



“Live Well, Live Longer”

Learning Disabilities Strategy
for North Yorkshire 2017 to 2022

Easy read version

Live Well, Live Longer Learning Disabilities Strategy for North Yorkshire 2017 to 2022



North Yorkshire County Council and the NHS want to make sure that people with a learning disability who live in North Yorkshire are healthy and have good lives.

North Yorkshire County Council and the NHS that work in North Yorkshire have written a five year plan (2017 - 2022) for people with a learning disability.

The Health and Wellbeing board and the other groups we work with want to make sure the plan works. The plan wants to make sure that people with a learning disability in North Yorkshire will -



- Live long and healthy lives
- Have the right to choose and be in control of their daily life
- Feel happy, safe and supported
- Lead fulfilling and active lives
- Enjoy the best health and well being
- Be respected and treated with dignity



The plan is called Live Well, Live Longer. This is the easy read version of the Live Well, Live Longer plan. Some of the more difficult words **are in blue**. There is a Glossary at the back of this document which explains what they mean.

People with a learning disability in North Yorkshire



This plan is for people with a learning disability in North Yorkshire. We think there are 11,400 adults with a learning disability in North Yorkshire. There are -

- Around 2,300 adults who may need services from North Yorkshire County Council and the NHS
- Around 1,900 adults who are known to services at the moment
- Around 550 young people aged 14-18 with a learning disability
- 310 people who are known to services who also have autism



Some people with a learning disability in North Yorkshire have extra health and support needs. We need to make sure our plan works for these people too -

- People with profound and multiple disabilities
- People who have behaviours that can be challenging
- People may also need extra support with things other than their learning disability, this might be things like mental health issues or like alcoholism.
- There are 38 people receiving services in places like **assessment and treatment units**. When people leave these places they need support to become a part of their community again.

What are people's lives like in North Yorkshire?



North Yorkshire has health and social care services for people with a learning disability.

These services are there to support people to live good and interesting lives:

- North Yorkshire County Council checks what people need and finds services that are right for the person, like support services.
- The NHS provides services to people through places like hospitals, GP surgeries, dentists and pharmacies. They may also provide special services for people with a learning disability.



The NHS and North Yorkshire County Council will work together and with other organisations to make sure each community has the right services.

The Live Well, Live Longer plan will make sure these services work well for people.

What are people's lives like in North Yorkshire?



Housing and where people live

Of the people known to services almost 2 out of 3 people live in their own home or live with their family. 172 people live in residential nursing care.

We want more people with a learning disability to be supported to live locally in housing, either with others or by themselves. We want people to have the same opportunities as everybody else to have their own home and be independent.



Employment

At the moment across the country only 6 in 100 people with learning disabilities have a paid job. In North Yorkshire, of people who are known to services, 162 people with a learning disability have a paid job. This is better than some places but there is more work to do.

Advocacy

Advocacy support is **commissioned** by health and social care, with the advocacy provider Cloverleaf. There are also other advocacy groups in North Yorkshire who can support people, including Keyring which supports self-advocates.



What are people's lives like in North Yorkshire?



Safeguarding

Last year there were 185 **safeguarding** concerns reported about people with a learning disability. We know that it is important to keep people safe. We have a Safeguarding Adults Board to make sure that we deal with safeguarding in the right way. We have different ways of working together to make sure we know how to support people well with safeguarding issues.

Crime



We know that an issue for people with a learning disability is hate crime. We have set up hate crime reporting centres in libraries and police stations. The Learning Disability Partnership Board has helped to set up **Safe Places**. These are places in the community where staff have been trained to support people if they feel unsafe. There are 142 Safe Places in North Yorkshire.



Preparing for Adulthood

We know from earlier work that our planning for the future of our young people has not been good enough in the past.

People told us it started too late and did not think long enough into the future. We now have new ways of working including a new team which will be working with 60 to 80 young people a year.

What are people's lives like in North Yorkshire?



Family and unpaid carers

Family and unpaid carers have an important job in supporting people to have good and healthy lives. We know that family carers may need help and support. We know that carers may have more health needs than other people.

Carers have the right to an assessment which will look at their **wellbeing**, mental and physical health. They can get a support plan to help to make sure that their needs are being met. Carers in North Yorkshire can get support through the local Carers Resource Centres.

Health

We know that people with a learning disability do not have as good health as other people. People do not always get the right support with their health when they need it.



The number of people getting health checks and other checks (like for cancer) is low. We want to make sure that more people get health checks in North Yorkshire so that people get support with any health problems early on.

What people have told us

Using what people told us these are the things you have said are important.

The things that we will work on in our plan are –

- More choice and control
- Better health for people
- To play an active role in society
- Support to live in a home of my own
- Support for carers
- Supporting young people into adulthood.



More Choice and control

- We want want to have real choice and control over our lives
- Make sure that there is a choice of care and support services available for people
- Help people to buy care and support services with their **direct payments** and **personal budgets** and make sure there is a range of services to choose from
- Help people to find out about all of the services available and how to use them
- Make sure that there is good information, advice and advocacy to help people make decisions

Better health for people



- Make sure people get equal access to good health care.
- Train people who work in Health to understand Learning Disabilities
- Give people more time for health appointments
- Make sure that there is good information and advice so that people know what to expect
- Information and advice should be available in a words pictures and videos which people understand
- Make sure that people do not have to wait longer for services
- Support people with their health needs



Play an active role in society



- Give us support to do things for ourselves
- Give us support to build our skills
- Support should be available to find employment
- We want to feel safe in our local area
- Transport is difficult in some areas of North Yorkshire
- We would like to access the same services as the rest of the community
- Support should be available to help us be more active in our community.



Support to live in a home of my own

- Support should be available to people with complex needs
- People should be able to live in their own community
- If people live outside North Yorkshire they should be able to choose if they want to move back to North Yorkshire
- There should be different types of houses and homes for people to live in
- Good information and advice should be available to help people choose the right house or home
- Families and carers should be able to get support or a break so that people live with their families for longer
- Support and train support staff who work with people and help them to work with people who have behaviour which challenges



Support for Carers

- Give carers a choice about how and when they can have a break from caring
- Carers would like to have someone to talk to and get information and advice
- Advice should be given to carers earlier to stop them worrying about the future
- Carers should be able to ask for help around the health needs of the person they care for
- Make sure that there are services available for carers to use locally



Supporting young people into adulthood.

- Preparing for adulthood should start earlier in a person's life
- Provide a single point of contact for people and their families
- Make sure that education and support is available to help people make choices and empower them
- Make sure that there are a range of options and services for people
- A joint social work team is welcomed to support people through transitions
- Good, clear planning for young people.



How we will do this?

To make sure that we do things in the right way we have thought about some ways of working.

We will

- Work with and include people and carers with any work on changes and developments that are needed
- Find out what is important to people to make sure that they achieve the outcomes they want
- Work in **partnership** with all the different groups and organisations
- Make sure the quality of any service is of a high standard and is delivered for the best possible price
- Work in a person centered way. People will be at the centre of the decisions that are made
- Make sure that decisions are based on an understanding of the information and evidence available.





How will we know if we have done the work well?

We will know if the Live well live longer plan is going well and is working when:

- More people will have been able to choose and take control of the way they live their lives and are supported.
- More people with a learning disability will have health checks and their health concerns checked and treated at an earlier stage.
- More people will be supported to live independently and safely in their own homes and communities, for as long as possible. Fewer people will live **out of area**. People who have complex needs will be living and supported locally.
- People will be active in their communities. People will be supported to achieve their goals, like getting a job. This will help people to have good **self-esteem**. By supporting families and carers properly they will feel able to continue their important role.
- Young people and their families will be supported and prepared for the move into adulthood.

Glossary

Advocate: Advocates don't speak on behalf of people with a learning disability - they make sure a person's own voice is heard. Advocates support people to develop the skills, confidence and knowledge they need to voice their concerns and make sure they are being treated right.

Assessment and treatment unit: are places for people with a learning disability or autism to receive help for a short time in a secure place before moving back into the community.

Commissioning: is the buying of services.

Co-production: is when people come together to design, deliver and improve ways of working.

Direct payments: is the amount of money that the local council has to pay to meet the needs of you or the person you are looking after. The money is given to you to buy the services that will meet your needs

Out of area: is when people are not living in the area they come from.

Partnership: is when we work together.

Person centred: is when a person with a learning disability is at the centre of all the decisions about their life.

Personal Budget: is the money needed to pay for your support after your social care needs have been assessed.

Preparing for Adulthood model: is a new way of working with young people which brings together Children and young people's services with Health and Adult services.

Priorities: are the most important things.

Safeguarding: is protecting vulnerable adults or children from abuse or neglect. It is supporting people to get good health care and stay well.

Safe Places: are places in the community that will help you should you have a difficulty whilst out and about

Self-esteem: is how we think about ourselves. If you have low self-esteem you may not think you are good enough. If you have good self-esteem you will feel confident and good about yourself.

Wellbeing: means a person is happy, healthy and is comfortable with their life and what they do.

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