



# “Live Well, Live Longer”

Learning Disabilities Strategy  
for North Yorkshire 2017 - 2022

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The pieces of artwork featured throughout this document were created by people with a learning disability from North Yorkshire, at Northdale Horticulture near Northallerton and Handprints art group in Harrogate.

# Scope and Purpose

This document sets out North Yorkshire's over-arching strategy for people with learning disabilities from 2017-2022. It has been produced by the Health and Wellbeing Board for North Yorkshire, working on behalf of local residents.

The document is intended for people with a learning disability (an easy read version of this document can be downloaded from [www.nypartnerships.org.uk/livewell](http://www.nypartnerships.org.uk/livewell)), their families, carers and all those who have involvement in commissioning and delivering

services in the County or who have an interest in improving these services: North Yorkshire County Council; District/Borough Councils; the Clinical Commissioning Groups who cover this area; the acute hospital trusts, and community trusts; and a wide range of voluntary and independent organisations.

References to "we" in this strategy are intended to include all of these organisations, working together and in partnership with those who use our services and those who care for them.

  
**Vale of York  
Clinical Commissioning Group**

  
**Airedale, Wharfedale and Craven  
Clinical Commissioning Group**

  
**Harrogate and Rural District  
Clinical Commissioning Group**

  
**Scarborough and Ryedale  
Clinical Commissioning Group**

  
**Hambleton, Richmondshire and Whitby  
Clinical Commissioning Group**

 **North Yorkshire  
County Council**

# Foreword

People with a learning disability living in North Yorkshire have told us that they want to live longer, healthier and happier lives. They wish to be supported to have choice and control around all aspects of their lives and they have the right to the same opportunities as anyone else to live fulfilling, varied and independent lives, and to be treated with dignity and respect.

The Live Well Live Longer Strategy sets out the joint health and social care vision to improve the lives of people with a learning disability in North Yorkshire. It is based on what people have told us, legislation, national and local policy and good practice. The strategy considers the current national and local picture together with what is important to people and their carers and has been completed on behalf of, and approved by, the Health and Wellbeing Board for North Yorkshire.

We have been given a clear message that accessibility, lack of choice, limited opportunities to be included in the community and ability

to participate are areas which need to be improved. We know that this may be, in part due to challenges such as poor communication, inappropriate information formats, a lack of time, lack of active listening and geographical challenges such as transport and availability of services. In response, the strategy sets out aspirational outcomes and how we will support people to achieve them, together with defined values, which will underpin everything we do.

Successful delivery of this strategy depends upon an integrated North Yorkshire approach with health, social care, and other organisations which provide services. Success depends on ensuring that people with a learning disability continue to have a voice. We will listen to them and work with them ensuring that they lead on the priorities and help us to jointly deliver this strategy.



**County Councillor Michael Harrison,**  
Executive Member for Adult Social  
Care and Health Integration



**Simon Cox**  
Chief Officer  
NHS Scarborough and Ryedale Clinical  
Commissioning Group

# Introduction

In recent times there has been great progress in helping people with Learning Disabilities to live longer lives, with greater choice and control over important life decisions. This has helped many people to learn new skills and to become as independent as possible.

Many people with Learning Disabilities have been supported to have their own tenancies, gain employment, and be part of their local community. We want to build upon the success to date and continue to respond to what people are telling us they want: to become more independent; lead healthier lives; be part of their communities; have more choice and control; feel ready for adulthood; gain meaningful employment; and also to support carers and families.

We recognise the need to use our limited resources wisely in the coming years. More people with needs that are complex are living longer, and people with learning disabilities have told us they want good quality services which are able to deliver the outcomes they want in their lives. This will mean that we will have to look at what services are currently available, if they are the right services and consider how they are funded.

This strategy sets out what people with a learning disability have told us is most important to them. Our approach is centred on promoting health and wellbeing across people's lives. This approach may help to prevent, delay and reduce the need for support, while keeping people safe. The strategy will be used to enable continuous improvement of services which support people with a learning disability and help them to achieve their outcomes and goals. We want to maximise people's strengths whilst providing support and opportunities within local communities.

The Health and Wellbeing Board partners are committed to delivering this strategy to help people with Learning Disabilities to live well and live longer.

# Our vision

The North Yorkshire Health and Wellbeing Strategy vision is for:

“People in all communities in North Yorkshire to have equal opportunities to live long healthy lives”

To build on this, our vision for this strategy is that:

‘People with a learning disability should have the opportunity to live long and healthy lives. They should be supported to exercise choice in their daily lives, feel happy, safe and supported, be active and fulfil their potential, enjoy the best health and wellbeing possible and, be respected and treated with dignity.



# The national picture

A learning disability is different for every person who has one. There are some things that are true for everyone with a learning disability and some common (and not so common) conditions that will mean someone has a learning disability.

A learning disability reduces a person's ability to do some everyday activities - for example household tasks, socialising or managing money. These are challenges which affect someone for their whole life.

People with a learning disability may take longer to learn and need support to develop new skills, understand complicated information and interact with other people.

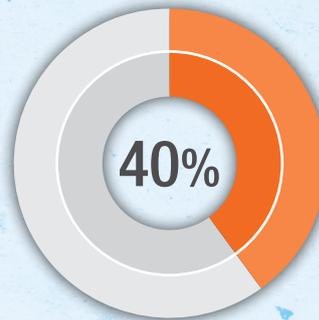
## What does the data tell us?

### How many people in the UK have a learning disability?

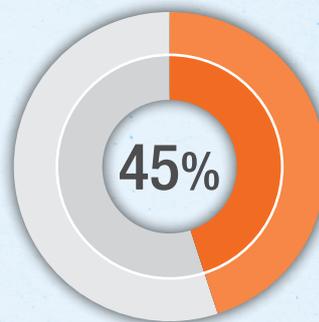
Approximately 1.5 million people in the UK have a learning disability. It was estimated that in England (in 2011) 1,191,000 people had a learning disability. This included 905,000 adults aged 18+ (530,000 men and 375,000 women).

### Health conditions linked with learning disabilities

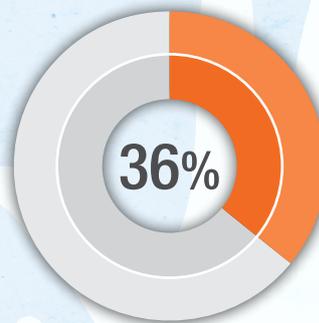
National research tells us that people with learning disabilities are more at risk of health problems. They are more likely to develop conditions such as diabetes, sensory impairments, heart disease, respiratory problems, mental health issues or epilepsy. They are also at greater risk of developing dementia, particularly those with Downs Syndrome. Data tells us that:



40% of people with a learning disability also have physical and/or sensory impairments



Up to 45% of people with a learning disability may have a mental health condition



36% of children and young people with a learning disability also have a diagnosable psychiatric disorder and are 33 times more likely to be on the autism spectrum

### Health inequalities

We know that people with a learning disability are no different from anyone else in wanting to respond to their health concerns. Findings from the 2013 Confidential Inquiry into premature deaths of people with a learning disability found that on average men die 13 years sooner and women on average die 20 years sooner, than those without. It is estimated that 1,200 people still die avoidably every year.

Nationally, it's been identified that there are lessons to be learned around avoidable deaths for people with a learning disability. These lessons include people receiving the health care they need in a timely way and that avoidable deaths should be reviewed with a consistent approach.

A national Learning Disability Mortality Review Programme has been set up to drive improvement in the quality of health and social care service delivery for people with learning disabilities by looking at why they typically die much earlier than average. Locally, this will involve a retrospective review to help determine the factors that contributed to a premature or early death.

There have been several reports on the health care of people with learning disabilities. More information can be found at the end of this strategy.

## Policy and Governance

There is legislation, directives and government policy which provide governance and guidance to transform the care and support that people with a learning disability receive. A number of the policies are highlighted below and a full list is in the Further Information section.

- Care Act (2014)
- Think Local Act Personal
- Children and Families Act (2014)
- Putting People First Concordat - development of personalisation (2008)
- Valuing People Now - Department of Health (2009)
- Death by Indifference and Getting it Right Charter (2007/10)

- Valuing Every Voice, Respecting Every Right (2014)
- No Voice Unheard, No Right Ignore (2015)
- The Winterbourne View Concordat - Programme of Action (2012)
- Building the Right Support
- Transforming Care

## Value for Money

Central and local government spend £8 billion each year supporting adults with a learning disability. Local authorities spend £4.61 billion supporting 129,000 adults (18 to 64) with a learning disability.

Adults with a learning disability can access welfare benefits from the Department for Work & Pensions, which amounts to approximately £2.45 billion annually. The NHS also spends an estimated £0.93 billion on specialist learning disability health services.

Local authority spending on learning disability services has increased. In real terms, between 2010-11 and 2013-14 spending on adult social care fell by 8.4% while spending on learning disability services increased by 2.1%. The trend appears to be continuing with a reported increase of 3.5% in real terms between 2014-15 and 2015-16. 39% of adult social care spend is on adults (18 to 64) with a learning disability and it is the second largest spend after older peoples' services.

## How people with learning disabilities are shaping services nationally

People with a learning disability are being recruited to become quality checkers as part of an NHS quality checkers programme. Quality checkers are helping to design and create the right tools to measure and inspect the quality of NHS services they use in these six service areas:

1. Emergency Departments (separate from Acute Hospital care)
2. Community services
3. Acute hospitals
4. Primary care (GP's)
5. Dentistry
6. Mental health services

Barriers may include complicated forms and use of language, navigating around confusing building layouts, and encounters with staff who are not trained to effectively interact with a person with a learning disability.

There is also a desire to use people who have firsthand experiences of services to monitor and inspect other services accessed by people with a learning disability.



## Winterbourne View inquiry and 'Building the Right Support'

The Winterbourne View inquiry led to a government pledge to move people with learning disability and/or autism who are inappropriately placed in hospitals into community based support. In response to this NHS England developed the 'Building the Right Support' programme.

Building the right support is a national programme to develop community services and close inpatient facilities for people with a learning disability and/or autism who display behaviour that challenges, including those with a mental health condition.

48 Transforming Care Partnerships have been established to create and implement plans which deliver the 'Building the Right Support' programme. These partnerships are made up of NHS organisations and local authorities, including North Yorkshire County Council.

# The Local Picture

## What does the data tell us?

### How many people in North Yorkshire have a learning disability?

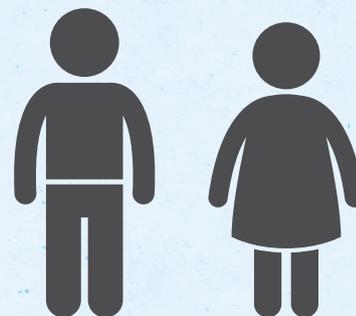
In North Yorkshire it is estimated there are 11,338 people with a learning disability aged 18-85. This is predicted to rise to 11,870 by 2030. Of these around 2,300 will have a moderate to severe learning disability, and will be likely to need services from North Yorkshire County Council and the NHS. Approximately 1,880 adults aged 16-64 are funded by and known to North Yorkshire County Council.



**11,338**

People In North Yorkshire aged 18-85 with a learning disability

There are approximately 2,300 people with a learning disability registered with GP practices across North Yorkshire. Because of the way this information is recorded, we believe this is an underestimation of the true number of people.



**550**

Young people aged 14-18 with a learning disability in North Yorkshire

The total number of young people with a learning disability aged 14-18 in North Yorkshire is approximately 550. On average annually just over 100 young people will 'move' from Children's Services to Adult Social Care, of whom over a third will have an array of complex needs and will also require support with their health needs.

There are 310 people with learning disabilities who also have autism known to North Yorkshire County Council.

There are some people who have complex needs and behaviours that challenge. There are currently 38 local people receiving a service as an inpatient in secure accommodation or from within an assessment or treatment unit. They may have complex learning disabilities and/or autism, together with mental health/substance misuse or another disorder. People in inpatient services may have behaviours which put themselves or the public at risk. Based on current experience, it is anticipated that two to three people will leave inpatient services each year.

## Learning Disability self-assessment

As part of the Transforming Care Programme, NHS England and the Association of Directors of Social Services (ADASS) asked local areas to check how health and support services are working for people with learning disabilities. This was done in our local area through a self-assessment by North Yorkshire County Council together with local NHS organisations, people with learning disabilities and their families.

The assessment is measured with a red, amber or green rating system. In North Yorkshire our rating is predominantly green and amber when measuring how we help people to stay healthy, be safe and live well.

The self-assessment identified that we need to improve in the following areas:

- improve the accuracy of GP registers in recording local people with a learning disability;
- improve the management of long term conditions (e.g. obesity, diabetes, cardiovascular disease and epilepsy);
- increase the uptake of Annual Health Checks and the generation of Health Action Plans;
- know and understand the number of local people with a learning disability who are in the Criminal Justice System;
- ensure 90% of individuals who receive a funded care package have an annual review; and
- publish a local employment strategy to help increase the number of people with a learning disability into paid work.

Action plans for each of these areas will be identified in the action plan for this strategy.

## Policy and Governance

Live Well, Live Longer links in with many other strategies that have been developed for North Yorkshire. A full list of links to the documents can be found in the Further Information section of this strategy.

The overarching North Yorkshire Health and Wellbeing Strategy is shaped around five themes for the whole population. They are: **connected communities, start well, live well, age well, and die well.**

The strategy sets out ambitions for:

- vibrant and self-reliant communities in all parts of North Yorkshire, with local people and organisations working together to develop community libraries, community transport services and activities for all age groups;
- dementia friendly communities;
- fewer people saying that they feel socially isolated in their local communities;
- more people receiving personal budgets for their care, to give them choice and control over their lives; and
- improved employment opportunities, including in rural areas and particularly for young people and those people who often face most barriers in the labour market (for example, people with mental health issues, people with autism and people with disabilities).

Other strategies in North Yorkshire that include information about people with learning disabilities include:

- The Changing Landscape of Autism in North Yorkshire
- Hope, Choice and Control (Mental Health Strategy)
- Young and Yorkshire (Children's Services Strategy)
- Care and Support Where I Live
- Bring Me Sunshine (Dementia Strategy)
- North Yorkshire Carers Strategy

Many of the priorities and themes identified within these strategies compliment the views of people with learning disabilities that are set out in this strategy. All of the strategies commit to appreciating the whole person; working with people as equal partners in designing and improving their care; spending money wisely; and joining support services to offer a seamless experience.

## Value for Money

In 2015-16 North Yorkshire County Council spent of £56.4m (net £42.7m) on social care for people with a learning disability. This doesn't include expenditure relating to supported employment. This was made up of £1.4m on assessment teams, £3.4m on services provided by North Yorkshire County Council and £51.6m on services purchased from the private sector and voluntary organisations.

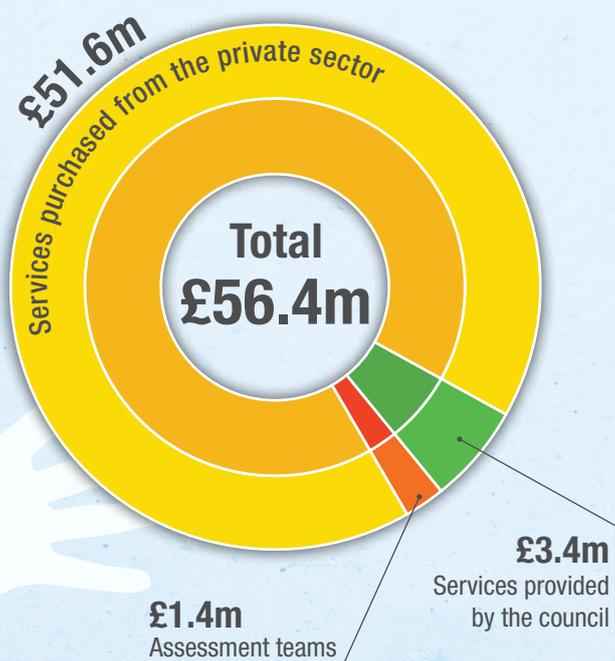
There are approximately 400 people with a learning disability funded by the NHS in North Yorkshire and York who receive a Continuous Health Care (CHC) package (a life-long care package). In 2015-16 the total cost of this

was £24.9m, of which £11.4m is joint funded with North Yorkshire County Council.

There are approximately 40 vulnerable adults with a learning disability aged 18-64 who are receiving healthcare services funded by NHS Clinical Commissioning Groups (CCGs), representing a total cost in the region of £3.3 million (average cost per person £86,000). Of this amount, approximately £1 million is joint funded with the Local Authority.

Adult Learning Disability Services (including community learning disability teams and inpatient assessment and treatment services) are provided by Tees, Esk and Wear Valley NHS Foundation Trust and commissioned by the North Yorkshire and York CCGs. The annual budget for 2015-16 was approximately £7.7 million. Please note that these figures include the population covered by the Vale of York CCG (some areas of North Yorkshire and the City of York).

Money spent on social care for people with a learning disability



## Winterbourne View inquiry and 'Building the Right Support' - our approach

In response to the government's pledge following the Winterbourne View inquiry, we have reviewed the needs of all people with learning disabilities living outside North Yorkshire. We need to ensure they are safe and that we are talking to them and their families/friends about whether they are able and want to return to the county.

Within North Yorkshire we currently have 121 out of county placements, with plans to bring 27 of these individuals back into county. Due to the size and scale of the county, many people who are classed as out of county, actually live within a 30 mile radius of the County boundary and remain close to their homes, families and friends.

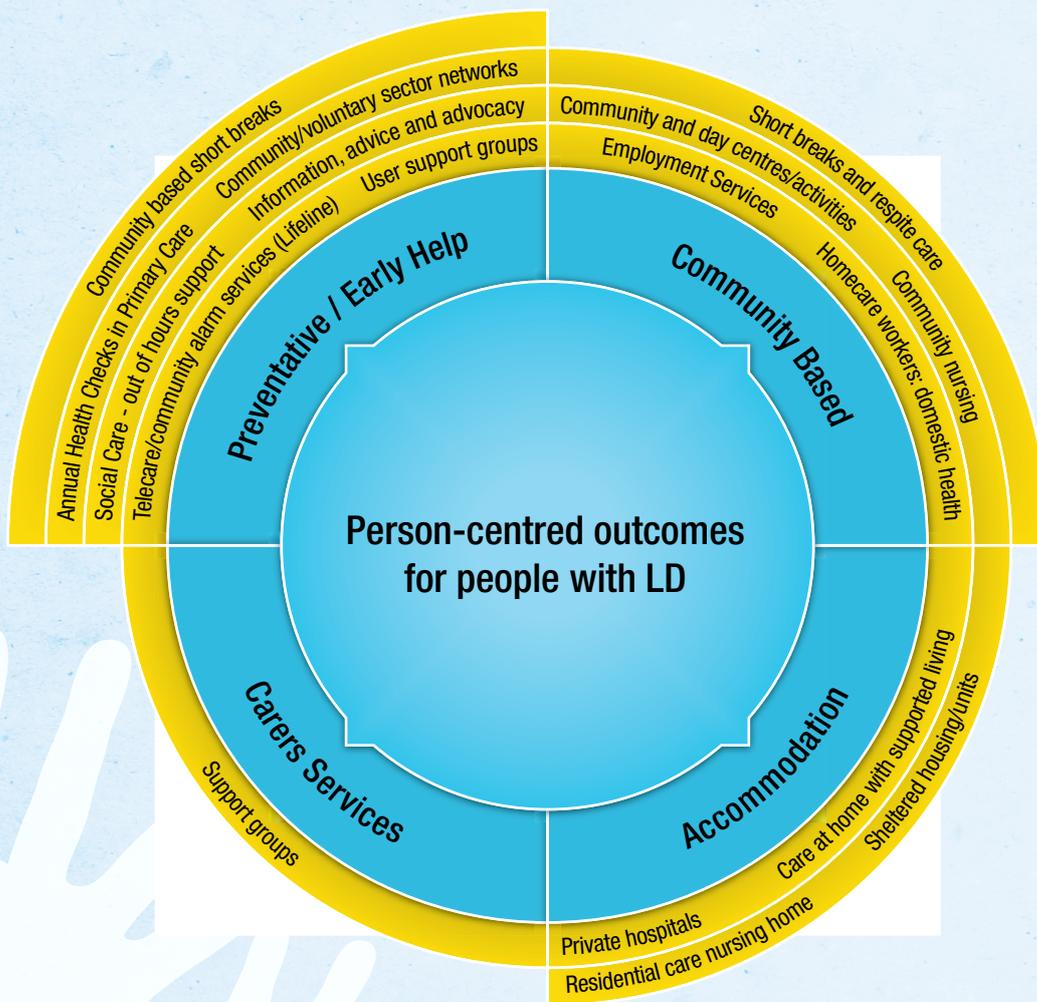
We are committed to reducing the use of hospital beds for people with a learning disability and/or autism, whose behaviours may be challenging. Nine of these beds will be locally commissioned and one will be a Specialist Commissioned bed which offers a more secure setting.

By March 2019, local bed capacity should reflect the following national planning guidance:

- 10-15 in-patients in CCG commissioned beds (such as those in assessment and treatment units) per million population;
- For North Yorkshire and York, this equates to nine CCG commissioned beds. The current number of occupied in-patient beds is 13;
- 20-25 inpatients in NHS England commissioned beds (such as those in low-, medium- or high-secure units) per million population;
- For North Yorkshire and York, this equates to 15 NHS England-commissioned beds. The current number of occupied inpatient beds occupied is 17.



# Services for people with a Learning Disability in North Yorkshire



North Yorkshire County Council provides assessments that identify what a person may need based on their strengths and abilities. Appropriate services are then identified and put in place to meet a person's support needs

The NHS provides services to people through hospitals, GP surgeries, dental practices, pharmacies and in the community to support people with any health issues. Additional

services may be available specifically to help people with a learning disability.

North Yorkshire benefits from a widespread and diverse group of voluntary sector and private organisations that deliver services to people with a learning disability across the county. These groups play an invaluable role in providing services that support people to live in their own homes, have an active life and to get involved in their community.

One of the big challenges in North Yorkshire is making sure that each community has the right number and type of services accessible to people with learning disabilities. Through the strategy-action plan we will look at the number and type of appropriate services in each area to ensure it reflects what people are asking for.

We will continue to work with a wide range of organisations to make sure each community has a range of services to give more choice.

The NHS and North Yorkshire County Council will work more closely together in the future to make sure our resources are being used in the best way possible and to give a more joined up, efficient service to people with learning disabilities.

### **Learning Disability Partnership Board**

The North Yorkshire Learning Disability Partnership Board works to make services for people with learning disabilities better.

They work with, and represent the views of, people with a learning disability; family carers; housing organisations; leisure services; colleges; health services; and other groups working with and for people with a learning disability. They help different people participate in the board; the self advocates forum; the family carers forum; and the local area groups.

The board also asks different services and projects to say how the things they do affect the lives of people with learning disabilities, their families and carers.

### **Accommodation and Housing**

The number of people with a learning disability who live in their own home or are living with family in North Yorkshire is 1,405. A further 172 live in a residential or nursing care home. We want more people with learning disabilities to be supported to live independently, exercising their choice to have accommodation which is right for them.

### **Employment**

The government has set a target of 48% of people with learning disabilities to be in paid work by 2025. The national average of people with learning disabilities in paid employment is 6.1%. Approximately 162 people in North Yorkshire with a learning disability are in paid employment, and although this is better than the national average, it demonstrates we still have a lot to achieve.

The NHS is developing practical support to make progress in this area. There is also the 'Valued in Public' guidance issued to public organisations on actively employing people with a learning disability within their own organisations.

## Case Study

Tasmin is a young lady with autism and a learning difficulty. She was referred to the Supported Employment service in 2015 for support in identifying voluntary or paid opportunities. She had completed an equine studies course, but had decided not to complete another term.

Tasmin expressed a keen interest in working with animals; regularly walking neighbours dogs, for which she was paid a small amount. The Employment Support Service contacted Pets at Home who were able to offer Tasmin a six week work placement. She thoroughly enjoyed her time there and the placement was extended. Tasmin received positive feedback and she would have liked to apply for paid work but unfortunately there were no vacancies available.

Tasmin completed the Prince's Trust course in 2015 and her confidence grew immensely - she was involved in the community project which was something she really enjoyed. Following this work, she was successful in her application for a paid work placement at Marks & Spencer (Remploy) and she was able to put into practice customer service skills she had learned at Pets at Home.

Tasmin wasn't confident using the till, the concept of handling money and giving change was confusing and it was evident that she would need further training/ time. In August 2016 the Martin House charity shop manager met her and offered her an opportunity to volunteer and gain experience of handling money/using the till.

She is still volunteering half a day week and received positive feedback on her till progress and excellent customer service skills. She was offered another temporary contract with Marks and Spencer in 2016 and with a few mentoring sessions is serving customers with confidence. She accepted another contract starting January until March 2017, this may well be extended further.

Gaining paid employment has made a great deal of difference to Tasmin's self-esteem, self-worth and finances. It was important to Tasmin that she was able to gain employment as she felt it put her on equal footing with her peers.

## Advocacy

Advocacy support in North Yorkshire is currently provided by Cloverleaf Advocacy, who provide mental health advocacy, Mental Capacity Act advocacy, Care Act advocacy and generic advocacy. North Yorkshire County Council also commissions a self-advocacy support service from Keyring.

## Safeguarding

We are committed to keeping people safe and protected from all avoidable harm. In 2015-16, 185 safeguarding concerns were reported about people with a learning disability. This represents approximately 4% of all safeguarding concerns raised in North Yorkshire.

To meet their statutory safeguarding responsibilities, NHS England hosts a monthly Quality Surveillance Group that includes partners such as the Care Quality Commission, Healthwatch and Public Health England.

North Yorkshire County Council host a safeguarding board and take a multi-agency approach to safeguarding with the Police, Police and Crime Commissioner, Safer and Stronger Communities, Children and Young People's Services, Community Safer Partnerships, the Fire Service and Health. This multi-agency approach ensures that safeguarding is consistent and robust. We know that a particular issue for people with a learning disability is hate crime and have established hate crime reporting centres in libraries and police stations.

The Learning Disability Partnership Board has sponsored the development of **Safe Places**. These are designated places within the community where staff have been trained to be able to offer vulnerable people, including those with a learning disability,

the support they need if they are anxious or feel unsafe. There are already 142 Safe Places which can be recognised with this symbol.



## Preparing for Adulthood

Previous consultations told us that planning for future needs should start earlier in a person's life and focus on clear outcomes.

We have responded to this by establishing a group of senior officers from North Yorkshire County Council Children's and Adult's services and local NHS organisations. These multi-agency groups are held in each area of the county and share information, coordinate assessments and identify suitable pathways into adulthood for young people with complex special educational needs and disabilities (SEND). All Education, Health and Care Plans (EHCP) must include a focus on preparing for adulthood from the age of 14.

A new 'Preparing for Adulthood' team has been established, with the service able to support between 60 - 80 people per year. This team will build on good practice so that a larger group of young people will not need to move out of county to have their needs met. They

can return at an earlier stage and the team can ensure that the move from transition as a child to becoming an adult is smoother and easier for both the young person and the family. This model will ensure the integration of the work and responsibilities for young disabled adults. Further work will be undertaken to integrate services from health, housing and leisure and other relevant agencies. The enhanced support that this model provides will contribute to more efficient planning, reduced costs and improved outcomes for young people.

### Unpaid Carers

Unpaid carers play a vital role in maintaining the health and wellbeing of those they care for.

Carers now have the statutory right to an assessment whether their cared for person has eligible needs or not. The carers' assessment looks at carers' well-being, mental and physical health. If the carer has eligible needs, a support plan will be developed to meet their needs.

Carers in North Yorkshire can access support through the local Carers Resource Centres commissioned by North Yorkshire County Council and the NHS.

More information about support from unpaid carers can be found in the North Yorkshire Carers Strategy.

### Meeting Health Needs

People with a learning disability have a right to receive an Annual Health Check with their GP which may lead to a health action plan and hospital passport if appropriate. In North Yorkshire a number of annual health checks and other health checks such as cancer screening and enhanced eye tests is low. Our ambition is for 70% of people with a learning disability to receive an annual health check so that health concerns can be treated as early as possible.



# What have people told us?

This strategy has been shaped by the views of people with a learning disability and their carers. We have been able to hear these views through our joint working with the North Yorkshire Learning Disability Partnership Board and Local Area Groups. We have also held engagement sessions over the last two years.

The following themes are what people with a learning disability and their carers told us that they want to see:

## **More choice and control over my life:**

- people want to be given real choices;
- people don't always know what is possible or what is on offer;
- people need support to help them make decisions, and want more independent advice and advocacy; and
- personal budgets and Direct payments do not in themselves provide choice and control if the support they want is not available.

*“More education and support is required for individuals to make wise choices and understand the difference between the two, and the consequences of making a wise or an unwise choice. This may then assist in empowering individuals to progress.”*

*“Do not want personal budget, cannot buy any care in my local area. Need personalised services which means providing services which meet our needs in our area.”*

*“More services able to meet very complex needs. There is little choice at the moment.”*

*“Listen to us then act on what we need instead of providing a service which does not meet our needs or expects us to fit into a local pigeon hole, or have to travel miles for a service.”*

*“I think that people need to listen and take seriously feelings as well as physical needs, and how they would like to be helped, not told that you can't help with this or that and referring to others when we have to go through the whole story all over again with each new worker. You make life more complicated than it needs to be.”*

## **Better health care for people with learning disability:**

- healthcare professionals in mainstream health services need better training in learning disabilities;
- more support and extra time is needed for routine health appointments; and
- people don't always know what they should expect or what to ask for to be able to help them with health problems.

*“More needs to be done on access to services. I cannot access some services because I need special treatment and it takes a long time to happen and I am in pain whilst I wait.”*

*“Explain in words so (people) understand and the implications of what any treatment or refusal of treatment are.”*

*“People with LD are not always comfortable with an annual health check and more work needs to be done. A&E/Walk-in Centre are one and the same in our area and have long waiting times which involves more*

*anxiety than usual if waiting for hours. On the rare occasions this has happened to us we have requested a home visit.*

*Dental provision is poor with no emergency treatment (usually months) as sedation or general anaesthetic is required for many needing treatment. People with LD can be treated with drugs for 'behaviour issues' when they have toothache."*

*"More training and courses for nurses and other health professionals on how to interact better with people who have learning disabilities."*

#### **To be able to play an active role in society:**

- people want to see communities valuing and celebrating the contribution people with a learning disability make.
- people want to be helped to do more for themselves.
- more people want the chance to find employment.
- people want to feel safe in their local areas.

*"Independence sometimes makes us isolated."*

*"Transport is a difficulty in some of the rural areas in North Yorkshire which can be a barrier for involvement."*

*"The community (needs to be) safer."*

*"Ensuring that social inclusion is meaningful and not just specialised groups - like disability swim etc."*

*"Raise awareness and eradicate ignorance shown towards people with learning disabilities - much of which I have witnessed."*

*"There needs to be a focus on how to help people with learning disabilities be more active in their community - for example accessible gyms, swimming pools and learning disability exercise group sessions."*



#### **Support to live in a home I can call my own:**

- people with complex needs require more intensive support; and
- where people have a specialised need, local services have to be as good as or better than an out of area service - don't move people back to a poorer service.

*"Ensure there are houses/accommodation to ensure they can live in their community with all 'the appropriate adaptations'."*

*"In my experience housing is difficult to access for people with learning disabilities."*

*"Better respite care for people with complex needs so they can live with their family for a bit longer."*

*"Hubs, skill centre, respite, coffee shops so we can go together with our friends."*

*“More information available and more places to go, even if they are shared groups, like somewhere where people can work to help others, which is a strong desire in many people with Learning Disabilities, but often unachieved.”*

*“Embrace behavioural methods such as ABA (Approved Behavioural Analysis) and PBS (Positive Behavioural Support). It has to develop a specialist behavioural service with trained staff able to support people at all ages develop their skills and independence and manage behaviour through positive approaches not through restraint and medication.”*

#### **Support for carers:**

- people want more flexible ways to get a break, including choice about how and when;
- carers value having someone to turn to;
- many family carers worry about what will happen when they are no longer able to care for their adult children.

*“I prefer to have cover offered throughout the year for a night or two when needed to regain sleep instead of booking an annual two week block”*

*“The support I’ve received from our local Mencap group has been invaluable over the years.”*

*“Support (for) health needs is a biggy re carers... more likely to have mounting health needs as their young people grow older - a false economy not to start looking at carers’ health early.”*

*“I see more consultants than my son nowadays!”*

*“As previously stated carers are not supported as there are no services to access. Therefore there is no choice at all. We are continuously pressurised to have a personal budget as this shifts the onus on us to find a service which would not be one of choice.”*

Providing regular and on-going information to parents and carers so everything is up to date.

Regular meetings with family involvement and keeping family up to date with information.

#### **To move into adulthood successfully:**

- people want preparation to start early;
- a simple, single point of contact for families; and
- better range of options for young people.

*“More education and support is needed for young people to make wise choices - this will assist in empowering them to progress.”*

*“More work experience opportunities for our young people in special schools more choices of work placements and employment opportunities outside horticulture and small animals and cooking etc.”*

*“New social work team working with young people in transition is welcomed.”*

*“Need skills centres and meeting places where we can spend time with people with similar disabilities. This is not institutionalisation but where we are more comfortable instead of being the only one in the cafe in a wheelchair.”*

# Where do we want to be?

The next five years will be a period of major transition and transformation for health and social care within North Yorkshire. Health and care services will become more integrated. Services will need to be more flexible so they can be personalised and offer people greater choice and control over their lives, from the place where they live, to the way they choose to access support and care.

We want to be able to give more choices around access to education, employment, leisure and social opportunities, so that individuals can get the services that are right for them. As we make this transition, we will also need to deliver further efficiencies to ensure best value, while using our resources as effectively as possible.

## Our Principles

We are setting out the following principles which are the values supporting everything we do. We are committed to:

- working with people with a learning disability and their carers whenever we are making plans or changes;
- understanding what matters to people and finding ways to support people achieve the outcomes they want;
- working closely together to be efficient and effective;
- using available resources to provide value for money; and
- ensuring that decisions are built on a shared understanding using careful consideration of the information and evidence available.

## Outcomes

In the next five years we aspire for people to live longer, healthier and more independent lives. The strategy action plan will assess the following outcomes to see how well we are doing this:

1. **Increased choice, control and independence** (Live an independent life - with support when I need it). More people with a learning disability will have a greater say and be able to decide for themselves the way they live their lives and choose how they are supported.
2. **People with a learning disability to live longer and healthy lives** (Live a longer life and live a healthier life). More people with a learning disability will have health concerns or problems identified and treated at an earlier stage by increasing the uptake of annual health checks (premature deaths reduction)
3. **Increased opportunities for independent living locally** (Care and support where I live). More people will be supported to live independently and safely within their own homes and community for as long as possible, having their own tenancies - or even have the opportunity to own a home. We will also see a reduction in the number of people cared for 'out of area' and a reduction in the use of in-patient services and length of stay in hospital settings; ensuring that those with more complex needs are able to live, and be supported, locally.

4. **Improved quality of life and wellbeing**

(Live a healthier life). People with a learning disability will be able to be more active in their communities. By supporting people with their personal goals like seeking employment and/or learning opportunities, we hope that their personal resilience and self-esteem will increase. By supporting families and carers, we will be able to maintain and uphold their vital role in caring for their family members who have a learning disability.

5. **Raised awareness and understanding of future adult world for young people and their families/carers.** Young people and their families will be supported and prepared effectively to move into adulthood.

Delivering these outcomes will contribute to more people having a **positive experience of healthcare** and social care services (a key outcome in the NHS Five Year Forward plan).



# How do we get there?

The work to achieve our outcomes will be detailed in a strategy action plan which will accompany this document. The action plan will detail overarching actions and sub actions which will become the 'North Yorkshire Approach'. The overarching actions are based on what people have told us and identified best practice. These are detailed in the diagram below:



## **Personalisation and choice**

People will have real choice and control over how their personal outcomes are achieved. This may include using personal budgets, a personal health budget and direct payments

to purchase tailored support. We would like people to be involved in the co-production of services to ensure all services are designed by and around people who use them.

### **Prevention, early help, treatment, support and care**

A greater focus on early intervention and prevention in terms of health treatment will help to tackle health inequalities and reduce premature deaths. We will support people with a learning disability to stay as independent as possible. This may include ensuring people have the right support equipment and services to help them to remain at home. We will offer prevention services and early help to those people who have complex health needs so they avoid and/or delay hospital admissions and prevent episodes of crisis or breakdown. Early measures shall be put in place to support people to avoid contact with the Criminal Justice System.

### **Right care in the right place; maximise and enhance community support**

We will maximise support available in the community using a person-centred approach to service delivery. There will be a strong focus on human rights and tackling health inequalities. A strength based approach will help people feel part of the community in which they live. We will ensure that family and community support is supplemented by services to help people achieve their outcomes.

Access to mainstream/universal services will be improved, making reasonable adjustments to achieve this. This may include health services, adult education, employment services, information and advice, advocacy, housing and leisure activities.

We are committed to ensuring that people with the most complex learning disabilities are supported to live in their own communities with the right specialised support around them.

In-patient services will only be utilised by those people who present with severe and immediate risk to their own health (and/or the safety of others) for as short a time as possible.

### **Empowerment and enablement**

We will provide advice and support people to do things for themselves rather than 'doing it for them.' This will involve building skills and strengths whilst providing and promoting opportunities for people to be involved, to learn, to work and to socialise within their communities.

### **Caring for the carers**

We want to ensure that carers in North Yorkshire receive the right levels of support so that they are well equipped, informed, feel part of a wider network, and are able to live their own lives alongside their caring responsibilities.

### **Preparing for adulthood**

We will improve our planning for young people moving into adulthood by taking advantage of wider opportunities that support their aspirations, such as achieving greater independence, accessing employment and/or learning opportunities and accessing social and leisure services. We will also continue to develop a greater range of pathways into adulthood, including local personalised learning for young people from the age of 19 with the most complex needs and ensure that they are equipped with the right skills to achieve their individual outcomes.

## Next steps

Our strategy action plan will outline in detail the actions we need to undertake over the next five years to deliver this strategy with the resources available. This will be co-produced with people with a learning disability and we will work with the market to make sure that we develop the right response to meet the outcomes identified in this strategy.

We will use indicators and performance measures to establish how well we are performing and report on our progress on an annual basis to the North Yorkshire Health and Wellbeing Board and the North Yorkshire Learning Disability Partnership Board.



# Further Information

## **National Policies and Guidance**

- Care Act (2014)
- Think Local Act Personal
- Children and Families Act (2014)
- Putting People First Concordat - development of personalisation (2008)
- Valuing People Now – Department of Health (2009)
- Death by Indifference (2007)
- Getting it Right Charter (2010)
- Valuing Every Voice, Respecting Every Right (2014)
- No Voice Unheard, No Right Ignore (2015)
- The Winterbourne View Concordat – Programme of Action (2012)
- Transforming Care
- Building the Right Support

## **Supporting Strategies**

- North Yorkshire Health and Wellbeing Strategy
- The Changing Landscape of Autism in North Yorkshire
- Hope, Choice and Control (Mental Health Strategy)
- Young and Yorkshire
- North Yorkshire Carers Strategy
- Care and Support Where I Live
- Bring Me Sunshine (Dementia Strategy)

## **Supported Employment**

- Valued in Public

## **Health Inequalities**

- Health Inequalities & People with Learning Disabilities in the UK: 2010

## **Other Resources**

- Joint Strategic Needs Assessment
- North Yorkshire County Council Market Position Statement



## Contact us

W: [www.northyorks.gov.uk](http://www.northyorks.gov.uk)

E: [customer.services@northyorks.gov.uk](mailto:customer.services@northyorks.gov.uk)

T: 01609 780 780

(Monday to Friday 8.00am - 5.30pm  
closed weekends and bank holidays)

**North Yorkshire County Council, County Hall, Northallerton, North Yorkshire, DL7 8AD**

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