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Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



Cardiff & Vale of Glamorgan  
INTEGRATED HEALTH  
& SOCIAL CARE PARTNERSHIP  
PARTNERIAETH IECHYD  
& GOFAL CYMDEITHASOL INTEGREDIG  
Caerdydd & Bro Morgannwg

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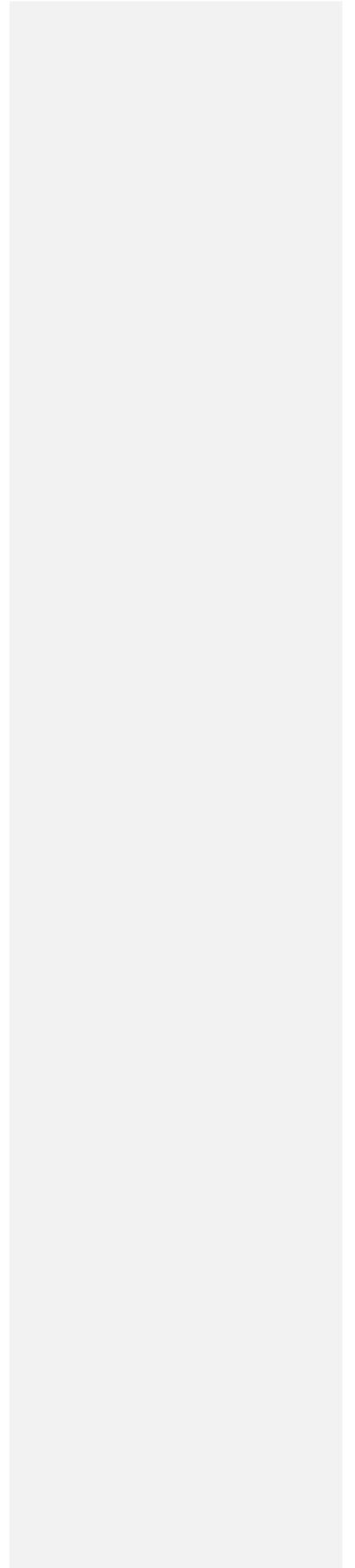
**Cardiff Council, Vale of Glamorgan  
Council and Cardiff and Vale  
University Health Board**

**Joint Commissioning Strategy for  
Adults with Learning Disabilities**

**2019-2024**

**Forward**

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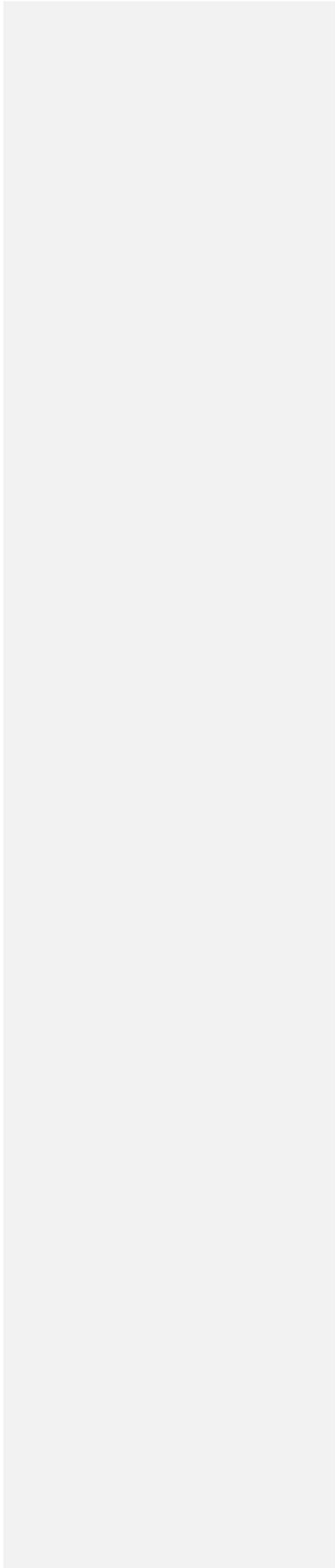
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## **Joint Health and Social Care Commissioning Strategy for Adults with a Learning Disability in Cardiff and Vale**

### **Introduction**

Cardiff Council, Vale of Glamorgan Council and Cardiff and Vale University Health Board are pleased to present our first integrated strategy for adult learning disability services for the population of Cardiff and the Vale of Glamorgan.

We have worked together with people with a learning disability, their families, carers and the third and independent sector to produce a clear direction for the planning and delivery of adult learning disability services across the region over the next five years.

This strategy describes our shared vision, the core principles that we believe are fundamental to service design and delivery, and the key issues that need to be addressed in the forthcoming years in order to deliver effective, safe and good quality services. This includes ensuring there is sufficient capacity and an appropriate range of provision to meet local need.

### **Purpose – Why have a Strategy?**

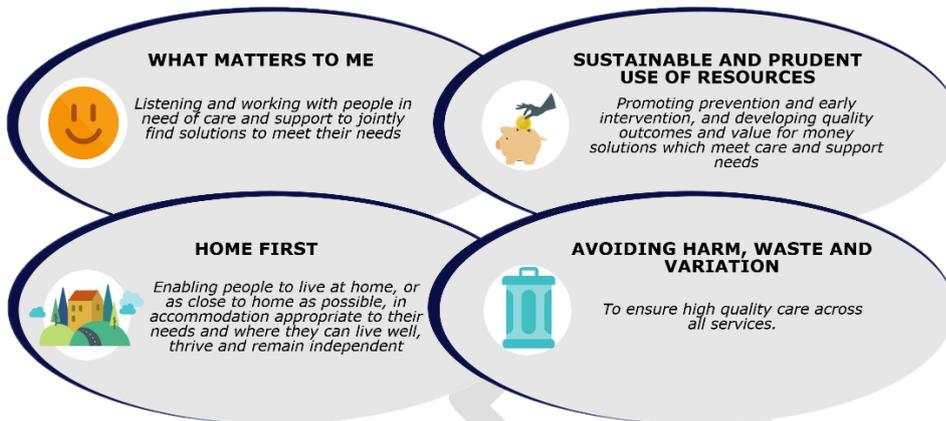
The purpose of our strategy is to describe how Cardiff and Vale of Glamorgan Councils and Cardiff and the Vale University Health Board will work together to respond to the needs and aspirations of our adult learning disability population within the context of national legislation and guidance, wider local plans and available resources. At a local level, our strategy will inform what services each of the three organisations will individually or jointly commission over the next five years.

### **Aim – What do we want our Strategy to do?**

Our aim is to build and expand on our previous successes and continue to transform services that impact on the health and well-being of adults with learning disabilities and their carers. We will achieve this through planning and commissioning services that empower people to meet their personal outcomes, make their own decisions and ultimately, to live full and active life's within their communities, rather than just being present in it. People with a learning disability should have the same rights and responsibilities as all citizens: treated with respect, access to opportunities and the right to make their own decisions wherever possible.

At the same time, a balance between quality, productivity, innovation, equity and getting the best value for money needs to be maintained throughout, always being mindful that we need to commission and deliver within our allocated resources.

In 2017, following engagement with citizens and stakeholders across the region, Cardiff and the Vale Integrated Health and Social Care Regional Partnership Board have adopted four commissioning principles:



These four commissioning principles are central to this strategy and will inform the action plans that follow on from it.

## 1. Welsh Context – The Law

The two main pieces of legislation that are reflected in this strategy are the Social Services and Well-being (Wales) Act 2014 and the Well-being of Future Generations (Wales) Act 2015:

### 1.1 The Social Services and Well-being (Wales) Act 2014

The Act imposes duties on local authorities, health boards and Welsh Ministers that require them to work to promote the well-being of those who need care and support, or carers who need support.

The Social Services and Well-being (Wales) Act outlines key duties to ensure:

- People have control over what support they need, making decisions about their care and support as an equal partner
- New proportionate assessment focuses on the individual
- Carers have an equal right to assessment for support to those who they care for
- Easy access to information and advice is available to all
- Powers to safeguard people are stronger
- A preventative approach to meeting care and support needs is practised
- Local authorities and health boards come together in new statutory partnerships to drive integration, innovation and service change

The principles of the Act are:

- To support people who have care and support needs to achieve **well-being**
- **People** are at the heart of the new system by giving them an equal say in the support they receive
- **Partnership** and co-operation drives service delivery
- Services will promote the **prevention** of escalating need and the right help is available at the right time

## 1.2 The Well-being of Future Generations (Wales) Act 2015

The Act places a duty on Public bodies (including health and social services) to make sure that when making their decisions they take into account the impact they could have on people living their lives in Wales in the future.

The Act requires them to:

- work together better
- involve people reflecting the diversity of our communities
- look to the long term as well as focusing on now
- take action to try and stop problems getting worse - or even stop them happening in the first place

Please see [Appendix 1](#) for the full list of national legislation, guidance and regional plans reviewed.

## 2. Cardiff and Vale Context

Cardiff Council, Vale of Glamorgan Council and Cardiff and Vale University Health Board work together formally under the Learning Disability Regional Partnership Board to jointly oversee the development and delivery of integrated health and social care services, to ensure they align with local need.

### How have we developed this Strategy?

It has been very important to us to ensure that people who use services and those who support them tell us what matters to them and what they feel would make a difference to their lives. To capture this information we have undertaken a number of activities have:

- Between February 2016 and January 2017 we conducted a Population Needs Assessment which took place with citizens across Cardiff and Vale including the views of people with a learning disability
- In February 2018 the Institute for Public Care conducted 23 one hour interviews with people working within a range of learning disability services across Cardiff and the Vale, including staff working in education, the NHS, social services, the third sector and community groups
- We analysed the responses from people using services and their families/carers to who contributed to two online surveys

- Two accessible engagement events were held by Vale People First for people with a learning disability
- Cardiff People First collated information they gathered from members on improving local services
- We have considered responses from individuals and their families following the 2017 review of complex day services across Cardiff and the Vale Councils
- We established a dedicated email feedback address for citizens to tell us what they think about services for people with a learning disability

During January- March 2018, with the assistance of the Institute of Public Care, we reviewed our 'current position', in terms of the needs of the adult learning disability population, existing service provision and national legislation and guidance. This included an examination of:

- Estimated figures on the current and future size of the number of adults with learning disabilities in Cardiff and the Vale
- The number of people supported in council and health commissioned services
- The resources currently used to deliver learning disability services, which include both money and staff
- A map of the range of current service provision and its location

In addition to the above activities we have:

- Analysed national, regional and local information.
- Analysed budget and staff resources – current and future
- Analysed current services.
- Drawn upon the skills and knowledge of members of the Learning Disability Partnership Group to assist us in reviewing plans.

Together, these findings have shaped this strategy and helped to determine the eight key priorities outlined on page 8.

### 3. What's Important to Adults with Learning Disabilities and their Carers?

From the information gathered from the consultations and activities undertaken, we have identified eight key priorities for young people and adults with a learning disability and their carers:

Picture	<b>Information</b> Accessible and easy to understand	Picture	<b>Transitions</b> Joined up and planned well
Picture	<b>Choice and Control – Consultation and</b>	Picture	<b>Health and well-being</b> Feeling good

	<b>Inclusion</b> Listening to the person's views and what matters to them. Listening to carer's views and what matters to them.		Having fun Being active Having a social life
Picture	<b>The right support at the right time</b> Early support Crisis support Specialist health support Respite support	Picture	<b>Having my own home</b> Being as independent as possible – using technology better Being near friends and family Having good support
Picture	<b>Day Opportunities , work, volunteering</b> Person centred, accessible, feeling valued, developing skills and being part of the community.	Picture	<b>Collaboration and Co-Production-</b> Working better together

#### 4. Needs and Demand

##### What do we know about people with a learning disability living in Cardiff and the Vale of Glamorgan?

Many people with learning disabilities will not require social care services or specialist health services. Like the rest of the population on a day to day basis, people with learning disabilities will come into contact with universal community services. Supporting people with learning disabilities to lead healthy, meaningful lives, preventing the need for more intensive, specialist services requires universal community services to be accessible with reasonable adjustments made to facilitate this. In Cardiff and the Vale of Glamorgan, there are 1623 people with a learning disability over the age of 18 yrs. known to our Community Learning Disability Teams.

As of March 2017, there are 9,480 people aged 18 and over in Cardiff and the Vale of Glamorgan estimated to have a learning disability. This number is set to rise overall by 6.9% to 10,134 by 2025. There is forecast to be an increase of 125 people in Cardiff with moderate or severe learning disabilities between 2017 – 2025. The Vale of Glamorgan' population of people with learning disabilities is predicted to remain stable. Cardiff appears to have a younger and more ethnically diverse population. However, both counties will see an increase in people aged 65 and above. Whilst this increase is only 37 in number and represents just 30% of the total increase in numbers, these individuals may be expected to require greater support as they get older including social care and /or specialist health services.

## What do we know about the needs of parents/carers of adults with a learning disability?

Comment [WLM1]: Information to add.

### Welsh

## What do we know about the potential health and wellbeing needs of adults with learning disabilities?

This is what we know:

- 40% will experience moderate to severe hearing loss
- 25-40% will experience mental health issues
- Over 20% aged 65 years and above will have dementia
- 15-30% of people with moderate and severe learning disabilities will have epilepsy
- 10-15% of adults will display behaviours that challenge
- 10% are likely to be blind or partially sighted

People with learning disabilities are at increased risk of experiencing poorer health and wellbeing than the general population. It is also known that people with a learning disability experience unequal access to health services, unequal provision of health service and unequal treatment within mainstream health services. The fact that people with a learning disability are living longer and with more complex health needs mean that there will be increasing demands upon health and care services in the future.

## 5. Current Provision

### What do we know about adults with learning disabilities currently receiving social care services?

A review of Cardiff and the Vale of Glamorgan adult social care learning disability services during 2016/17 has told us that:

- 1,623 adults with learning disabilities were known to the Adult Social Care teams (1,175 in Cardiff and 448 in the Vale of Glamorgan).
- Cardiff Council were working with over three quarters (77.7%) of the moderate and severe adult learning disability population estimated for their area, whereas Vale of Glamorgan Council were working with over 90%.
- On average, 50% of adults with learning disabilities known to the two Councils were living at home with family members (62% in Cardiff and 40% in the Vale of Glamorgan).

- There were 111 supported accommodation properties in Cardiff, with three provider agencies supporting 343 people with a learning disability
- There were 27 supported accommodation properties within the Vale of Glamorgan with three provider agencies supporting 77 people
- Cardiff Council had 84 adults with a learning disability in out of county residential provision and in the Vale this number was 38.
- 11% of adults in Cardiff and the Vale of Glamorgan were receiving direct payments
- Between 2018/19 and 2020/21, an average of 19 people will transition from children to adult services every year in Cardiff and 9 in the Vale of Glamorgan. (A total of 58 young people in Cardiff and 27 in the Vale of Glamorgan)
- Cardiff and the Vale Councils' contracted with 3<sup>rd</sup> sector providers to deliver advocacy services, day opportunities, financial and social support.

### **What do we know about adults with learning disabilities currently receiving health care?**

In Cardiff and the Vale of Glamorgan, adults with learning disabilities access generic NHS services available to the general population, and sometimes may also access NHS specialist learning disability services specific to their needs.

Generic health services include: GP and other primary care services, general specialist healthcare, including general hospital based care and treatments, and emergency care. A review of our generic NHS services during 2016/17 has shown that:

- 901 adults with learning disabilities had a health check via a GP (792 from Cardiff and 109 from Vale of Glamorgan)
- 81 adults were admitted to hospital (76 from Cardiff and 5 from Vale of Glamorgan)
- A total of 1,396 days were spent in hospital (39% in surgical services, 30% in specialist services and 29% in medicine services)
- A total of 776 general outpatient appointments were attended (769 by Cardiff residents and 7 residing in the Vale of Glamorgan)
- There were 214 different attendances to accident and emergency (210 by Cardiff residents and 4 from the Vale of Glamorgan)

For those that need them, there is a range of specialist NHS adult learning disability services available to Cardiff and Vale of Glamorgan residents. These services are provided by Abertawe Bro Morgannwg University Health Board through Community Learning Disability Teams, Specialist Residential Services, Assessment and Treatment Units, and Behaviour Support Teams.

### ***Community Learning Disability Teams for Adults (CLDTs)***

Community services for individuals with learning disabilities and their families/carers are provided through three Community Learning Disability Teams (CLDTs): Two for Cardiff (East and West) and one for the Vale of Glamorgan. The CLDTs are made up of NHS professionals

and provide a single point of access to specialist NHS Learning Disability services such as Specialist Behavioural Services, Specialist Residential Units and Acute Admissions Units. In October 2017:

- 980 people were supported by the community teams (753 in Cardiff and 227 in the Vale of Glamorgan)
- 245 people had additional needs (179 in Cardiff and 66 in the Vale of Glamorgan)
- The most common areas of additional need were: epilepsy (25%), mental illness (24%), behaviours that challenge (22%) and autistic spectrum disorder (11%)
- 33 people were receiving support for behaviours that challenge (28 from Cardiff and 5 from the Vale of Glamorgan)

In 2016/17, 725 referrals were received (513 for Cardiff and 212 for the Vale of Glamorgan). This represents a 10.4% decrease from three years prior. During this year, 178 adults were discharged from the service.

### ***Specialist Residential Services***

Specialist Residential Services are small, nurse led units for people whose needs cannot be supported in social care. The units are registered as hospitals and people placed in the units have input into their treatment and support by a psychiatrist and psychologist. There are a total of 43 beds geographically located across the three Abertawe Bro Morgannwg Health Board areas.

All individuals referred will have been fully assessed as meeting the criteria for Continuing NHS Healthcare (see below).

- In October 2017:
  - Over two thirds (68.3%) of people in SRS were aged between 41-60 years
  - All but 3 of the 41 patients were reported to exhibit behaviours that challenge
  - The average length of stay across all units was 10 years and 7 months

### ***Assessment and Treatment Units***

Assessment and Treatment Units provide in-patient assessment and treatment for adults with learning disabilities whose behaviours present exceptional challenges or have complex mental health needs.

There are a total of 23 beds geographically located across the health areas of ABMU (7), Cwm Taf (8) and Cardiff and Vale (8).

In October 2017:

- Just under half (6) were aged 21-30 years
- All individuals had at least two additional needs, with many reported as having three or four

- Challenging behaviour was noted in all but one patients and autism in 10 of the 13
- )
- The average length of stay was 184 days

### Continuing NHS Healthcare Funding (CHC)

Continuing Healthcare (CHC) funding is used by Cardiff and Vale UHB to purchase packages of care, or residential and nursing home placements where an individual's primary need has been assessed as health-based. Packages of care can be provided in any setting and is part of the continuum of care and support for people with complex needs. It is also recognised that at times a person's needs are such that a jointly funded package of care is most appropriate. Across Cardiff and the Vale a number of people with complex health and social care needs receive joint funding.

Cardiff and Vale UHB LD Spend & Clients 2017/18		
	17/18 Spend	17/18 Clients
100% UHB	£10,245,117	93
Joint-Funded	£5,560,403	128
<b>Total</b>	<b>£15,805,520</b>	<b>221</b>

Note: Client Numbers include double counting of 8 clients whose funding arrangements changed during 2017/18

## 6. Finance

The table below provides an overview of the total amount of money spent on some key adult learning disability services across the region by organisation in financial year 2017/18.

Total Spend on Core Adult Learning Disability Services by Organisation				
Organisation	Funded Services	Financial Year	Total Amount	Average Spend Per Person
Abertawe Bro Morgannwg Health Board	Specialist Learning Disability Services	2017/18	£22,266,000*	
Cardiff Council	Adult social services	2017/18	£38,246,174	£30,646
Vale of Glamorgan Council	Adult social services	2017/18	£11,918,152	£26,603
Supporting people Vale	Adult Social Services ( supported accommodation and APS)	2017/18	£806,653 (SA) £142,258 ( APS)	£10,476.012 £4,310.84
Supporting People Cardiff			£2,221,128.00	£113 ( for 378 people)
Total				

\*This figure represents the total amount of funding provided by Welsh Government to Abertawe Bro Morgannwg Health Board to provide specialist NHS services to the residents

of Cardiff and the Vale, Cwm Taf, and Abertawe Bro Morgannwg Health Board Areas. It is not currently possible to state what funding is directly spent on Cardiff and Vale residents.

With continued pressure on council budgets, Cardiff and Vale Councils are required to achieve savings within adult social care. In addition, in the Vale of Glamorgan, the Supporting People money available for housing related support, will reduce by £740, 110.80 from April 2019.

Cardiff and the Vale University Health Board are also required to find year on year savings to reduce their underlying deficit in 18/18 and 19/20 and therefore savings targets of between 1 -3% are likely to be attributed across all service areas.

These reductions in funding present huge challenges for already stretched services. With less money to meet demographic pressures it is clear that we have to do things differently. Over the next five years we will have to be more innovative and creative about how we commission services, utilising the skills and knowledge of people with a learning disability, their carers, the 3rd and private sector.

## **7. Quality and Performance Monitoring**

Having identified the financial challenges across the region for health and social care, it is important that we continue to strive for the highest quality of service provision for people. Ensuring commissioning contracts are clear in regards to what and how services are to be provided and that robust performance monitoring are in place are critical to this.

We also acknowledge that the quality of a service can only be determined by those receiving it and accept that we need to improve engagement and involvement of people with a learning disability in telling us about the services they receive.

Over the next five years we want to work with people receiving services and their carers, to ensure that they are being provided with good quality services that support them to achieve their outcomes.

## **8. Market Analysis**

Cardiff and the Vale Council's and Cardiff and the Vale University Health Board commission a range of services from 3<sup>rd</sup> sector and independent providers both within Cardiff and the Vale, and outside of the region. These include day opportunities, supported employment, advocacy, parent/carer support, domiciliary care, supported accommodation, residential care and hospital care from private providers.

In Cardiff and the Vale Councils, Approved Provider Lists operate to ensure contract and commissioning laws are complied with and Cardiff and Vale Health Board are part of an all Wales NHS framework agreement for specialist independent hospital provision.

In Cardiff as in the Vale, contracts to organisations to provide supported accommodation are awarded through a tender process. In Cardiff three provider organisations support 343

people across 111 houses and in the Vale three providers support 77 people across 27 houses.

Adult Placement/ Shared Lives is provided by a 3<sup>rd</sup> sector organisation in Cardiff providing accommodation and support to 26 individuals.

In the Vale Adult Placement is an in-house service providing 33 long-term placements and 28 respite/short-term placements.

In addition to the in-house Adult Placement service in the Vale of Glamorgan, both Cardiff and the Vale Councils provide a complex needs day service.

Over the next five years we will work with provider organisations and people with a learning disability and their carers, to ensure that opportunities available keep a pace with the needs and changing aspirations of those using services. We will also develop a greater breadth of service through exploring opportunities to support social enterprises and co-operatives to establish business models that are sustainable, cost effective and community focussed.

## 9. Key Messages

There are a number of challenges that will inform our strategic direction;

**Demography** – The number of people with a learning disability is increasing. People with a learning disability are living longer and we are expecting to see an increase in the number of adults with profound and multiple needs transitioning from children's into adult services over forthcoming years.

**What people have told us** – People identified clearly what their priorities are and have told us that they wish to be involved in choosing their services and support. We have used what they have told us on setting our priorities for learning disability services in Cardiff and the Vale.

**Financial resources** – The financial climate facing the public sector is difficult and unlikely to improve in the foreseeable future. In all of our commissioning arrangements, value for money, quality and sustainability will be taken into account.

**Service provision** – Currently too many Cardiff and Vale residents are placed in provision which is out of county and a long way from family and friends. To enable those placed away from home to return and to prevent people being placed out of county in the future, requires all three organisations to improve our infrastructure to support people in placements locally. There is also a need to modernise our NHS service model to prevent lengthy stays in a hospital setting.

## 10. Priorities

Our commissioning priorities for the next 5 years are based on what people have told us matters to them. As commissioners, we need to be open and honest with people about choices that have to be made, as to what we are able to prioritise with the money and resources we have. We need to also consider the quality and cost of services, to ensure value for money is being achieved.

To do this, we will work together with people with a learning disability, their families, carers and providers of services to establish creative and imaginative ways of supporting people.

### What do people say they need?

1. **Information – Accessible and easy to understand:** People have said they want to know what services are available and that they want to be involved in making choices about the opportunities available to them. They can only do this if information is easy to access and available to them in a format they can understand.

### This is what we are doing now:

- Developing a resource of accessible leaflets and letters for all community staff to use with the people they are working with to aid understanding.
- Cardiff and the Vale councils have purchased Dewis Cymru, a web based resource, to provide information that can help people think about what matters to them and learn about local facilities and services.
- Support Planners are able to assist individuals to learn about and try, local opportunities when developing a care package.

### This is what we will do:

- Work with our Speech and Language Therapists to produce information that is as accessible as possible. **When will we do it?** 2019/20 ( Year 1)
  - Work with Dewis Cymru to develop the website to include accessible information and encourage and promote its use. **When will we do it?** 2020/21 ( Year 2)
  - Work with our partners to use social media and technology to assist with information sharing. **When will we do it?** 2019/2020 (Year 1)
  - To use our colleagues in the Learning Disability Partnership Group to be ‘critical friends’. **When will we do it?** 2019-2024
2. **Choice and Control – Consultation and Inclusion:** People have told us they want to be listened to, communicated with, kept informed, have real choices and be involved in decisions about their care and support. People have told us that at times when they need help to make decision they would like an advocate to be available and not have to wait.

### This is what we are doing now:

- Supporting staff to complete outcome focused assessments with individuals and their families or important others.
- Support Planner service works with individuals to understand wishes and choices when developing care packages.
- Provision of the Advocacy Gateway to enable people to receive the most appropriate form of advocacy support and advice to meet their need.

- Person centred support plans in place in all internal and commissioned services
- Promotion of use of Direct Payments
- Extension of 'Your Choice' domiciliary care project within the Vale to people with a learning disability
- Dedicated carers officers to support parents/carers of people with a learning disability

This is what we will do:

- Talk to people using services more. **When will we do it?** 2019-2024
- Talk to carers more. **When will we do it?** 2019-2024
- Continue to develop outcome focussed /strength based practice amongst all staff and stakeholders. **When will we do it?** 2019-2024
- Include people receiving services in contract monitoring and review meetings. **When will we do this?** 2019-2020
- Continue to promote the use of direct payments looking to more creative use of this to enable a PA to support a friendship groups/social groups. **When will we do it?** 2019-2020
- Continue to work with partner agencies to develop use of assistive technology. **When will we do it?** 2019-2024

- 3. The Right Support at the Right Time:** The need to have information, advice and if necessary assistance at the time it is required to prevent the need for more support later on.  
Carers have said that at times of crisis they require access to support immediately as well as access to regular respite opportunities.

**This is what we are doing now:**

- Specialist social work teams ( Emergency Duty Team) in place to respond to urgent need 24 hours a day.
- We support people to access a range of respite services.
- Increased use of Adult Placement respite and complex needs respite in the Vale
- Cardiff Council is reviewing its respite services
- Local Third Sector organisations such as People First offer a range of self-advocacy and peer support groups.
- Reviewing our specialist NHS service model to ensure that the right support is available in the community to prevent people being admitted to hospital, and to ensure that people are able to be discharged from hospital with the right support, as soon as they are ready

**This is what we will do:**

- Development of further social groups to encourage friendships and peer support. **When will we do this?** 2019-2020

- Encourage peer support amongst carers facing similar concerns. **When will we do this? 2019-2020**
- Include people receiving services in contract monitoring and review meetings. **When will we do this? 2019-2020**
- Begin implementing our plans to modernise our specialist NHS service provision, to ensure that the right support is available, at the time people need it. We will focus on strengthening our community services to better assist people in times of crisis and to work to support people to remain in their own homes. **When will we do this? 2019-2024**

- 4. Day Opportunities, work and volunteering:** People have told us they want a variety of different opportunities available to them and to have choice and flexibility. Families and carers have told us that having a building base where people with a learning disability can go to during the day is important for some people; particularly those with high levels of health and care needs.

People have commented on how positive volunteering has been for their confidence and independence and how they would like more opportunities to volunteer in a range of different areas. In addition, people have said they want more opportunities to work and be paid.

However, people have told us that it is difficult knowing where to start to look for opportunities available to them.

**This is what we are doing now:**

- We have developed day services for people with complex needs and we also commission other building based opportunities.
- Cardiff Council has expanded its complex day services to meet local need. The service has also been refurbished to improve facilities and enhance the environment for people using it.
- Cardiff Council introduced a Support Planning services in 2016 which has also been introduced in the Vale of Glamorgan. This service provides people increased support to identify what they want to do in terms of vocational and leisure activities and has resulted in a greater uptake of mainstream services. We have worked to develop a wide range of voluntary opportunities and encourage people to join local community groups.
- Development of DEWIS Cymru.

**This is what we will do:**

- Further develop the support planner role in the Vale of Glamorgan
- Further develop complex need provision across Cardiff and the Vale

- Work with Third Sector Organisations to increase the opportunities available to people for day opportunities, voluntary and paid work.
- Ensure our contracts for day opportunities are focused on improving outcomes for people using the service and are flexible to allow for creativity and innovation

**5. Transitions:** People, have told us that the transition from children's to adult services health, social care and education is not working. People are fearful and scared about the future and don't feel supported by services. Where transition from children to adult services has worked well, we don't appear to be sharing this good practice to ensure this happens consistently. People feel that discussions about their future should start earlier in schools and youth clubs and that they should be fully involved in these.

**This is what we are doing now:**

- Increasing dedicated transition social work posts
- Increasing support planners to enable support to those transitioning from children to adult services
- Developing a joint transition protocol across the region
- Working with Education colleagues to plan for the introduction of the Additional Learning Needs and Education Tribunal legislation in 2020.
- Working to develop improved local options for young people leaving school

**This is what we will do:**

- Continue to listen and learn from what worked what didn't work and using forums such as LDPG/ Parents Federation and Cardiff and Vale People First to assist. **When will we do this? 2019-2024**
- Improve the information available to young people and their families regarding what to expect from the transition process and local opportunities. **When will we do this? 2019-2020**
- Aim to be in contact with all known individuals undergoing transition at 16yrs. **When will we do this? 2019-2021**
- Develop improved data collection methods to plan for young people earlier. **When will we do this? 2019 -2020**

**6. Health and Wellbeing :** People have told us that they want to be able to socialise with their friends and have fun. They have also told us they want a range of support from befriending and peer support through to support with meeting complex health care needs.

**This is what we are doing now:**

- We support people to access health appointments when they cannot get there without assistance.
- We fund and support people to access social and friendship groups provided by the third sector and we encourage people to form their own groups
- We support people to have shared support with their friends where appropriate.
- ABMU Health Board facilitates specialist relationship groups for those who require support.

**This is what we will do:**

- Develop more varied social groups to encourage friendships and peer support. 'Gig Buddies' for example. **When will we do this? 2019 -2020**
- Work with Dewis to develop shared support. . **When will we do this? 2019 -2020**
- Recruit a Learning Disability Liaison Nurse to work with staff on the wards in University Hospital of Wales to ensure they are able to care for people with a learning disability appropriately through making "reasonable adjustments". A liaison nurse will also ensure that adequate systems are in place to communicate with people/parents/carers and providers. . **When will we do this? 2019 -2020**
- Work to embed "social prescribing" throughout our NHS system to sign post people with a learning disability to a range of non-clinical wellbeing support, to enable them to access leisure, sport and culture opportunities.
- Improve the uptake and quality of the annual health checks offered to people with a learning disability by their GP.

**7. Having my own home:** People have told us that they want to be supported to live as independently as possible and to be able to live near friends and family.

**This is what we are doing now:**

- Working with housing departments and housing providers to scope out future demand and need
- Preparing for the re-tender of supported accommodation in Cardiff and in the Vale
- Exploring more core and cluster accommodation
- Expanding the Adult Placement Service within the Vale
- Developing new accommodation and working to close houses that are no longer fit for purpose.

**This is what we will do:**

- Further develop the Adult Placement Service to promote friends living together.  
**When will we do his? 2019-2024**

- Expand the Adult placement Service within Cardiff **When will we do his? 2019-2024**
- Work together to develop accommodation and support which will enable people who are living out of county or in long term hospital beds to return to their own communities where possible. **When will we do his? 2019-2024**
- Enable people to have their own tenancy wherever possible when they move away from their families. **When will we do his? 2019-2024**

**8. Collaboration and Co-Production:** People have said professionals need to work together and that all professionals need to work collaboratively with the people they support. Professionals need to take a strengths based approach, using people's personal knowledge of what they can do and the strengths they have in order to achieve their own goals.

**This is what we are doing now:**

- Rolling out the 'Your Choice' policy in the Vale of Glamorgan
- Using the Learning Disability Partnership Group as the vehicle for information sharing to a range of other agencies, people using services and carers.
- Promoting a change in culture across both councils to ensure we understand people's strengths and networks and that we focus on people's identified outcomes.
- We listen to the views of citizens via surveys, compliments and complaints letters.

**This is what we will do:**

- Cardiff and Vale Councils will introduce strengths based practice training for staff 2019 - 2020
- Talk to people and talk more often. **When will we do this? 2019-2024**
- Keep people informed in a more consistent way through better use of the Learning Disability Partnership Group. **When will we do this? 2019-2020**
- Using the Learning Disability Partnership Group as more pro-actively for discussion and debate about current and future needs. **When will we do this? 2019-2020**
- Expansion of 'Your Choice' for people with learning disabilities in the Vale. **When will we do this? 2019-2020**
- Explore the potential to integrate health and social care management structure. **When will we do this? 2023-2024**
- Co-locate our NHS and Social Service Learning Disability Team in Cardiff. **When will we do this? 2019-2020**

**TRANSFORMATION - BIG CHANGES:**

**If we had more money, this is what we would like to do?**

- Develop an Intensive Support Service to assist people at times of crisis to try and prevent hospital admission and to support earlier discharge.

- A full programme of discharge planning training for staff
- Expansion of the Vale Adult Placement Service exploring regional opportunities and increasing recruitment/training and delivery of both long and short term provision to a wide range of people in need of accommodation, care and support.
- Development of Children Intensive Support Service (CISS) and Specialist Behavioural Team (SBT) into one cohesive service with practitioners based within community Child Health and Disability and Adult Learning Disability Teams to assist with transitions at all stages of people's lives.
  
- ABMU NHS Specialist Residential Services – Development of community step-down facilities to enable move-on for existing patients and allow people who currently need this level of support to return from out of county placements and to prevent young people being placed out of county.
- To push forward the development of vale and Cardiff in-county post school provision for those young people with high level complex needs through development of Trelai ( Cardiff) and Ysgol Y Deri ( Vale) to commence provision of a lifespan service.
- Cardiff would develop the Tremorfa Complex day Service site to increase capacity.

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## Appendices

### Appendix 1: List of Relevant Legislation, Guidance Documents and Regional Plans Reviewed

- Welsh Government (2007) Statement of Policy and Practices for Adults with a Learning Disability
- Carers Strategies (Wales) Measure 2010
- Equality Act 2010
- NHS Wales (2011) All Wales Prioritisation Framework
- The Scottish Government (2012) Strengthening the Commitment: The Report of the UK Modernising Learning Disabilities Nursing Review
- Welsh Government (2012) More Than Just Words – Strategic Framework for the Welsh Language in Health, Social Services and Social Care
- All Wales Challenging Behaviour Community of Practice (2013) Transforming Care in Wales for People with Learning Disability and Challenging Behaviour
- Public Health Wales (2014) Achieving Prudent Healthcare in Wales
- Social Services Improvement Agency (2014) Transforming Learning Disabilities Services in Wales
- The Social Services and Well-being (Wales) Act 2014
- Well-being of Future Generations (Wales) Act 2015
- Welsh Government (2015) Health and Care Standards
- Nurse Staffing Act (Wales) Act 2016
- Regulation and Inspection of Social Care (Wales) Act 2016
- Cardiff and Vale University Health Board (2017) *Shaping Our Future Well-being 2017-2025*
- Public Health (Wales) Act 2017
- Welsh Government (2017) Prosperity for All: The National Strategy
- Additional Learning Needs and Education Tribunal (Wales) Act 2018
- Cardiff and Vale of Glamorgan Integrated Health and Social Care Partnership (2018) *Cardiff and Vale of Glamorgan Area Plan for Care and Support Needs 2018-2023*
- Cardiff and Vale University Health Board (2017) Cardiff and Vale Integrated Medium Term Plan 2017/18
- A Healthier Wales: Our Plan for Health and Social Care ( July2018)
- Cardiff and The Vale University health Board (2015-2025) Shaping our Future Wellbeing Strategy
- Cardiff Council (2018) Cardiff's Well-being Plan
- Vale of Glamorgan Council (2018) Vale of Glamorgan Public Services Board Well-being Plan 2018-2023: Our Vale – Our Future
- Welsh Government (2018) The Parliamentary Review of Health and Social Care in Wales
- Welsh Government (June 2018) Learning Disability Improving Lives Programme