



Living better lives

Our 5 year plan for adult social care in South Tyneside
2022 - 2026



South Tyneside Council



living better lives

Spread the word!

**THIS IS
SOUTH
TYNESIDE**



About our plan

South Tyneside is a great place to live. We want to make it even better for people who need care and support.

People who may need care and support from us are:

- people with a learning disability
- people with mental and physical health conditions
- older people
- people with a physical disability
- carers



When people aged 18 and older need support we call it **adult social care**.



We have written a new plan for people who need care and support.



Our plan says what we want to happen over the next 5 years.

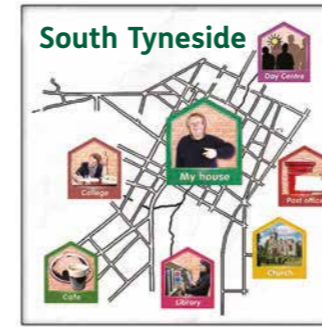


We call our plan **Living better lives**. It starts in 2022.

Why we need a new plan



There are lots of people living in South Tyneside who need help. We are having to help more and more people every year.



It doesn't matter where people live in South Tyneside.



We want care and support to be fair for everyone across all of our area.



We want everyone in our area to have chances to live the lives they want.



Our plan says what we want to do to give better care and support.



It is difficult to give everyone the help they need.



To be able to support everyone properly we have to do things differently.





Who worked on this plan

It is really important to listen to lots of people so that everyone's voices are heard. We want to do this in all parts of our work.



We have worked with lots of different people and organisations to write this plan together.

This includes:

- people with lots of different experiences.

Listening to people and learning from experiences is really important



- families and carers



- our staff



- other organisations



- local communities and groups

We involved people in writing this plan in lots of different ways. Things like:

- survey



- training and workshops





- talking to people in small groups



People told us what things we need to change.



We will all work together to make all the parts of this plan happen.



When we say **we**, we mean people who want to get involved and work together.



This is a great way of working and means we will have services that people want and need.



What is in our plan

Our plan is in 3 parts:

1 Our vision. This explains what we want to see happen in the future.



2 Our values. This is what we believe in and how we work with people.



3 Things we want to do. We have 6 important things we want to do to make our vision work.



Our vision

We want everyone in South Tyneside who needs help from adult social care to lead the lives they want.



We want everyone to be as safe and healthy as they can be.



We want to look at what people can do for themselves to help themselves.



There are a lot of different communities in our area.

We want our communities to support each other and look out for each other.



Here's what we want to see happen:

- people to get help and support, when and where they need it
- people to make choices about what care and support they want
- people to have good quality care and support
- people to meet each other and do things in their local communities



- people to be included in decisions about their care and have their voices heard



Our values

Our values are what we believe in and how we work with people.



Our values are what people can expect from us. All our staff will do these things:



- keep up to date with training and work in the best way



- treat everyone fairly and with respect



We want to work closely together with lots of different organisations so we can all give the best support.



- be open and honest



- listen to people and make sure we understand everyone's needs



- do what we say we will do to help people



We want our staff to do the best they can at their jobs.



6 big things we want to do to make our plan happen

1. Give early help and advice



We will help people who are having problems.

But we want to try to stop problems from happening in the first place.



We want to help people to stay well and independent as long as possible.

This means people get the support they need to live the lives they want.



We want to:

- give information and advice to people about how to stay healthy



- support people to do more things for themselves



- look at what support and activities there are in the local community. Things like: hobbies, faith groups, libraries, sports, and friendship groups



- help people to need less care and support. This might mean using technology. Things like:
 - devices that help people move around their home better



- devices that can get help quickly in an emergency



2. Support people to make decisions about their care

We will listen to people and find out what is important to them.

We want to:

- give people choice about their care and support. This gives people a better quality of life and keeps them healthy in their bodies and mind



- make sure people and their families are involved in their own care plans. Their plan will include:



- things that are most important to the person



and

- how they can get the best help in the best way



3. Support people to stay safe

We want to support people who are at risk of being hurt or harmed.

People might be at risk because they:

- might need help looking after themselves



- might trip or fall



- might live with someone who might hurt them



We want to support people to stay safe and well at home.





We will make sure people in our communities know:

- how to spot if someone is at risk

and

- how to report any worries they might have about someone



- in the community



Our staff will work with other organisations to give support where people need it.

4. Give people support in the best place

We want everyone to get the care and support they need, in the places that are best for them. This could be places like:



- at home



- at a local group



5. Work together with our local communities

It is really important to include people with lived experience in planning and running our services.

They can help us to understand what people need and make our work better.

We will:

- listen to what people tell us is important to them





- look at any problems together



- make sure people have a say when we make decisions



We will work together to make sure we have the right services in our area to meet everyone's needs.

And that our services are the best they can be.

6. Support our staff

Our staff are very important to us. We want our staff to do the best job they can.



We will make sure:

- all our staff have everything they need to do their jobs well



- our staff have the support and training they need



- our staff have the right skills to be able to help people



- we use our staff in the best way



What happens next

Thank you for reading our plan.



We are going to write a big version of this plan. It will tell you more about:

- how we will make our plan happen **and**
- how we will check our plan is working

Contact us



If you want to tell us what you think about our plan or if you have any questions you can contact us.



Phone us:
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Email us:
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Look on our website to find out more about different types of support for adults.

Website

www.southtyneside.gov.uk/betterlives



Click on the green website address and it will take you to the website.



