

Draft Learning Disability Strategy for Sutton



The learning disability **strategy** is a plan to make things better for people with a **learning disability** and their **families** in Sutton. The **plan** is for the next **5 years** (2021-2026). This means there is lots in the plan.

We call it a draft strategy as we want to tell you about it and hear what you think before we do it.

People with learning disabilities and their families need to have the same chances in life as other people. The plan helps make this happen.

The plan is for

- people with **learning disabilities**
- aged **14 years or over**
- that **live in Sutton** or who get **health or social care support from Sutton**

How did we know what to put in the plan?

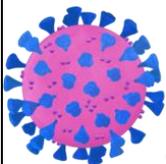
Lots of people helped us make the **plan**



- people with learning disabilities
- families and carers
- health and social care workers
- organisations that support people with learning disabilities and their families

What did we need to think about when we made the plan?

Some things we had to think about were



- the **numbers** of people with **learning disabilities** have gone **up**
- the amount of **money** for health and social care has gone **down**
- **COVID** has made things **hard**. **More people** went to **hospital** and more people now need help with their **mental health**. **Parents and carers** have found things **hard** too

What is important in all our work with people with learning disabilities?



- **having a good life**

This means being part of the community and getting respect. It means that people have the chance to do the things they want



- **keeping safe**

We need to help make sure people with learning disabilities are safe from harm. We want people to take risks and try new things but not be in danger



- **choice and control**

We need to help people make their own choices about their life



- **a place open to everyone**

People with learning disabilities should be able to use all the same services as everyone else

What are the most important things to include in the plan?



People with learning disabilities and their families have told us the most important **4 things** to put in our **plan**



- **person centred care – page 5**



- **living in a place called home – page 6**



- **receiving the right support and being part of the community – page 10**



- **health and healthcare – page 13**



person-centred care

People with learning disabilities cannot have a **good life** without the right support. The Council and health services need to do **regular checks** to find out what support people need. People with learning disabilities and their families need support that helps them **do the things they want to**.

What are the issues?



- people with learning disabilities do **not always need specialist services**. Sometimes they can use services that everyone else uses



- sometimes **services** that are not specialist learning disability services **need a bit of help to ensure** they can **support** people with learning disabilities well



How can we make things even better?



- **make sure** that **services** that health and social care pay for **say** how they are giving people **better outcomes**



- make **all services easier** for people with a learning disability to use
- **give training** to people in **services** so they **can support people** with a learning disability better



living in a place called home

People with a learning disability need to have a say about **the places** they live in. Their home needs to be a place that suits them and **works well** for them.

What are the issues?

- **lots** of people **need somewhere to live**. We do **not** have **enough homes** for people to live in **Sutton**
- **people** with a **learning disability** and their **families** are **not clear** on what **housing** is available and what **choices** they have
- some **homes** need to have **extra things** added or be **adapted** so someone can **live there**



- some **homes** have **no internet** in them or people **do not** get to **use** the internet if it is there
- some **young people** do **not know where they will live** when they become an **adult**. It makes it **hard to plan** for them and their families
- **too many** people live in **residential homes** or **nursing homes**. Some people do not need to live in them and could live in their own homes
- some **people do not live in Sutton** as there was not anywhere for them to live. People **should be able to live in Sutton** if they want to
- there are **not enough homes** for people with **complex needs** or who have **behaviours that challenge**. This can **delay** them **leaving hospital** or mean they have to **move out of Sutton**
- there are **not enough homes** for people to move to in an **emergency** or when they **leave hospital**
- **not many** people with a **learning disability** own **their own home**



- there are **more and more older people with a learning disability**. There is not enough **sheltered housing** for people to live in

How can we make things even better?

- **develop a housing strategy** to include lots of **different types of homes**
- **improve the information** and advice that is available about **housing options**
- make **houses suitable** for the **people** that are going to **live there** including **adapting** them or **adding things** that are **needed**
- **make sure internet is available** to people in health and social care funded **homes**
- ensure **young people know** where they are **going to live** when they become an **adult**. Help them to live in **friendship groups** if they want to
- **less people** to live in **residential** or **nursing homes** when they do not need to live there

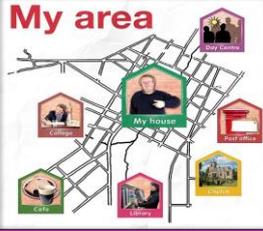
→ **Sutton**

↓ **Sutton**



- help people **move back** to **Sutton** if they want
- **less** people with a learning disability to **move out** of **Sutton** unless they want to
- more homes **suitable** for people with **complex needs** to be available
- have **homes** available **quickly** in an emergency or if someone needs one so they can leave **hospital**
- **more** people to **own** all or part of their own **home**
- **more** sheltered housing for **older people** with a learning disability

My area



receiving the right support and being part of the community

We need to make sure people with a learning disability have a **good day**. This means that

- they can get something done that is **important**
- they are **doing things** other **people do** in the places where other people are
- they are doing the things they **want to do** with the **support** they need
- they meet people and make friends and feel **part** of their **community**

What are the issues?

- people with a learning disability need **more choice of day opportunities** in Sutton. Some people liked the online events during COVID
- the **Inclusion Centre** is **not being used** as much **as it could be**. We need to **use** the Inclusion Centre in a **better** way
- the **transition** pathway has **not** been **easy** to understand for **young people** and their **families** when moving from childrens to adult services



- **Not enough** people with a learning disability are in **work** where they get **paid**
- people are **not always supported** in a **person-centred** way
- people with a learning disability should get **personal assistants** that can **support** them in the way they want
- **direct payments** are not always used as well as they could be and people do **not always** have as **much choice** with them as they could
- there is **not enough respite care** in Sutton for people with a learning disability or their family or carer
- there are not enough **changing places** toilets in Sutton which means people cannot stay out in the community

How can we make things even better?

- look at **day opportunities** for people in Sutton and see **what can be better**. Also look to see if some things have been **better** during **COVID** like more **online** events



- use the **Inclusion Centre** in a **better** way
- **better pathway** for **young people** moving from **childrens** services to **adult** health and social care services
- **more** jobs for people with a learning disability
- **training** to **help staff** deliver **better person-centred support**
- look at what **personal assistant services** people from Sutton can use and how we can make these **better**
- **direct payments** to be used for **lots of different things** that people choose
- **more** respite care



- **more** changing places **toilets** in Sutton



health and healthcare

People with a learning disability need to get the **same health services** as everyone else. The services they get must be good. Some people will need special health services.



What are the issues?



- **more people** with a **learning disability** should have an **annual health check** and a **health action plan**



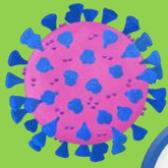
- **too many** people take **strong medicine** which could be avoided if they were supported better



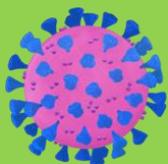
- **not enough** people have a **hospital passport**. These help if you go to hospital so people know about the support you might need in hospital



- **too many** people go to the **accident and emergency department** when they could be helped at home or at the doctors



- people do not always know **what to do about COVID**. They may **get worried** if other people are not being safe
- we want to **make sure everyone** gets the **same chance** to use **health services** across **Sutton**
- there is a **lot of training** and this could be **shared better** across **organisations** and with the **community** to make better use of it
- we need to make sure we include people with a **learning disabilities, carers and families** when we **design** services
- it is **not** always **clear** for people **how to access health services**
- we **need to be better** at **working together** so people have a better experience of health services
- sometimes people go to a **mental health hospital** when this could be avoided



- **mental health** services could **work better** to help people with learning disabilities **use their services**
- people with a **learning disability** and their **families** do not always know how to **access** different **health services** and it is **confusing**

How can we make things even better?

- **more** people will get **annual health checks** and **health action plans**
- **less** people will be on strong **medicine** that they **do not need**. They will get better support
- **more** people will get **hospital passports** in case they go into hospital
- **less** people will go to the **accident and emergency department** at the hospital that do not need to
- people will **know** more about **COVID** and other germs and how to keep safe
- **everyone** across Sutton will get to have the **same access to healthcare**



- **more training is shared.** We will make sure we have specialist staff where we need them
- we will **include** people with a **learning disability and carers and families** when we **design** services
- a **clear pathway** for people to access **health services**
- we will work **together** with other people so that our **health services** work **better**
- see if a **team** could help people stay in the **community** rather than go into **hospital**
- **mental health** services to get better at **helping people** with a **learning disability**
- make sure people with a learning disability and their families know about **different health services** and how to get them



making sure the plan works

Put someone in charge of the plan. Check people are working hard to make the **plan work**.



Make a list of the things we have to do. Check the list and **update it** when things change.



Talk to people with a learning disability and their families about making the **plan work**. Talk to **organisations** that work with them.



Think about the **best** ways to use the money. Make sure we are working to make people as **healthy, happy** and independent as possible so they do not have problems.



Make sure all the **different services** are working well. Make sure everyone knows their **part** in the plan.



word list

clinical commissioning group is a group of doctors and other people that decide what health services will spend money on.

strategy a **strategy** is a plan to manage something or make something better.

contracts are written documents that people sign to say they will do something.

outcomes are something that happens at the end when something is done. An example is that you go to a fitness class. The outcome is that you get fitter and feel healthier and this makes you happy.

adapted means that a house has already been changed so the person can use it better. An example is if a ramp has been fitted so a person in a wheelchair can get from outside to inside.

complex needs this means someone might have a learning disability and other conditions. An example is someone with a learning disability and a mental health condition.

behaviours that challenge this means something that is difficult and support staff are not sure what to do.

sheltered housing this is housing close together and where there is extra support close by.

adapting means to change something in a house to make it better for the person to use.

transition means moving from childrens health and social care services to adult health and social care services.

direct payment this is money the council gives to you to pay for your own support. It is based on what the council says your needs are.

respite this where someone with a learning disability stays somewhere else for a short time. An example is staying at a residential care home for two weeks. Another example is staying in someones home such as **shared lives**.

shared lives is where you either stay in someone elses home for a short time or you live with them for a long time and it becomes your home.

	<p>changing places is a public place with a toilet, special equipment and space for changing.</p> <p>equipment is things like changing benches, screens so people cannot see you, a hoist and safety alarms.</p> <p>hoist is a piece of equipment that can be used to lift someone. For example, out of a wheelchair and onto the toilet.</p>
--	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

The End

Thank you to Photosymbols for the pictures used