



learning disability commissioning plan 2016-2019



**Scottish Borders Learning Disability Service
strategic commissioning plan
2016-2019**

introduction



Simon Burt is the Joint Manager of the Learning Disability Service. He says “We want to be sure that people with learning disabilities are able to live as independently as possible in their local communities.”



rights

People with learning disabilities have the same rights as everyone else but might need support.



work together

We must work together with support providers, Scottish Borders Council, NHS Borders and local communities to help people meet their outcomes.



thank you

Thank you to everyone who helped write the commissioning plan and the easy read group for making this easy read version.

scottish borders learning disability service commissioning plan



A commissioning plan is a report that says what will happen in the future.



This plan tells people about how we buy support for people with learning disabilities in the Scottish Borders.



This plan says we spend money to buy services. Most of the money comes from Scottish Borders Council.

Some money comes from NHS Borders. We must spend money very carefully.



This plan says what people told us needs to happen to make services better. We have said what we do now and what we will do next.



These plans are important and help us to meet some of the recommendations in 'The keys to life'.

A recommendation is a good idea for the future.

how we collected information for the plan



We asked people at the Local Citizens Panel meetings what works well and what we can do better.



We had a celebration day in February 2016. People with learning disabilities and carers came to the celebration. They told us what works well and what we can do better.



We asked lots of other people to tell us what we need to put in the plan in 2015 and 2016. This is called consultation.



The Policy and Strategy Group of the learning Disability Service wrote this plan.



We looked at the Scottish Borders Health and Social Care Partnership plan. They have outcomes they are trying to meet. This plan has some of these outcomes.

what people said was important



We asked people with learning disabilities and Carers what was important to them and what needs to change.

They gave us lots of information.

There are 6 big ideas. We call these themes.



Good support is important to help people live their lives. It will be different for everybody.



Being healthy helps people get the most out of life. People may need support with this.

The 'A Healthier Me' pathway has good ideas.



Having things to do is important to help people have an active life.

People want to choose what to do and when they want to do it.



Being independent can help people feel confident.

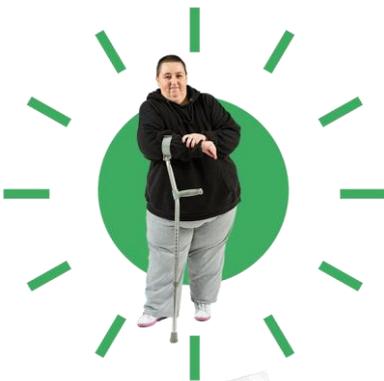
what people said was important



Friendships and relationships are very important. Sometimes people need help to meet friends or meet new people.



Getting to places – transport must be available to get out and about for most people. Access to transport is different in different places in the Borders.



This plan includes all of the themes people said were important.



The plan talks about how we follow the rules for arranging support.



We know it is very important to include Carers and ask them what they think. There is a new law to help Carers. It is called the Carers (Scotland) Act 2016. We will always try to get better at including Carers.

background information



We know that in 2011 there were 612 people with a learning disability in the Scottish Borders. The learning disability service worked with 599 people in 2014.



People get support in different ways. We need to keep looking at ways of supporting people with the highest needs. Some people cannot be supported in Scottish Borders.

Just over one third of people with a learning disability live with a family carer.



We support people with lots of different support needs. This includes some people with learning disabilities who break the law.



The learning disability service knows the types of houses people live in and how many people get support. We supported some people to move from a care home to their own home.



We use technology to support people to be independent. This might be special alarms that can be used to call for help, like Bordercare alarms or special equipment.

self-directed support



Self directed support is for people who get support that social work pay for. Self directed support helps people to have better lives.



Option 1 – Direct payment

This option gives you the most choice and control. You are responsible for arranging your own support.



Option 2 – Individual Service Account

This option gives you some choice and control. You choose a service provider for your support.



Option 3 – Social work managed

You have less choice and control over your support. Your care manager arranges the support that is right for you.



Option 4 – a mixture of options

You choose and control some parts of your support but not other parts.

local citizens panels



Local Citizen Panels started in 2013. Members are people with a learning disability or family carers. Citizens panels meet in 5 towns in the Borders 5 times a year.



Panel members can:

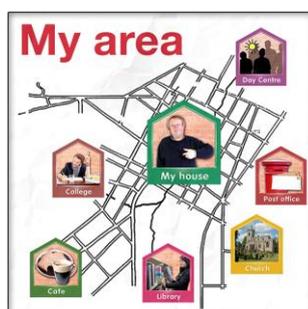
- help to make sure that learning disability services meet your needs.



- raise concerns about services so that improvements can be made.
- take part in consultations about services and give feedback.



- tell us ideas for things that will help improve the quality of life of people with a learning disability.
- work together with other groups to get things done.



- get and share information about the things that
- are happening in learning disability services and in local communities.

managing contracts – what we do and what we will do next



We try to look at contracts every year with Providers. A contract is an agreement between people.
We want to find out how self directed support is working with Providers.



We need to put outcomes for people into contracts.
There are special rules to tell us how to set up support services for people.



We need to put health and wellbeing outcomes for people into contracts.



We need to talk to providers about getting and keeping staff. This is called recruitment.



We want to talk to Providers about support for people at night.

housing and support - what we do and what we will do next



We will talk to different people about specialist hospital placements and other housing and support for people with learning disabilities. We will look at new ways of supporting people.



We will carry out more reviews with people.



We will make sure we involve Carers more.



We will evaluate the Intensive Support Service. This means we will check out what is working well and what needs to improve.



We will develop the challenging behaviour pathway to help staff feel more confident. A pathway helps us do things in the right order.

dementia pathways - what we do and what we will do next



We have 2 Dementia pathways.
A pathway helps us do things in the right order.



One pathway is to diagnose dementia.
We offer first assessments to everyone with Down's syndrome when they are 30 years old.
We will record the number of people with learning disabilities who have a diagnosis of dementia.



We will record the number of people with learning disabilities who have a diagnosis of dementia but not Down's Syndrome.



When a person with learning disabilities is told they have dementia we will help them think about making plans for the future.
This is called post diagnostic support.



We will look at housing and support choices for people with learning disabilities and dementia.

young people – transitions - what we do and what we will do next



Young people with learning disabilities have to leave children services when they are an adult. If young adults need support the Learning Disability Service might need to help.



People told us that it can be difficult and confusing to get the right support.



We want to make sure that getting the right support for young people and their Carers is clear and easy to follow. We call this a pathway.



We have employed a project officer for 1 year to help us plan together.



We will make plans together to make an easier pathway for young people and family carers.

local area co-ordination - what we do and what we will do next



The local area co-ordination team help people to increase their independence, develop friendships and relationships and take part in their communities.



There is a local area co-ordinator and link worker in all 5 localities in the Borders.

The local area coordinators work with up to 287 people.



We want to help people to travel more independently.



We will keep supporting the Local Citizens Panels.



We will keep helping people to be healthy.

employment and volunteering - what we do and what we will do next



Some people with learning disabilities want to work or volunteer.



We had a road show in 2016 and asked people what we need to do to get better at supporting people to get work or volunteer.



People gave us good ideas. Some of the good ideas have started. 1 idea was to start Project Search. Another good idea was to get more help for volunteering.



Project Search is an intern program for young people to get work place skills. We started the first course in September 2016.



We applied to the European Social fund for some money to get 2 community link workers. These link workers will help people with volunteering.

short breaks - what we do and what we will do next



There was a review of short breaks in 2013. An easy read summary was made from this and people gave us their ideas.



Short breaks are important for carers as well as the person having the break.



Sometimes people do not get funding from Scottish Borders Council for short breaks. They can sometimes apply to other places for a grant.



Scottish Borders needs to look at short breaks placements again.

The Learning Disability Service will look at what is available locally.

daytime opportunities - what we do and what we will do next



The Learning Disability Services commissions different types of day time opportunities. These include day centre's, social enterprises, support with work and volunteering, college.



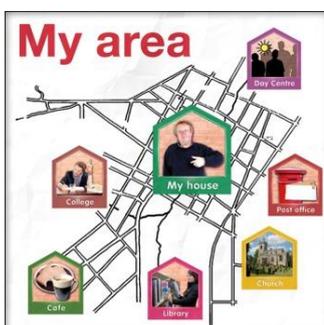
The learning disability service had a Day Opportunities Review in 2011-2014. We need to check out how this has supported people.



We will check to see how using self directed support makes a difference for people in the way they spend their time.



We will work closely with Borders College. Project Search is one project we work together on with NHS Borders, Scottish Borders Council, Borders College.



We will review Social Enterprises in the Borders.

advocacy - what we do and what we will do next



Advocacy is speaking up about something you think is important or you want to change.



There are two types of advocacy.
Self-advocacy means speaking up for yourself.



Other types of advocacy can mean getting someone to speak up for you.

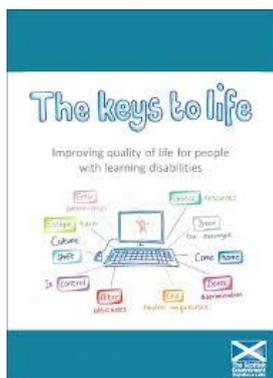


In the Borders we pay Borders Independent Advocacy Services (BIAS) to give Independent Advocacy Services.

20%

In 2014 just over 20% of people with learning disabilities had support from advocacy services.

national and local plans



We looked at the recommendations in the keys to life.



We looked at the national health and well being outcomes.



Scottish Borders
Health and Social Care
PARTNERSHIP

We have added parts to the Scottish Borders health and social care partnership strategic plan.



It is important that this plan is good for carers as well as people with learning disabilities.



Some of the work we do will help with the bigger plans in Scottish Borders and Scotland.

How will we know if the plan is working?



We will write down when activities in the plan need to happen.

We will say who is responsible for each plan.



We will look at the plans every 6 months.



We will ask people to tell us how the plans are working.



We will tell the Learning Disability partnership board and the Local Citizens Panels what is happening in the plans.



Scottish Borders
Health and Social Care
PARTNERSHIP

We will tell the Health and Social Care Partnership about what we are doing.

if you want to contact us



Accessible
Information
Standard

Here is all the information you need if you want to get in touch with us.

You can get copies of the full plan from us.

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made with

