



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



Promoting Independence and Improving Lives: Our Plan

We have talked to people with learning disabilities, their families and those that support them. People have told us about 8 areas that are important to them. We have made these into a plan which says what work we will do in the next 5 years.

1. Health and Feeling Good

What people thought was important

- To be healthy and feel good.
- To be active.
- Have fun.
- Have a social life.

The change we would like to see in the next 5 years

- We want more people to get a health check at their doctors every year.
- We want people to be treated in the same way as anyone else for their health.
- We would like to support people do more things that are good for their health. For example, eat more healthy food and have good mental health
- We would like people to use their community more. For example, for social activities.
- We would like to see more people make more friends.

This is what we are doing now:

- We support people to go to health appointments when they need it.
- We support people to attend a wide range of social groups.
- We support friends to share their support when it is right to do so.

This is what we are going to do:

- Develop more social groups.
- Support more people to see their doctor for a health check every year.
- Have a new job called Learning Disability Liaison Nurse. They will work with staff in hospitals to make sure people with a learning disability get the right care.
- Develop Social Prescribing in the NHS. Social Prescribing is telling people about services in their community that can help their well-being.

2. Information – Accessible and easy to understand

- Information that is easy to get and understand.

The change we would like to see

- We want more people and their carers to get information about services in a way they can understand

This is what we do now:

- We are making easy to read leaflets and letters for staff in the community to use with people.
- We have bought the website Dewis Cymru. This gives information about local services.
- We use Support Planners to help people learn about local services.

This is what we are going to do:

- We will work to make all our information easy to get and understand.

- We will make sure information on the Dewis Cymru website is easy to understand.
- We will use of social media and technology to help share information.

3. Choice and Control – Consultation and Inclusion

- Choice and control over their lives.
- To be listened to and included.
- For their ideas and what is important to them to be heard and thought about.

The change we would like to see

- We want all people to be involved in their care and support plan.
- We want more people to be able to get advocacy.
- We want more carers and parents of people to get support when they need it.
- We want more people and their carers to have a say about what services are to run. And what they should be like.
- We would like more people with a learning disability to use Direct Payments.

This is what we are doing now:

- we work hard to make sure our support is person centred and based on what people want in life.
- Support Planners work with people to find out what they want to do.
- We support people to use advocacy.
- We have staff who have the job of care officers.

This is what we are going to do:

- Talk to people using services and carers more.
- Think more about how support can help people get what they want in life.
- Ask more people who use our services to be involved with checking services.
- Look at the best ways to use Direct Payments.
- Work with other organisations that can help with the use of assistive technology

4. Right Support at the Right Time

- To have the support that meets their needs when they need it.
- Including support early on. This includes being able to have a break from their caring duties.

Changes we want to see

We want to make sure everyone gets the support they need.

- We want fewer people to need to use hospital beds that are for people with a learning disability. When they need to be used we want people to be able to go home as soon as they are ready.
- We want more support for carers.

This is what we are doing now:

- We have social work teams working 24 hours a day for emergencies.
- We support people to have a break. This is called respite. We need more respite in the Vale. Cardiff is checking their respite services to see what is working well. And what needs to change.
- There are groups that offer peer support to people.
- Checking the work done in the NHS to make people can get support in the community. And do not need to go into hospital.

This is what we are going to do:

- Develop more peer support groups and social groups for people and carers.
- Improve services in the NHS for people with a learning disability.

- Improve health services in the community.

5. Work, volunteering and day opportunities

- The chance to take part in a wide range of activities, work and volunteering.
- To feel valued, learn skills and be part of their community.

Changes we want to see

- We would like to see more people get involved with their community.
- We would like to see more people in work or volunteering.
- We would like there to be more choices of things to do for people.

This is what we are doing now:

- We have improved Support Planning to help people find out what they want to do.
- We have developed more day services for people with complex needs.
- The Dewis Cymru website.

This is what we are going to do:

- Keep making services for people with complex needs better.
- increase our range of day services, work, volunteering and social support.
- improve our support to help people find work.
- We want people who use day services to be more involved in their community when this is right for them.
- Develop the Support Planner role in the Vale.

6. The Transition from Child to Adult Services

- These teams work together and plan better.
- Young people need support to plan for their future when they leave school.

Changes we want to see

We want there to be a regional plan for supporting young people moving from child services to adult services.

- We want young people and their carers to feel more involved and supported during this time.
- We want special staff whose job it is to support young people move to adult services.
- We want education, health and social services to work with young people on their plans.

This is what we are doing now:

- We have more people working in special roles to support young people when moving from child to adult services. Transition social workers
- We are working to make sure we all work in the same way in Cardiff and the Vale.
- We are developing more choices for young people leaving school.

This is what we are going to do:

- We will listen to what people are saying and what they want.
- Give young people and their carers better information about moving from child to adult services.
- Put out a plan for how we can all work in the same way when young people move to adult services.
- Use information we have about young people better.
- Develop day services for young people who are changing over to adult services.

7. Having my own home

- People need support to live as independently as they can.
- We need to use technology better to make life easier. Such as like computers and equipment that helps people be independent.
- People need to be near their friends and family. And have choices.

Changes we want to see

- We want fewer people to use supported living that is outside their area.
- We want fewer people to be in hospital long term.
- We want more people to have choices about where they live and how they are supported.
- We want more people to use technology to help them be independent.

This is what we are doing now:

- Improving housing services.
- Developing more homes and closing houses that are not right for people
- Planning new contracts for supported living providers.
- Making the service called Adult Placement Service bigger.

This is what we are going to do:

- Improve housing services so they meet people's needs better.
- Support friends to be able to live together through the Adult Placement Service.
- Support people to live close to where they are from when this is right for them.
- Support people who live away from their family to have their own tenancy where they can.
- We will support the use of more technology to help people be independent.

8. Collaboration and Co-Production

Working together better

Everyone should work together more. This is called Co-Production.

The change we want to see

- We want all care and support plans to focus on what people are good at.
- We want people to be fully involved with their support plan.
- We do not want people to have lots of support plans. It is better to have 1 support plan when possible.

This is what we are doing now:

- Listening to people's views.
- Thinking more about what people are good at and what they want to do.

This is what we are going to do:

- Talk to people more about what they think.
- Give training to staff about helping people find out what they are good at.
- Look at how health and social care can work together even more.

About the plan

- We want to make sure our services are the best they can be to improve people's lives.
- We have a lot of work to do in the next 5 years to make our plan work!
- You can get more information from the [Commissioning Strategy](#).