

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 (2022-2027)**.



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**



	<h2>How did we know what to put in the plan?</h2> <p>Lots of people helped us make the plan</p> <ul style="list-style-type: none"> • people with learning disabilities • families and carers • health and social care workers • organisations that support people with learning disabilities and their families
	<h2>What did we need to think about when we made the plan?</h2> <p>Some things we had to think about were</p> <ul style="list-style-type: none"> • 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

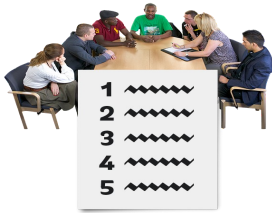
What is important in all our work with people with learning disabilities?



- **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 7
- receiving the right support and being part of the community – page 11
- health and healthcare – page 14



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**



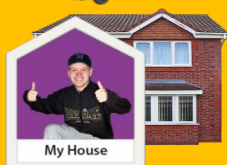
- some homes have **no internet** in them, or people **do not get to use** the internet if it is there



- 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** if they want to

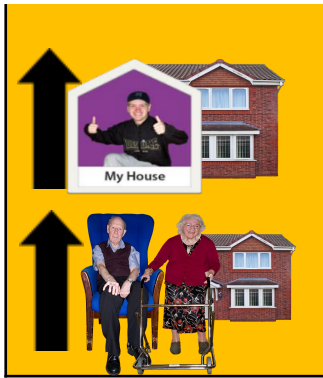


- we will **not** make anyone move if they do not want to
- some **people do not live in Sutton** as there was not anywhere for them to live
- people **should be able to live in Sutton** if they want to
- there are **not enough homes** for people with **complex needs** or who have **behaviours that challenge**. 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?

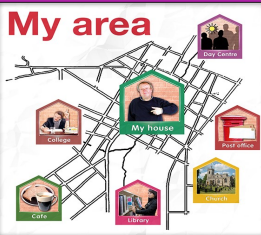
- develop a **housing strategy** to include lots of **different types of homes**

       <p>Sutton</p>  <p>Sutton</p>	<ul style="list-style-type: none"> • 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 • help people move back to Sutton if they want • less people with a learning disability to move out of Sutton unless they want to
   	<ul style="list-style-type: none"> • 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
- we need to continue to look at how we **get the best** from the **Inclusion Centre**
- the **transition pathway** has **not** been **easy** for **young people** and their **families** to understand when moving from **children's 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 day or night
- **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**
- we will continue to look at how we **get the best** from the **Inclusion Centre**
- **better pathway** for **young people** moving from **childrens services to adult** health and social care services

   	<ul style="list-style-type: none"> • make sure we include education services in planning • more jobs for people with a learning disability • see if we can make some voluntary jobs be paid • 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
  	<ul style="list-style-type: none"> • 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 reduced 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**
- we need to make sure we include **people with learning disabilities, carers and families** when we **design** services
- it is **not always clear** for people to know **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**

	<ul style="list-style-type: none"> • 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 unless they really need to • people will know more about COVID and other germs and how to keep safe
	<ul style="list-style-type: none"> • everyone across Sutton will get to have the same access to healthcare • 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**.



We will **make a list** of the things we have to do. We will **check the list** and **update** when things **change**.

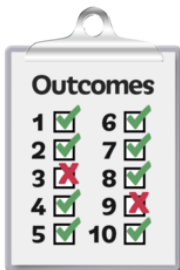
We will **talk to people** with a learning disability and their families about making the **plan work**. Talk to **organisations** that work with them.



We will think about the **best ways** to use the **money**.

We will make sure we are working to make people as **healthy, happy and independent** as possible so they **do not have problems**.

	We will make sure everyone knows their part in the plan.
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word list

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

strategy

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

contracts

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

outcomes

looking at **what has happened** and seeing **how it went**.

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.

adaption / adapted

changes made to a house 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

when someone has **multiple conditions** that cause them **challenges**.

for example, someone with a **learning disability and a mental health condition**.



behaviours that challenge

when someone does things that are **difficult and challenging for those around them**, including support staff.

they may need **special services and support** to help them.



sheltered housing

housing that is **close together** and where there is **extra support close by**.



Transition

moving from **children's** health and social care services to **adult** health and social care services.



direct payment

money the **council gives to you** to pay for your own support.

it is **based on** what the council says your **needs** are.



respite

when 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 someone's home such as **shared lives**.



changing places

a public **toilet** with special **equipment** and **space for changing**.

	a changing place may have benches, screens so people cannot see you, hoists to lift people, and safety alarms .
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The End

Thank you to Photosymbols for the pictures used