



# Coventry Learning Disability Strategy



**2014 – 2017  
Moving Forward**





# Introduction

This is our strategy (big plan) for improving the lives of people with learning disabilities and to support their carers. The strategy aims for people to have a voice in the way they are supported, the way services are run and the opportunities to live their lives the way they want.

The strategy aims to make sure that the right things are in place in Coventry to support people with a learning disability and their carers. The strategy will have an action plan to make sure that we keep on target with all the things we want to do.

A lot of people have worked hard to write this strategy including the Coventry Learning Disabilities Partnership Board. We have done this by working together with people with learning disabilities, family carers and staff from the health and social care services in Coventry.

The Learning Disabilities Partnership Board held a workshop in July 2013 and almost 100 people attended to start talking about the things that should be in the strategy.

A lot of smaller sessions took place to work through the information that we got from the first workshop. A second workshop then took place in May 2014 to agree what we had decided together. About 80 people came to this workshop.

We have also looked at the things that the Government tell us are important and have made sure we have included these in the strategy as well.

The Learning Disabilities Partnership Board will keep checking how we are doing at making the strategy and action plan happen. We will make sure people can see how we are doing by telling them in newsletters and on the Learning Disabilities Partnership Board website.

The focus will be on supporting people to have better links in their communities. Where people have needs above that, we want them to have as much control over the way they are supported and the strategy aims to make sure things are in place to do that.



## Our Partnership Board Co-chairs

			
<b>David Watts</b>	<b>Billy Bates</b>	<b>Scott Sutton</b>	<b>Martin Hancock</b>
<b>Assistant Director, Adult Social Care Coventry City Council</b>	<b>Self Advocates</b> <b>(Self advocates are people with learning disabilities that feel able to make their views known with a little or no support)</b>		

## Learning Disabilities Partnership Board



5 representatives of people with learning disabilities  
 4 representatives of family carer groups  
 1 representative from Children, Learning & Young People  
 2 representatives from the Voluntary Sector  
 2 representatives from the Local Authority  
 1 representative from the Clinical Commissioning Group  
 2 City Councillor representatives  
 Partnerships Officer

### **Support to the Board:**

1 Citizen Involvement Worker  
 1 Admin Assistant / Information Worker  
 1 Note Taker (Business Services Centre)



# What the Board has to do



Make sure that plans for people with learning disabilities in Coventry focus on being able to do things that are important to them.



Make sure that people with learning disabilities and their carers are included in the planning of health and social care services in the City and people feel confident using other community services.



Make sure that when people need support from a service that they know that it is checked to make sure it is a good service and meets people's individual needs.



Make sure that people with learning disabilities and their carers are included in planning for the future and have plans in place for when change happens quicker than we expected.

Make sure that everyone with a learning disability, regardless of age and including those people with a diagnosis of autism, know how to get involved in saying how support should be provided.









Make sure that young people with learning disabilities and their families are involved in preparing for being an adult and have the chance to do things that they may have thought weren't possible.















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# **BIG** Helping you to understand **words** the words we use

actions	things we have to do
advocacy	getting your voice heard and being able to say your views and concerns
approaches	is the way of doing something and often makes sure that people all work in the same way
assessment	finding out what someone's needs are
carer/carers	a person who provides support and looks after someone - in this document we mean family carers, and this can at times include people with learning disabilities who care for other family members
Children's Champion	the person whose job it is to make sure everyone knows about what is important to children
commissioning	buying services
consolidating	bringing things together to make them stronger
cost effective	If something works well but is also not too expensive
direct payment	having money to buy your own services
diversity	we are all different people and everyone has their own different needs and things they believe in or are important to them
eligibility criteria	When people ask social services for support they use a guide called an 'Eligibility Criteria' which looks at the sort of situations in which people could qualify for a full assessment and services.
enabling/enabled	to make possible or to support to make something happen
framework	a plan
fuller life	a life with more choices and opportunities



high support needs	people who have a lot of health and care needs
implement	to put into action or to carry out a plan
independence	having choice and control over your own life
inequalities	people who should receive the same service, but don't
involvement	being part of something – like a meeting or having your say
Learning Disability Awards Framework	this is training that all staff who work with people with learning disabilities should do, especially new staff
minority ethnic groups	people whose families were originally from different countries
monitor	to find out if things have been done
objectives	the things we need or want to do
participation	to share or take part in – an example is to take part in meetings
Partnership Board	The Government's White Paper 'Valuing People' asked every Local Authority to set up a Partnership Board (which is a meeting of lots of different people) in their area to improve the lives of people with learning disabilities and to provide better support to family carers
partnership working	everybody working together
person centred	making sure that everything we do has the person involved and at the centre of everything that happens with them
presence	being part of something
protocols	a plan for working together
provision	services that are provided
quality	making sure that we have good services that meet people's needs
registered social landlords	Social landlords are people who run businesses, not to make a profit, to provide homes for people to live in.
review/reviewed	looking back at the past and planning to make changes if they are needed





services	Things or help that is provided which are needed to carry on our lives. Examples are a bus service which helps people to go from one place to another or a doctor who provides a service if you are not well
specialist	somebody or a service which has a lot of experience in an area of work
strategy	a plan – often this is a main plan covering lots of different areas
supported accommodation	Having the right support to be able to live in your own home - either alone or with friends
supported employment	having the right support to be able to have a job – this could be a paid or unpaid job
transition	this is what we call a time of change – an example is moving from being a child and being at school to becoming an adult and going to work or college
'Valuing People' White Paper	A document written by the Government with the involvement of people with learning disabilities and family carers. The Paper is about how we can work together to ensure people have a better quality of life and have opportunities to be part of their communities.



People that attended the workshop in June 2013





## Our Vision

**All people with learning disabilities have equal opportunity to stay healthy, feel and be safe, live well and are heard.**

This strategy aims to make sure that people of all ages with a learning disability have the same rights as other citizens in Coventry, to be as healthy as possible and remain safe.

Young people and their carers will be able to think about what they want to be and when, do the things that are important to them when they become an adult and know they will have the right support to try to make this happen.

We will support people to do things, where they can, without having to rely on services by making sure people have the right information that is easy to understand and by making sure there is lower level support to try things out.

We need to support those in most need to be as involved as possible in deciding how they can be supported and have real choice over the sort of support they will use.

We will make sure that we understand and recognise the role family carers have in supporting people. We will make sure that any plans we have take into account carers' needs.

We fully support the idea of personalisation and believe that this individual approach to supporting people applies to everyone and in particular people with a learning disability.



# These are some of the things we mean when we use the word “Personalisation”

Make sure people have choice about how they get care and support, wherever they live.



Involve people and their carers in planning and checking services that give them choice and independence in the community.



Make sure people whose services are paid for by the Council have a personal budget.



Give people information and advice to help them decide where to get the right care and support.



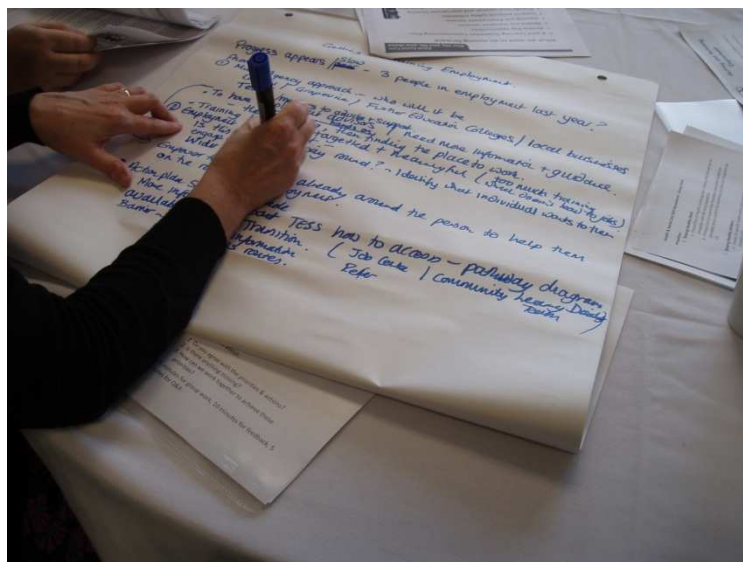
Help people to stay independent for as long as possible and to manage with less support in the future if they can.





# Our Values

- ✓ People with learning disabilities are citizens with the same rights as everyone else
- ✓ Everyone feels safe and is protected from harm
- ✓ Everyone is treated with dignity and respect
- ✓ Everyone's human rights are adhered to and respected
- ✓ Everyone has the skills and the opportunities to make choices for themselves and have an independent life with the right level of support to achieve it.
- ✓ Everyone has a voice and is heard





# What we know about people in Coventry

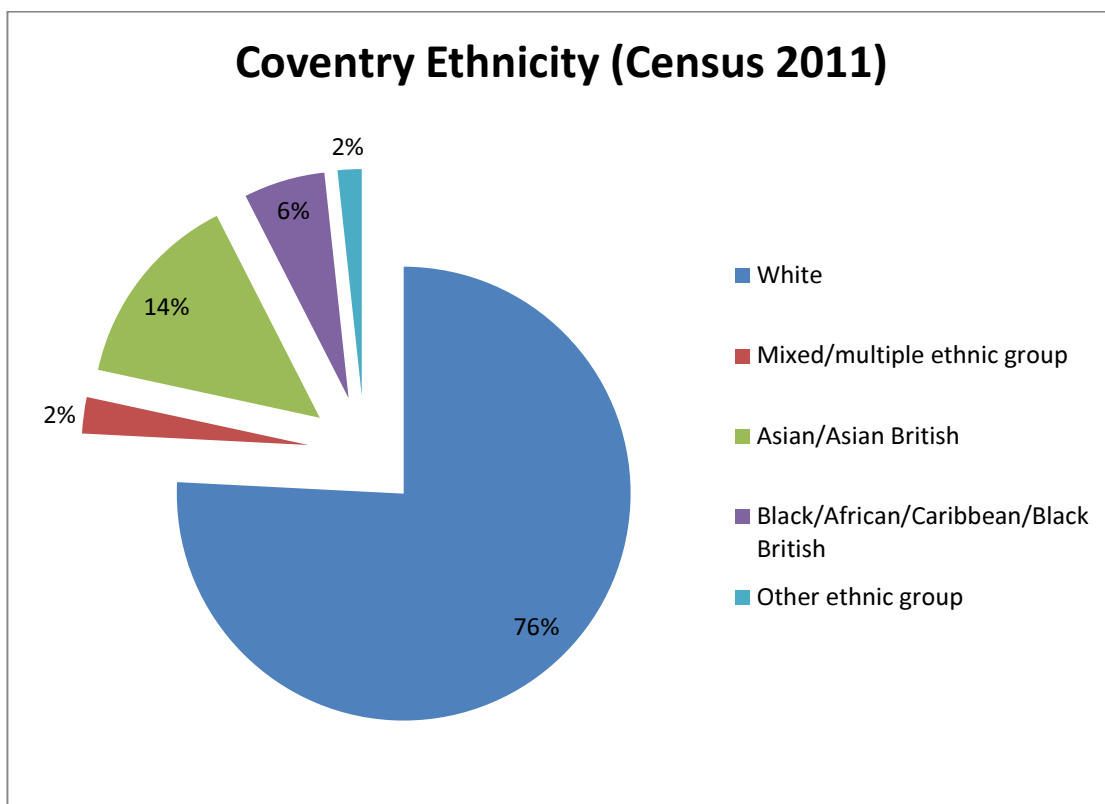
When thinking about our strategy it is important to know lots of things about people with a learning disability in Coventry

This includes knowing what their needs are and how well existing services are meeting those needs.

We can look at the same information at a later date to help us understand whether the work we are doing is making a difference.

There are 323,132 people living in Coventry and it is the 13<sup>th</sup> largest City in the United Kingdom.

The chart below shows the different ethnic backgrounds (people's culture).



## Some basic information we already know

Adults with a Learning Disability 18+ (we don't know this number exactly but this is based on what we know and comparing it with national data)	5,189	
Adults with Learning Disabilities with funded support	525	
Adults with Learning Disability supported in employment	59	
Adults with Learning Disability and a registered carer known to the Local Authority	Under 18	2
	18-64	407
	65+	16
	<b>Total</b>	<b>425</b>
Adults with a Learning Disability that have Mental Health after care services	22	
Young People with a cognitive or Learning Disability 0-17	2945	
Young People with an Autistic Spectrum Disorder	819	
Young people using short breaks	1587	
Young people moving from children's to adult's services 2013 - 2014	40	
Total number young people with special educational needs currently in primary, secondary or special schools	6,618	





# Money that is spent on support in Coventry

In Coventry, about £18.7 million is currently spent to support children with special educational needs in education and social care.

In 2014 to 2015, £21.4 million will be spent by the Council to support adults with learning disabilities.

The Clinical Commissioning Group spends £10.7 million on services for people with learning disabilities which includes buying services from Coventry and Warwickshire Partnership Trust and supporting people with continuing health care needs.

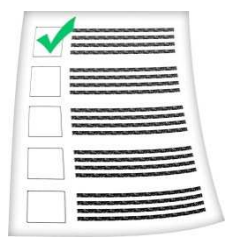
We need to make sure we are using the money in Coventry as best as we can.

This can make decisions about how to spend it quite difficult but we all work together to try and make sure this is done in the best way for people that live in Coventry.



The workshop in May 2014





# Things that are changing nationally that we need to include in the strategy

We need to make sure that our strategy includes a number of things that are happening nationally. Some of those really important things are explained below:

## **A joint improvement programme (Winterbourne)**

Winterbourne View showed us how things can go wrong in the way some people have been supported.

Our improvement programme helps us to know what we need to do and to make sure that people with learning disabilities are treated with dignity and respect and to make sure we are doing it well.

## **Understanding how the National Autism Strategy needs to be included**

We need to make sure that we have a local Autism Strategy. Some people with learning disabilities also need support because of autism and we need to make sure they get the right support.

## **Making sure that the Children and Families Act and the Special Education Needs and Disability reforms are a part of the work that we do**

We need to think about young people with a learning disability and work with them to plan for their future as an adult, with opportunities for education and employment.

The current system of Special Educational Needs Statements and Learning Difficulties Assessments is being replaced by a single Education, Health and Care plan for people aged 0-25.





# Preparing for the new adult social care law known as The Care Act

The Act replaces old laws and guidance that we have been used to working with and it sets out new rights for people needing support and their carers

The Act focuses on the need to prevent and reduce care and support needs and introduces a national eligibility criteria(level at which people get social care support).

Some of the main things included in the Act are:

- Making sure that that peoples' well-being should be the main focus when making decisions with, and about, them.
- Providing information and advice in a way that helps all people understand how the care and support system works, what services are available, and how to access the services they need now and might need in the future.
- Making sure there is a range of good quality, local services that support people to make the right decisions to meet their needs and choices.
- Working well with other local organisations to make sure that people get the right support from the right organisations at the right time.
- Provide services or take steps that help people to stay or become more independent instead of trying to respond when things go wrong.
- Carers are an important part of the Care Act 2014 where there is a commitment to greater rights and access to assessment and support of their own needs.





# What people in Coventry said was important for this strategy

These are the themes that the people that worked on this strategy decided were most important for people with learning disabilities in Coventry.



**Getting and Retaining Employment**



**Being safe and having relationships**



**Housing and Accommodation**



**Accessing Local Services**



**Choice & Control (Personalisation)**



**Maximising Independence**



**Improving Health**



**Supporting my Family**





# Getting and keeping Employment

- ✓ My employer understands the changes they may need to make or the help I need to do my job
- ✓ My colleagues understand and have awareness of working with people who have different strengths
- ✓ The people I work for recognise and help me use my strengths
- ✓ I can gain skills through work experience
- ✓ I will have support through employment advisors about the right job for me and on getting and keeping a job

People with learning disabilities and autism said that, like most people in the country, they want to work and be able to access the right support to help them to achieve this.

The Employment Support Service (TESS) is part of the Council's Team. It can support people with learning disabilities, autism, mental health issues and people with a physical or sensory impairment into paid employment.

We have worked closely with TESS to develop [Raising Expectations – Coventry's employment pathway](#) which puts employment first and helps people to find the support and services that may help them to find or stay in employment.

Currently TESS staff that supports people who meet adult social care eligibility (the point where the council provides social care support) includes 2 Employment Advisors and 1 Job Coach.



### What we achieved in 2013

- 191 people were registered with the service at any one time of which about 57% are people with learning disabilities or autism
- supported 35 people into paid employment opportunities and 36 people into work-based training opportunities
- supported 59 people to maintain their employment.
- provided on-going support for 9 people with learning disabilities or autism in voluntary work placements

### What we have agreed to do:

- Develop an action plan to support a wider range of people which includes links with big organisations in the West Midlands and through local business relationships
- We plan to develop an employment engagement scheme. This will help include more people in work through working with people with learning disabilities and businesses that may employ them.





# Being safe and having relationships

- ✓ I understand how hate and mate crime could affect me and I will know what I can do about it.
- ✓ I can get information and advice on how to stay safe.
- ✓ I can access safe places when I am out if I feel unsafe.

Being and feeling safe is very important for people with a learning disability and their families. Hate and mate crime not only causes distress but can stop you being independent and in control of your life.

People should be part of their community and feel safe using shops, pubs, cafes, entertainment venues and public transport without feeling scared.

The [Safe Places](#) scheme was recently launched in Coventry; the aim is to increase confidence and security for people visiting the City Centre, with the knowledge that help will be at hand if needed.

Safe Places is a partnership between Grapevine, Coventry City Council and Community Safety Partnership including West Midlands Police.

## Winterbourne View

All Councils and health organisations have been asked to look at local services and take action following the events at Winterbourne View hospital.

An NHS and local Government improvement programme has been put in place to support the changes that are necessary.

In Coventry, these are some of things we have done so far:

- A joint Coventry and Warwickshire plan that is changing the way we buy services for people with complex needs. It aims to improve quality for



people and stop the types of hospital placements like those seen at Winterbourne View.

- A review of the Coventry people currently living in NHS assessment and treatment beds. At the time when we wrote this strategy there were only 3 people still needing to move on to more independent living. We aim to keep this number low.
- There is a Winterbourne Register in place to make sure we keep track of people in these types of placements.
- An agreed set of aims for us all to work to.
- A clear understanding of the funding arrangements.
- [Coventry and Warwickshire Partnership Trust](#) (CWPT) provides a Criminal Liaison Nurse who works with people with learning disabilities that are in the criminal justice system.

#### What we have agreed to do:

- Co-produce an action plan to support the needs of people with learning disabilities or autism who present with challenging needs.
- Develop ways to check how well we are doing with the action plan across both health and social care organisations in Coventry.
- Include Positive Behaviour Support planning as a way of supporting people to remain in, or move onto, more independent settings
- Consider how we might put health and social care money together where this helps the person with learning disabilities





# Having somewhere to live

- ✓ I am able to choose the type of accommodation I live in and where I live.
- ✓ I feel safe in the area I live and am not targeted because of who I am.
- ✓ I can access local facilities and have good transport links to get to where I want to go, including work.

There are currently around 100 people who are living outside Coventry in residential care homes who are either jointly funded by health and social care, or only by social care.

It is important for people to stay in Coventry so they are close to people and the communities that they know.

For those people that are still living out of the City we will make sure that we have systems in place to help us know that care and support is being provided well and that they are supported to return to the City if appropriate.

We have talked to people and organisations that provide services, and housing, to make sure they are planning to have the right sort of support, services and places to live in the City for people with learning disabilities.

## What we have agreed to do:

- We will support people currently in residential care out of Coventry to come back to the City wherever possible.
- We will try different technology, such as Telecare, to support people to be more independent and feel safer in their own homes.
- We will work closely together across health and social care to make sure we have the staff with the right skills to support people to return to Coventry.
- We will support more people to live in community housing.





# Accessing Local Services

## Joint Learning Disability Commissioning plan

A joint commissioning plan has been developed which sets the main things that will be looked at when health and social care buy services in Coventry for people with learning disabilities. This is supported by the City Council's Market Position statement

The [Market Position Statement](#) is clear that we want to support people to be in control of their own support through personal budgets and [Direct Payments](#).

All people, including people with a learning disability, will be offered a personal budget that they may take as a direct payment before considering other services that health or social care may pay for.

Being clear about this should help providers to think about how they may change the things they provide to be more flexible and adapt to what people want to buy.

### What we have agreed to do:

- Make sure the commissioning plan and Market Position Statement are up to date and change them if we need to
- Talk to people who provide services about what people want developed and what the quality of services needs to be
- We will use guidance called "Ensuring Quality Services – Core Principles for Commissioning Services for Children, Young People, Adult and Older People with Learning Disabilities and/or Autism" to help us make sure we are buying the right support
- We will think about the services which could be delivered by the independent sector and whether any of those provided by the Council could be provided differently.





## Day opportunities

Our aim is that more people will have support plans that are designed to meet their own outcomes.

Fewer people will use traditional, building-based services in the future because they will have more flexible ways of getting the type of support they need and want



People will be supported to put their budgets together (we call this pooling budgets) to arrange services as this may help them to get more for their money.

Currently about 200 people with learning disabilities receive day services from the City Council. We know that some people would prefer not to attend these types of day services and want to do other things that are more personal to them.

We will work with people that may need support, staff that assess and help with support planning, and with providers to look at other ways people can spend time in the day including working, leisure and social activities.

This may change the way we deliver day services in the future.

Day services at Curriers Close and Watcombe moved in 2014 to Frank Walsh House. The change of location has already helped some people to access community facilities, travel more independently and develop personalised support plans.

### What we have agreed to do

- We will find out from people what services they want to meet their, provide more choice and opportunities to socialise, learn or become more independent
- We will support people to find ways of accessing things already happening in their community, and to think about spending their social care budget flexibly
- We will work with people using these services to shape our planning;
- We will meet with providers to understand how they can support more creative approaches to day care provision
- We will assess those who could move onto employment and training and support people into employment by building better links within the community



# Transport

We aim to support more people to be able to travel independently

Specialist [Council transport](#) is not always very flexible and may restrict the choices that people can make, especially if they change their mind about what they want to do.



Travel support and independent travel improves the control people have over what they can do and when. It can also mean that people don't have to spend so much of their personal budget on specialist transport because they can use other less expensive transport such as buses or cycling.

We will make sure more people look at how they can travel more independently, by getting travel support and training.

## What we have agreed to do:

- We will make sure that the transport policy is clear so that people understand it
- We support people to think about how they can use benefits to help them make their own transport plans
- We will make sure that people with complex needs still have access to the right sort of transport to help them get about
- We will try and make sure that we support younger people that are moving to adults services to have the same chance to think about, and plan how they will get around





# Being in control of support (Personalisation)

- ✓ I am listened to and respected for what is important to me
- ✓ When I can't make you understand, listen to people that know me such as my friends and family but remember I am an adult
- ✓ I will have an independent advocate to help me express my views and make sure the decisions are in my best interests when I can't
- ✓ I can access information that I understand and that helps me make the decisions that are right for me to be as independent as possible.

Personalisation means thinking about things in a different way, working with the person and their individual circumstances rather than basing things on services that are available.

Personalisation means recognising the individual strengths and preferences of the person and putting this at the centre of their support.

Personalisation means that things like the culture and beliefs of people are always thought about. Support is developed around these important factors in a person's life.

People will have good information, advocacy and advice to make the right decisions for them. People know the most about their own needs and should always be involved in making the choices about how, where and when they receive support.

Having a personalised approach means developing things locally so that people feel part of their community and have good choices.

Making sure that people can access things that are available to everyone in their communities is really important.



To make this happen there are lots of things that we need to keep working on:

- We need to look at the way assessments and support planning is done to make sure they are personalised. People should have support plans that reflect their wishes and give more choice and control over their support.
- Finding different ways to support people to have more control over their social care money supports personalisation. This includes more people using Direct Payments and looking at how people can have other ways of being supported to be in control of their support and managing their social care money.
- From 2014 people will be able to have a Personal Health Budget to meet health needs. Advice, information and support to think about how they can personalise care and how this will work alongside other support, like social care, will be really important.

#### What we have agreed to do:

- Develop knowledge and awareness of frontline workers to support people in having more choice and control over their support
- Work with commissioning, self-advocates and carers to make sure the right support is available in Coventry
- Support more people to have Direct Payments and look at other ways of people having more control over their money; Improve information and advice for people with learning disabilities
- Work across health and social care to develop the use of personal health budgets
- We will develop a website to provide information and advice to people with a learning disability and autism



## Co-production and Engagement

Co-production is really important to help us to make sure that services are delivered in a person-centred way. All agencies that support people with learning disabilities in Coventry are committed to this.

We will make sure we continue to run events that support people to be involved in designing what is done in the future. This includes looking at how we are doing with strategies and action plans.

We will make sure that the Learning Disabilities Partnership Board knows how we are doing with all strategies and any things we are finding difficult to do.

### What we have agreed to do:

- We will develop a range of events with, and for, people with learning disabilities to build on good work and improve areas that do not work so well
- We will use the Learning Disabilities Partnership Board to develop these events
- We will use modern technology to communicate with a wider range of people with learning disabilities
- We will include people with disabilities in events which have an impact on them
- We will use the ideas and tools available from the organisation called “Think Local Act Personal” to support how we work with people





# Being as independent as possible

Big organisations, such as Councils and health organisations, are not the only way that people can get support.

Housing, leisure and transport are also an extremely important part of making sure people get the support they need to be more independent.

Even more important are the communities, neighbourhoods, groups, friends and families that help people feel safe, healthy and need less care and support.

We want to think more about how people are supported as part of their community and help people. This will include supporting people so they can plan the help they receive by thinking about what is already available in their communities to support them.

## All Age Disability Service

We are changing the way that we support people with disabilities to try and make sure that they have a good experience. We are doing this by developing an “All Age Disability Service”.



There are lots of things that we hope will improve because of this. Here are some of the things that we think will be improved:

- Reduce or stop the times where people have to go out of the City to get the right support.
- People will understand who is supporting them and know that health, social care and other services are working closely together.
- Families and individuals are well prepared for personal budgets and able to develop individual plans that meet their needs in a creative way and support them to be a part of their communities.
- Smoother transition into adult life.



- Supporting more people with disabilities to live as independently as possible in Coventry.

This will require close working between lots of organisations in Coventry including the [Children's Disability Team](#), [Adult Social Care Teams](#), the commissioners of Children and Adult Services in the City Council, commissioners in [Coventry & Rugby Clinical Commissioning Group](#) and staff in [Coventry and Warwickshire Partnership Trust](#).

### What we have agreed to do:

- We will develop services to support people with long term care needs in Coventry
- We will support people with a learning disability to learn new skills to become more independent
- We will support people to recover following a period of illness to reduce the need for long term care
- We will work with partners across the health and the voluntary sector to make sure that we are supporting people with special educational needs
- We will develop a transition service within the All Age Disability Team to make sure people have a good experience when moving from children to adult services
- We will make sure that people in the workforce have the right skills to work across the All Age Disability Service
- We will work with individuals, families and carers to make sure we have the right services to support people to be independent



# Autism



Coventry produced its first response to the National Autism Strategy in 2013 to start thinking about what we will do to support people with Autism.

The Local Implementation Team (LIT) is a group responsible for overseeing the development and implementation of Coventry's Autism strategy. The strategy will set out what local people have told us is important to them, along with what we are required to do.

As part of producing the strategy, people told us that they want to know that professionals that work with them understand autism.

People with learning disabilities and autism said they would like to have safe and secure housing to help them live independently.

People want to be able to work and to have access to work programmes that support them to do this.

People also want to know they can get a diagnosis and access support to understand and manage their needs.

Younger people told us that they want their families to understand autism and they want to be able to have relationships outside of the family.

They want to have support to create a plan for the future and to develop life skills.

In 2013-2014 we used the information provided from people who live with autism to develop priorities for Coventry:

- The development of a local pathway for diagnosis and support – this requires further work with partners in Warwickshire and Solihull
- Increasing awareness and understanding of autism
- Employment, training and education support for people with Autism
- People in Coventry with Autism will have a number of places where they can get support, information and advice to help them make important choices about their lives.





## What we have agreed to do:

- From 2014 we will build on the progress made over the last 12 months to raise awareness within the community
- We will encourage staff to support people to be creative in finding what is right to support them
- We will use good practice guidance and feedback from people living with autism, their family and carers to increase how people are included in communities, develop their skills and make sure the sort of support is available
- We will develop an autism strategy with people that have autism, their carers and organisations. That work will set out what will be done and how
- We will look at how we can access the Innovation Fund Programme to ensure Coventry has extra funding to support how we develop the way people with autism are supported;
- We will develop a champion's network to support professionals, groups and develop services.





## Supporting my Family

- ✓ My carer will know what support they are entitled to and are given the opportunities to meet their needs in the best way for them
- ✓ Carers will have a regular item on the Partnership Board agenda to talk about issues and feedback information

All organisations recognise and value the contribution carers make through their caring role.

The current [Coventry Carers' Strategy](#) was completed in 2011 for the period 2011-2015 to make sure people that have caring roles are supported. It is now time to think about the next Carers' Strategy.

The aims of the carers' strategy are listed below:

- Carers will be respected and have access to integrated and personalised services;
- Carers will be able to have a life of their own;
- Support for carers in regards to financial assistance;
- Treating carers with dignity and support for mental and physical well-being;
- Protection for children and young people who may be carers themselves.

Progress over the past 18 months has included:

- Increased numbers of carers accessing carers' breaks and carers' training;
- Launch of Carer Aware programme for adult social care staff;
- Carers' survey conducted by Coventry City Council;
- Agencies securing additional funding to support carers health;
- Updated information on City Council website;
- On-going work with GP surgeries by partner organisations;
- Moving forward resource pack in places for carers of people with a learning disability and mental health issues.



### What we have agreed to do:

- Undertake a review of carers' provision in the City
- Development of a new Carers' Strategy for Coventry for 2015 onwards
- We will undertake a survey of carers and staff across health and Social Care
- We will make sure we are prepared for the Care Act says and will work with the Partnership Board and providers that support carers to make sure the changes are made.





## Improving Health

- ✓ I have regular health checks, know how to look after my health and receive a health action plan personal to me
- ✓ The medical staff working with me know how to adjust their communication, approach and practice in providing the service in an equal way for me;
- ✓ Students training to work in the health, care and support professions receive awareness and training so they can work with people with a learning disability;
- ✓ Reasonable adjustments will be made at hospital and GP's surgeries so I can access the service.

### **Important things identified from the last Health Self-Assessment in 2013**

The learning disability self-assessment is completed annually. It began in 2007/8 as a way to identify the needs, experience and wishes of people with learning disabilities and their carers.

The assessment, which is signed off by the Learning Disabilities Partnership Board, identifies things that have gone well and the things that are important to focus on in the future and achievements.

The self-assessment of autumn 2013 identified some priorities for development which the local authority and CCG will develop further.

Health checks now are carried out by GPs who are paid for the health checks they do. Most GPs in Coventry have signed up to do health checks for people with learning disabilities.

Nurses have a list of GPs that have agreed to complete the health checks. In 2013, 57 out of 66 GPs have agreed to complete annual health checks on all patients on their register with a moderate level of disability. The community nurses do health checks for those GP's *not* signed up.



Currently we are carrying out a Reasonable Adjustment Survey with GPs to help understand what is needed to change within health services to support people with learning disabilities to access those services.

The [H team, which stands for health team](#), is made up of people who have learning disabilities and supported by Grapevine. They spend a lot of their time looking at health services, how they work and how they could be improved. They train around 200 health professionals each year and support other learning disabled people to have better health.

Some of the things they do are listed below:

- Healthy lifestyles training;
- Easy to understand information leaflets on health subjects;
- Training and guidance for health services staff.

#### What we have agreed to do:

- We will make sure that annual health checks take place and that people have health action plans
- We will continue to undertake Reasonable Adjustment surveys to help make sure that people have equal access to health services

## **Mental Health**

Nationally, 1 in 6 people have a mental health issue. It is estimated that approximately 54,000 people in Coventry aged between 18 and 64 (25%) have a mental health issue of some sort. Most can be managed with little or no social care support.

There is a link between having a learning disability and a greater risk of experiencing mental health issues.

These mental health issues may be worse for those with greater support needs, particularly if they are unable to communicate their feelings.

The distress they experience may result in this behaviour mistakenly being seen to be challenging.

Identifying the signs and symptoms that indicate changes in how people, with profound and multiple learning disabilities, are feeling can be more difficult. It is often family members that notice these changes first.



The 'No Health without Mental Health' document is Government guidance around how we should support people to have good health by overcoming mental health issues.

It is important that we make sure that the values and things that we are expected to do in 'No Health without Mental Health' are also used when working with people with learning disabilities who may have mental health issues.

Some people with learning disabilities find it difficult to get the same level of mental health support and diagnosis when compared to other people that may use those services.

We will develop joint training arrangements to share knowledge and skills across specialist workers which will be supported by an all age approach.

### What we have agreed to do:

- We will work closely across health and social care to make sure that the mental health needs of people with learning disabilities is at the centre of the way people are supported
- We will work with partners to ensure that information and advice around mental health issues is right so that it helps people to help themselves
- We will make sure that people who work with people that have learning disabilities think about their mental health in the day to day work they do
- We will check how we support people with learning disabilities with mental health issues and make sure that the Learning Disabilities Partnership Board knows how we are doing
- We will develop better links with our GP practices to make sure that the needs of people with learning disabilities and mental health issues are a part of what GPs think about when they see patients with learning disabilities





# Useful information and contacts

If you would like more information about this strategy or the work of the Partnership Board you can get in touch with:



Name



Address



Telephone / Email



David J Watts  
Assistant Director,  
Adult Social Care  
*Co-chair*

Coventry City  
Council  
People  
Directorate  
Room 138  
Civic Centre 1  
Little Park Street  
Coventry CV1  
5RS

024 7683 3420  
[david.watts3@coventry.gov.uk](mailto:david.watts3@coventry.gov.uk)



Lavern Newell  
Head of Learning  
Disability and  
Mental Health  
Service

Coventry City  
Council  
People  
Directorate  
Room 144  
Civic Centre 1  
Little Park Street  
Coventry CV1  
5RR

024 7683 3420  
[lavern.newell@coventry.gov.uk](mailto:lavern.newell@coventry.gov.uk)

