

SOUTH TYNESIDE

Learning Disability Strategy

2022 - 2026







Delivered in partnership with:



Our 4 Strategy Priorities



Introduction

	<p>The rules in England say we must have a 'Strategy' (Strategy means 'plan') for people with a Learning Disability.</p>
	<p>The plan says how we will change the way we work to meet the needs of people with a Learning Disability.</p>
	<p>There are laws that say how we must make sure that people with a Learning Disability are valued and have the same opportunities as others.</p>
	<p>This plan also includes things that we jointly think should happen to make life better for people with a Learning Disability.</p>



The plan is to enable people with Learning Disabilities to live their lives as they want, as part of their community, with the right support at the right time and from the right people.

The **plan** is for the next **5 years** (2022-2026).

This means there is lots in the plan.

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**
- that **live in South Tyneside**



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?

To help write the plan, people with Learning Disabilities and their families told us:

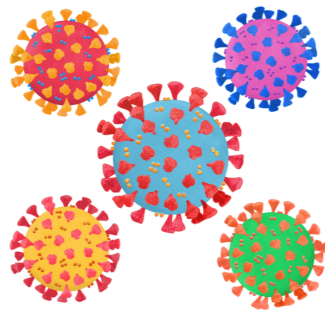
- What a good day looks like
- What a bad day looks like
- What a brilliant day looks like
- What a terrible day looks like

We also asked people and organisations that support people with Learning Disabilities the same questions.



Some things we also had to think about were:

- the **number** 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.
- We also listened to what was being said across the North East, thought about work completed by government.
- We also looked at the work that had been completed nationally on “Building the right support” and learning from Winterbourne view.



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 and that people with Learning Disabilities are **TREATED RIGHT**



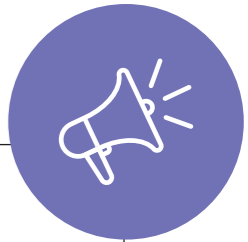
• **Feeling safe**

We need to 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. We want people to feel **SAFE** when they live in South Tyneside



• **Being Listened too choice and control**

We need to help people make their own choices about their life and a place and this means people need to be **LISTENED** to



• **A place open to everyone**

People with Learning Disabilities should be able to use all the same services as everyone else and being able to have easy **ACCESS**



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**:



• **Putting the person with Learning Disabilities first and hearing what is important to them**



• **Living in a place that they can call home, and if they need support, being supported by people who care**



• **Receiving the right support and being an equal part of the community**

• **Stopping people with Learning Disabilities dying early**



Putting the person with Learning Disabilities first and hearing what is important to them

People with Learning Disabilities cannot have a **good life** without the right support.

People need access to **regular checks** to support them to ensure that their needs are being met.

People with Learning Disabilities and their families need support that helps them **do the things they want to**.

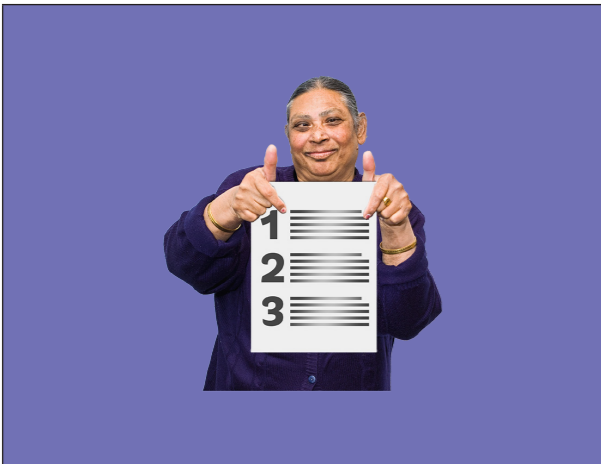
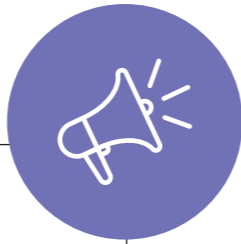


What are the Issues?

• People with Learning Disabilities do not **always need specialist services**. They should be able to access services that everyone else uses



• Sometimes **services** that are not specialist need some **help** to make sure they can **support** people with Learning Disabilities well



How can we make things better?

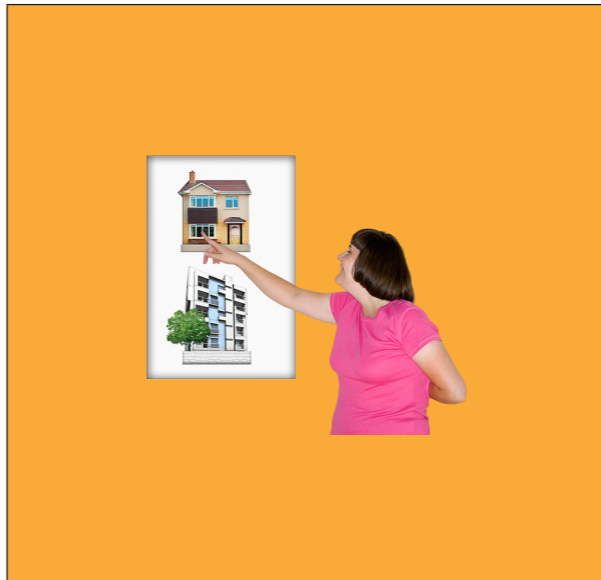
- **make sure** that **services** that health and social care pay for **say** how they are giving people **better outcomes**



- **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 that they can call home, and if they need support, being supported by people who care

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.

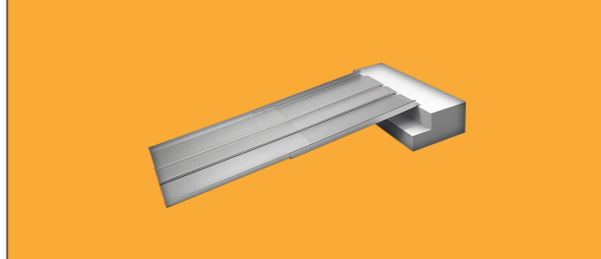


What are the issues?

- **lots** of people **need somewhere to live**. We do **not** have **enough homes** for people to live in South Tyneside



- **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**. Some people do not need to live in them and could live in their own homes



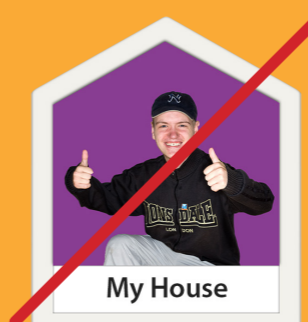
- some **people** do not live in **South Tyneside** as there was not anywhere for them to live. People **should be able to live in South Tyneside** if they want to



- 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 South Tyneside**



- 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 are not enough places for people to live in





How can we make things 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** when they do not need to live there



- help people **move back** to **South Tyneside** if they want

- **less people** with a Learning Disability to **move out** of South Tyneside unless they want to



- more homes **suitable** for people with **complex needs** to be available





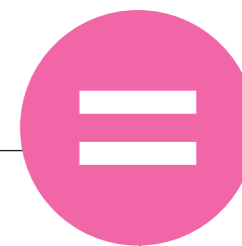
- have **homes** available **quickly** in an emergency or if someone needs one so they can leave **hospital**



- **more** people to **own** all or part of their own **home**

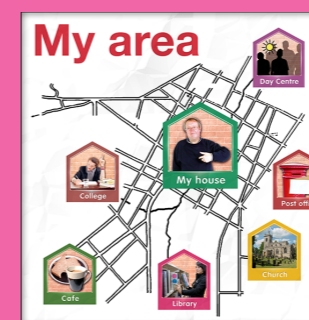


- **more** sheltered housing for **older people** with a Learning Disability

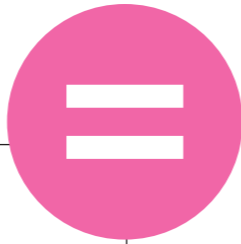


Receiving the right support and being an equal part of the community

We need to make sure people with a Learning Disability are able to live a **good life**. We have been told by people with Learning Disabilities / families that this mean

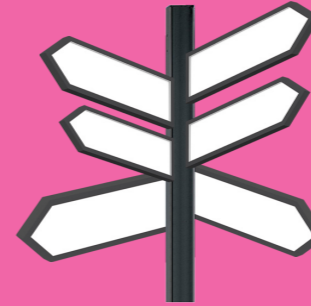
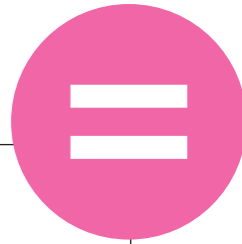


- they can get something done that is **important**
- they are **doing things** other **people do** in the places where other people are
- they are doing the things they **want to do** with the **support** they need
- they meet people and make friends and feel **part** of their **community**

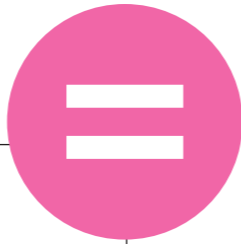


What are the Issues?

- people with a Learning Disability need **more choice around what they can do and help to get jobs.**
- Some people like online events during COVID, some people want to have more friends.
- Some people tell us they are lonely
- Some people tell us that both professionals and people they try and talk to in the street, ignore them and this makes them feel angry



- the **transition** pathway has **not** been **easy** to understand for **young people** and their **families** when moving from children 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

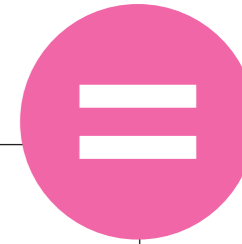


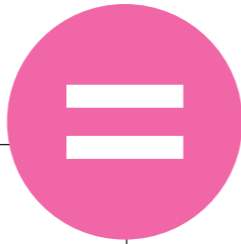
- **direct payments** are **not always** used as well as they could be and people do not always have as **much choice** with them as they could
- there is **not enough respite care** in South Tyneside for people with a Learning Disability or their family or carers
- there are not enough **changing places** toilets in South Tyneside which means people cannot stay out in the community and if people have additional physical needs, it is not always easy to access places



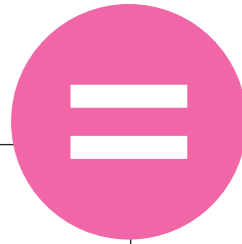
How can we make things better?

- look at **what are the opportunities** for people in South Tyneside and see **what can be better.**
- work with people to help them reach out to other people who might have similar interests.
- help people to feel safe to talk about what **“good”** looks like to them and **what matters**
- spend time **listening and helping** people with Learning Disabilities explore what is available to them, rather than controlling them





- **better pathway** for **young people** moving from **children's** 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 South Tyneside can use and how we can make these **better**



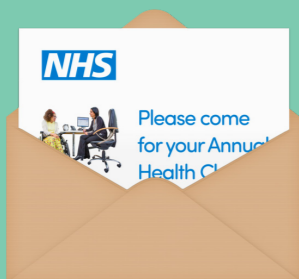
- **direct payments** to be used for **lots of different things** that people choose
- **more respite care**
- **more changing places toilets** in South Tyneside more accessible





Stopping people with Learning Disabilities dying early

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



- people tell us that when they go into **hospital staff** do not know their needs.

- lots of people said they did **not** have a **hospital passport**.



- 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 **South Tyneside**



- there is a **lot of training**, and this could be **shared better** across **organisations** and with **community** to make better use of it



- people with a **Learning Disabilities, carers and families** are **not always included** when services are **designed**



- 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 better?

• **more** people will get **annual health checks** and **health action plans**



• **less** people will be on strong **medicine** that **they do not need** and 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 South Tyneside 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 services** and how to get them



Making sure the plan works

Making the Learning Disabilities Alliance responsible for monitoring the plan and 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 children's 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 is 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 someone's home such as **shared lives**.

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







changing places is a public place with a toilet, special **equipment**, and space for changing.

equipment is things like changing benches, screens so people cannot see you, a **hoist** and safety alarms.

hoist is a piece of equipment that can be used to lift someone. For example, out of a wheelchair and onto the toilet.

South Tyneside Council

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