in the community, to help me look after myself as much as possible. This means that any need for care in a

hospital or care setting is delayed or avoided.

- I have a positive experience of care and support.
- I feel safe, and I am protecting from avoidable harm. I will have the correct care and support so that I do not die prematurely. Services will make reasonable adjustments to make sure that I get the help I need.
- I am helped to recover from episodes of ill health or injury, in services that are as close to home as possible.

Each of these outcomes is supported through the Outcomes frameworks for Health and Social Care.

There are a series of measures that sit beneath each outcome to help us see how we are meeting them.

Policy and Evidence

There are a number of key reports steering the policy development for services affecting people with a learning disability. The key priorities in the following documents have influenced our strategy,

- The Care Bill (2013) and Children and Families Bill (2013)
- The Winterbourne View Final Report (2012).
- Adult Social Care Outcomes Framework 2013-14 (ASCOF)
- Think Local, Act Personal?
- Public Health Outcomes Framework 2013-2016 (PHOF)
- National Health Service Outcomes Framework 2013-14 (NHSOF)
- Health Equalities Framework.

Health inequalities

Public concerns about access to health care have been raised through Mencap's *Death by indifference* in 2007.

More recently *The Confidential inquiry into the premature deaths of people who have learning disabilities* in 2013 showed that on average "women with a learning disability were dying 20 years before women in the general population and men on average ,13 years earlier".

Even though people are getting to their GP at the same rate as the general

population there are often problems getting quick diagnosis and treatment.

We know that there is more that needs to be done in acute and primary care in establishing good care by offering expertise around learning disabilities to staff working in these services.

In 2013 when people who have a learning disability and their carers were asked about annual health checks, many people said that they had one, but not everyone had a health action plan as a result.

Reducing health inequalities requires closer working between universal services and specialist learning disability services.

Living Well.

In Devon and Torbay, despite improvements in recent years, there is a higher than average number of people who have a learning disability living in accommodation that does not give them longer term, settled accommodation protected through a tenancy agreement.

This means that we need to focus on people living full and independent lives, where secure homes and fulfilling lives are a priority.

Our local Joint Health and Social Care Self-Assessment work has identified where community services need to improve the access of their services to people who have a learning disability.

In 2013 when people who have a learning disability were asked what service could be improved the key areas identified across Devon Plymouth and Torbay related to employment and housing.

Families and relationships.

Service identified areas of work include greater focus on supporting people who have a learning disability with understanding relationships, sexual health and also in parenting effectively.

A growing number of people who have learning disabilities are also carers themselves often for older relatives.

Working with people who have complex needs:

The reports stemming from the scandal of Winterbourne View highlight that *“nationally there are still too many people placed in hospitals far away from home because their needs have not been met by local services”*.

In Torbay there are six people with a Learning disability who are currently in a Hospital environment. Four out of the six

are currently in out of area placements which, is entirely appropriate at this moment in time due to their complex needs. Regular monitoring of these people takes place and every effort is being made to bring people back into the area however for some it may not be possible due to the complexity of need.

Improvements in care, medicine and assistive technology also mean that people can live more independently with the right support; therefore we have to make sure that we offer innovative support fairly across our community.

End of Life Care.

There is a need to ensure that people who have a learning disability, and their carers are supported with the end of life care that they need.

There is evidence to suggest that people are using some services that are there to help but this needs to be planned well including the person and their family members.

The health sub group will make sure that the Learning Disability Partnership Board (LDPB) is made fully aware of issues affecting the health of people with learning disabilities who live in Torbay. It will make the LDPB aware of what needs to be done and what might happen if it isn't. The LDPB can ask the Health Sub-Group to look into and report back on any area of health that it is worried about.

The Health Sub-Group will produce a work plan that will include –

Monitoring

- The way people are offered health action plans and how they are being empowered to take control of their own health needs
- The quality, provision, and customer satisfaction regarding Annual Health Checks for people with learning disabilities

Supporting

- To review and improve the quality of easy read material available both in a community and Hospital setting
- Training needs for professionals and health promotion for people with learning disabilities
- Using Health Care for All, Valuing People Now, and the Self-Assessment Framework as a tool to plan future services.

Our achievements so far.

The numbers of people who have a learning disability who are known to their GP's are significantly higher than the rest of England in Devon Plymouth and Torbay.

We have exceptionally high numbers of people having an annual health check in our three local authority areas;-Our performance is some of the best in the country.

Our coordination and local planning performance is also significantly higher in Devon and Torbay demonstrating effective joint working with increasing work across the three local authorities.

All three local authorities are working with Clinical Commissioning groups that have signed up to the "Getting it Right" charter for commissioning health services for people who have a learning disability.

We have successfully supported the use of apprenticeships for people who have a learning disability with Project Search in the majority of our acute hospitals. This has led to people achieving paid employment in the longer term.

Torbay

Torbay is piloting improvements in primary care, with a learning disability nurse based in a GP practice. They will support people to attend health checks, help people access diagnostic and treatment services

Torbay is improving standards of care for people by reviewing the quality of health checks, using an audit..

The refreshed Health Sub-Group. Key aims to check the quality and provision, of the Annual Health Check for people with learning disabilities, and support the reduction of 'out of area placements' and the development of local services.

Plymouth

Plymouth City Council has achieved very high numbers of people using community Services, with less people using day care services. This demonstrates high levels of community participation.

Acute hospital services in Plymouth are excellent at identifying people who have a learning disability using their service and in making reasonable adjustments to support effective care.

Plymouth has excellent advocacy support services with good involvement of people who have a learning disability in the improvement and evaluation of universal services.

Devon

The Department of Health Review of learning disability services 2011 noted:"*There is effective integrated and innovative working between health and social care with some examples of excellent practice.*"

The "Move On" team is helping people develop skills of daily living in Devon.

The support to enable people who have a learning disability find and retain work has been increasingly effective in recent years.

In 2009 the spend on Direct Payments was £1.2m, in 2013 it is over £5.5m, showing that people are having more choice and achieving better value.

Commissioning Intentions

- We will support people to be independent and self-reliant. We need to take a long term view of care by supporting individuals by using good prevention approaches. We will ensure that people are supported in their communities and through a range of services that are least restrictive and maximise the independence of each person according to their needs.
- We will develop effective local housing and care and support responses to people with complex needs.
- We will work with Job Centre Plus to help people into employment that can offer income as well as other social benefits. This requires employment support agencies to offer the right help to get people into work.
- We will improve the experience of Young people and their carers as they move between Children and adult services. This work will span health and social care services.
- We will address the health inequalities of people who have a learning disability by ensuring that reasonable adjustments are made in services to enable faster diagnosis and treatment. In addition we note that access to disease prevention needs to be improved in relation to Obesity, Diabetes, Cardio vascular disease, and Epilepsy.
- We will provide fast and targeted help for people in times of crisis, with the aim of supporting each person as close to home as possible.
- We will review the provision of therapies for people who have a learning disability concentrating on access and equity across Devon.
- We will ensure that people are supported to have healthy relationships of their choosing.
- We will safely support parents who have a learning disability.
- We will ensure that people who have a learning disability and their carers will have effective and tailored support at the end of life.

individuals. This will mean some new procurement around services that can support people with very complex needs.

2. To make sure that we have access to the right housing to support people, and improve the ways that make getting housing easier for people who have a learning disability to use. This will mean improving our data gathering and planning so we understand the amount, location and type of housing required.
3. Undertake some targeted project work in relation to people who have a learning disability who are parents, establishing clear support and advice mechanisms.
4. Our Care management processes and specialist health services need to be equipped to manage and plan care for individuals returning from out of area and to stop any more people from being placed out of the County.
5. We will reconfigure our health care services in Devon to support primary and acute services in

order to reduce health inequalities, through the use of expert learning disability liaison roles.

6. We will review learning disability inpatient care, and will help universal mental health delivery to meet the needs of people who have a learning disability for the short term use for which they are designed.
7. Ensure that universal providers of services reasonably adjust services to fit the needs of each person, and that the needs of people who have a learning disability are reflected in each commissioning strategy prepared by Health and Social Care.
8. Improve the involvement of people who use services and their carers in service redesign - with expectations set and monitored.
9. To commission services that support citizenship and independence with less reliance on non-settled accommodation, through the support and accommodation strategies.

Key actions:-

1. To develop a care market that can meet the complex needs of

10. Support people to access universal employment support.
11. Support the use of a cohesive advocacy framework across Devon, and also for those people who may live elsewhere but require advocacy.



Making Progress

The improvements in care and support within this strategy will be monitored locally by each local authority and CCG with regular reports to Health and Wellbeing Boards in each Council area. Learning Disability Partnerships Boards will also have an important role in the monitoring of any local action plans ensuring full involvement of people who have a learning disability and their family carers.

Getting Involved

Annually each Local Authority in Devon undertakes a self assessment to check up on how well we are doing.

This process involves a number of events where people can give direct feedback about the services that they use in their local authority area.

The results of the self assessment are available on the Improving Health and Lives website. It is useful to compare how well we are doing compared to other local authorities across the country. This is the link:-

<http://www.improvinghealthandlives.org.uk/>

Devon , Plymouth and Torbay still operate effective Partnership Boards which include a range of service providers, carer representatives,

commissioners and people who have a learning disability.

All local authority areas have a Health Sub group that focuses on health care as a part of the Learning Disability Partnership Board. There are a number of events we hold throughout the year to monitor our progress and to hear directly from carers and people using services what needs to be improved upon.

USEFUL LINKS

DEVON

Devon County Council

<http://www.devon.gov.uk/learning-disability.htm>

Northern, Eastern and Western Devon CCG

<http://www.newdevonccg.nhs.uk/partnerships/learning-disabilities/100085>

Devon Partnership Trust

<http://www.devonpartnership.nhs.uk/Learning-Disabilities.68.0.html>

PLYMOUTH

Plymouth Council

<http://www.plymouth.gov.uk/learningdisabilities.htm>

Plymouth Community Healthcare

<http://www.plymouthcommunityhealthcare.co.uk/services/community-learning-disabilities>

TORBAY

Torbay Council

<http://www.torbay.gov.uk/index/adults/adult-health/learningdisability>

Torbay and Southern Devon Health and Care Trust

http://www.tsdhc.nhs.uk/yourlife/adult_social_care/pages/learningdisabilityservices.aspx

Torbay and Southern Devon Clinical Commissioning Group

<http://southdevonandtorbayccg.nhs.uk/>

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