



# Making Choices, Being In Control



A plan about support for people with a learning disability  
**2008-2013**  
**Refreshed May 2011**

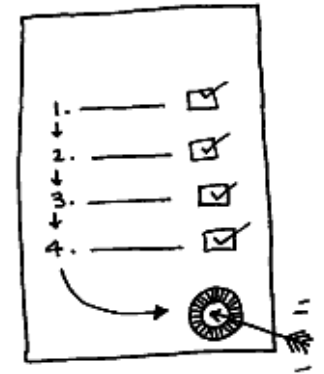
## About the plan

This plan has been written by Bracknell Forest Council and the NHS in Bracknell.

Some of the words in this plan might be hard to understand – the words have been underlined and they are explained at the end of the plan.

This plan is also called a Commissioning Strategy.

The plan is about how the Council and the NHS in Bracknell can help to make the lives of people with learning disabilities in Bracknell Forest better. It also says how we can make things better for families and other carers.



We have asked people with learning disabilities what they want their lives to be like, and have asked family carers what they need.

We listened to what people said about how they had been supported in the past, how things have changed and what else need to change.

We need to go on making things better because some people with a learning disability often don't have much control over their support.

We have updated the first plan because there have been other reports since it was written which suggest other ways we can work with people to support them to improve their lives.

We know that there are people who:

- Live away from their friends and families in special homes and centres
  - Aren't allowed to decide important things – professionals or families decide
  - Can't choose how they get support
  - Don't have their own home, a job, or interesting things to do in their lives



**This plan tells you about the work that we are already doing and what other work we need to do in the next two years until 2013.**

We want to give people with learning disabilities:

- More choice
- More independence
- More chances to do the same things as everyone else
- More control over everything in their life
- **We want lots of different organisations in Bracknell Forest to work together with people and their families to make these changes happen.**

**What we want to happen – the Partnership Board Principles**

**This is what the Learning Disabilities Partnership Board believes:-**

- People with learning disabilities have the same rights and responsibilities as everyone else
- People with learning disabilities should be supported to make choices about their lives, but if necessary, then the Partnership Board also needs to make sure that they do not harm themselves or other people
- People should always be at the centre of decisions affecting them
- Organisations working together can support people better together than organisations working alone
- Organisations must make the best possible use of all resources
- They should look at lots of different and new ways to help people to follow their dreams
- They should always try to change things that stop people doing the things that they want to do
- All these things are true no matter how young or old a person is
- They should recognise how important family carers can be to people, and support them



**Things that we have done already**



- We asked a lot of people what they thought about the way they are supported in Bracknell Forest, and what changes needed to be made.
- Lots of people have moved into their own home with support and are really happy with their new lives.
- Activities for people are changing so that people have more choice. These are things like going to the leisure centre and having more choice about the short breaks from their families.
- We have done a lot of work to make Putting People First happen in Bracknell. This means that people can have choice and control over how their individual needs are met. This can be through having direct payments or personal budgets.
- We have made sure that Supporting People money can be used in personal budgets.
- There are a number of people with learning disabilities who are members of the Learning Disability Partnership Board. The Board is co-chaired by a person with a learning disability.
- We have a plan to improve people's experience of general health and social care. This was because a report called the Six Lives Report described what happened to people who had bad experiences of care, especially in hospital. It suggested we should look at what could improve things in our local area.



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- The Government also wrote a paper about working to improve the lives of people with a learning disability. This is called **Valuing People Now**. At Bracknell Forest we have a plan agreed by the Partnership Board to help make sure we are doing everything that Valuing People Now says we should be doing. This was updated in May 2009 and the Board will continue to monitor and review the plan.

## The Plan

The Government wrote a paper called, Our health, our care, our say. It says that social services staff and health staff have to work together more, so that getting the right support and services is easier for people.

The Government asked people who use services about what they want from services. From all the information, they came up with seven main things that people need to happen in their lives. These are called outcomes.



This plan is about the Council and the National Health Service in Bracknell making sure that the outcomes for people are the best they could be.

The plan uses the seven outcomes to help think about what needs to be done here in Bracknell.

# Improved Health and Emotional Wellbeing

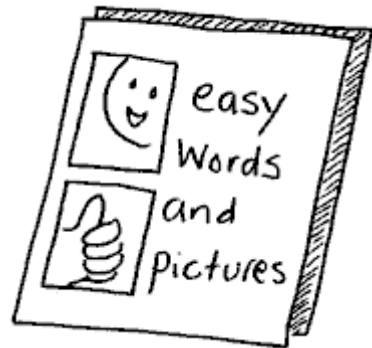


Helping people to keep well and happy




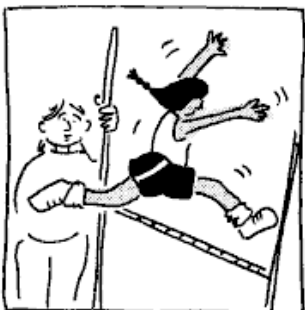

## We need to make sure that

- it is easier for people to get their health checked at the doctors
- doctors and nurses know how to support people with a learning disability to stay healthy. This means special training for staff who may not understand some people's special needs
- there is good clear information about how to stay healthy





- there is information in the way that people need it, which might be in large print, with pictures, in other languages, on tape, on video or in Braille
- people only go into hospital when it is really needed and get the right support when they are there
- If people have to go into hospital they leave when they feel better and are supported to live at home.

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	<b>What we plan to do</b>	<b>Our targets</b>	<b>Progress</b>
	<p>More people will be offered a Health Action Plan. This is a personal plan about what you can do to be healthy and tells people the support you might need.</p>	<p>✓ More people feel that they know what to do to stay fit and healthy</p>	<p>We have done a lot but we still need to do more as people require more detailed plans.</p>
	<p>More people will be able to go to the Leisure Centre or other healthy activities at the times that they want to – exercise helps people to stay fit and healthy</p>	<p>✓ Everyone who wants to can do sports and other activities at the Leisure Centre and other places in Bracknell by 2010.</p>	<p>This has been done.</p>
	<p>Carry on our work with staff in hospitals and at doctors surgeries so that they know how to support people better</p>	<p>✓ By the end of 2011 everyone has the chance to have annual health check.</p>	<p>A lot of people have had health checks but we need to make sure that everyone who wants a health check can have one.</p>
	<b>What we plan to do</b>	<b>Our targets</b>	<b>Progress</b>

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	<p>Ask people with learning disabilities and family carers to be part of the training for staff</p>	<p>✓ People with Learning disabilities and carers will continue to provide training but will be supported to reach more services in the community</p>	<p>People with learning disabilities and carers have been involved in providing training for staff.</p>
	<p>Health and Social Care staff will work together in one team (CTPLD) so that people can get one service whatever their needs</p>	<p>✓ By 2011 there will be a joint service paid for by the Council and NHS together</p>	<p>We are writing an agreement to make sure this happens.</p>

# Improved Quality of Life –






So that people can do the things that they want to do, when they want to do them, and be safe and comfortable at home

**We need to make sure that**



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- people have choice and control over the support they need
- people get the right support they need
- it is easy for people to talk to someone about their support needs
- people have things to do that are interesting, that they can get to easily and happen at times that are right for them



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	<b>What we plan to do</b>	<b>Our targets</b>	<b>Progress</b>
	<p>Help more people to have a person centred plan and self directed support – so that they can live the life they want</p>	<p>✓ We will help all people to live in the home of their choice by 2013</p>	<p>Many more people live in the home of their choice with work still continuing with others.</p>
	<p>Help people living in care homes to move into their own home and choose who they want to live with – we need to work with people who are planning for housing so that they know what accommodation people with a learning disability need</p>	<p>✓ Each year more people are living in their own homes with a better range of accessible and adaptable accommodation.</p>	<p>Approximately 85% of all adults with a learning disability live in their own home and not residential care; these people are supported by the Council.</p>
	<p>Carry on with our work to make activities for people more interesting, easier to get to and that people can use when they want to – not just at special times.</p>	<p>✓ More people are taking part in activities that they want to do in the community.</p>	<p>More activities are available in the local community supported by good transport choices ('R Bus').</p>
	<b>What we plan to do</b>	<b>Our targets</b>	<b>Progress</b>

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	<p>Make sure people can get information in ways they understand.</p>	<p>✓ All relevant health and social care information will be in audio version (information read onto tape so that people can listen to it) or easy read by 2011.</p>	<p>A lot of progress has been made but we still have work to do</p> <p>We have lots of information in easy read but we need to do more.</p>
	<p>Work with partners in the community to give people with a learning disability more chances to take part in art activities</p>	<p>✓ To continue to work with all arts organisations in Bracknell so a range of arts programmes are available. This includes looking at the future of Headspace.</p>	<p>There is now an arts forum to support a range of activities.</p>
	<p><b>What we plan to do</b></p>	<p><b>Our targets</b></p>	<p><b>Progress</b></p>

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	<p>Give people more choice over how they plan and get their support by helping more organisations to work in Bracknell Forest. Especially <u>user led organisations (ULO)</u></p>	<p>✓ working with user led organisations</p>	<p>A development worker is working with groups in the community to help set up a ULO.</p>
	<p>We will make more use of <u>Assistive Technology</u> to help people to live independently</p>	<p>✓ The Council will be looking writing a plan of how Assistive Technology can be used more to help people.</p>	<p>Lots of people have Assistive Technology helping them in their daily lives.</p>



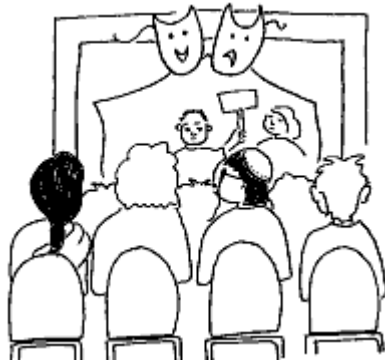
# Making a Positive Contribution



Doing things with and for other people, and helping to make the big plans




**We need to make sure that:**

- people are supported to speak up and say what they feel
- people are involved in planning and improving their support
- people are supported to do the things that they enjoy
- people are supported to learn new things
- the Council and the NHS can show how it listens to people and how it uses their ideas to make things better



- people are supported to help out in the community
- everyone works together so that people do not have to tell the same thing to lots of different people


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	<b>What we plan to do</b>	<b>Our targets</b>	<b>Progress</b>
	<p>Help people to get the skills that they need to live independently</p>	<p>✓ More people are living independently and are included in making decisions and in the <u>community</u>.</p>	<p>People have been supported in different ways to develop skills. There are more people living independently and doing community activities of their choice.</p>
	<p>We will continue to support people to do things for charity to help people who are in need</p>	<p>✓ That this support continues</p>	<p>People have been involved in supporting a range of charitable causes.</p>
	<p>We will make sure that people with a learning disability have a chance to take part in council and NHS planning groups and to be paid for going</p>	<p>✓ More information from all the public services is available that is easy for people to understand.</p>	<p>We have lots of information in easy read but we need to do more</p>
	<b>What we plan to do</b>	<b>Our targets</b>	<b>Progress</b>

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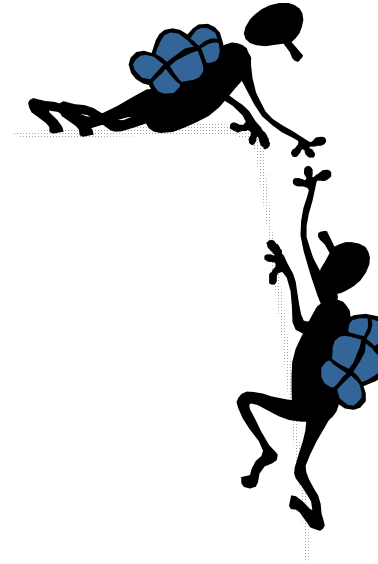


We will work with other people in the Council, the NHS and other agencies to make sure that more information is easy to understand so that people can take part in everyday life in the community

 All people who are eligible and who want to vote have the support to do so.

We have held workshops to tell people about voting and information sessions about elections with Elected Members

# Increased Choice and Control



People making their own decisions, and having the support to make them happen

**We need to make sure that:**





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- people are supported to tell their family, social workers and other people about the life that they want to live






- young people know what support they will get when they leave school
- people are given the right information so that they can make decisions about their support
- it is easy for people to make a complaint if they need to
- people know who to talk to about the support that they need
- people can have an advocate if they need support to tell their story or speak up or are support to learn to speak up for themselves
- people can choose where they want to live and are helped to find a home and get the support they need
- the Council and the NHS helps people to have choice and control over their lives through self directed support and the different ways this can be used



	<b>What we plan to do</b>	<b>Our targets</b>	<b>Progress</b>
	<p>We will make sure more people are in control of the support that they need. This will mean people will know how much money they have to spend on the support they need.</p>	<p>✓ More people say that they only have to tell their story once and don't have to repeat themselves.</p>	<p>Where people choose 1 worker will support the person from the beginning of the planning through to the delivery of the individuals support plan</p>
	<p>The Community Team for People with a Learning Disability (CTPLD) will check with everybody that the support they are getting is right for them.</p>	<p>✓ More people are having choices and control through self-directed support. Everyone who has their support paid for by the Council will be able to have a personal budget.</p>	<p>A lot of people have a personal budget but we still have work to do to make sure that everyone who wants one can have one.</p>
	<b>What we plan to do</b>	<b>Our targets</b>	<b>Progress</b>

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	<p>We will carry on working with young people and their families to plan the support that they need when they become an adult</p>	<p>✓ All young people aged 16 – 18 have a person centred plan.</p>	<p>This has been done and will be done with everybody as they reach 16 years old</p>
	<p>We will work with other people in the Council so that we have transport that people can use when they want it</p>	<p>✓ There are more choices available for people – more activities, different ways of getting support and help to plan support.</p>	<p>This has been done and we review regularly to make sure this continues</p>
	<p>We will work with colleges so that people with a learning disability can choose courses which will help them get the life they want.</p>	<p>✓ To develop courses that meet local needs and helps people into jobs</p>	<p>Good partnerships with colleges has meant some new courses.</p>
	<p><b>What we plan to do</b></p>	<p><b>Our targets</b></p>	<p><b>Progress</b></p>



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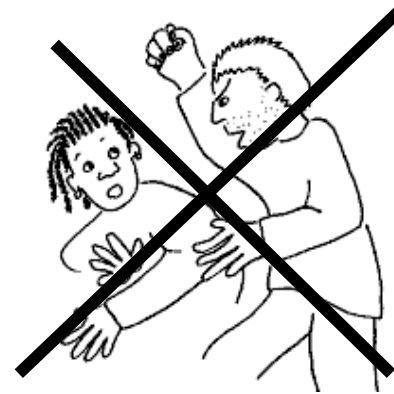
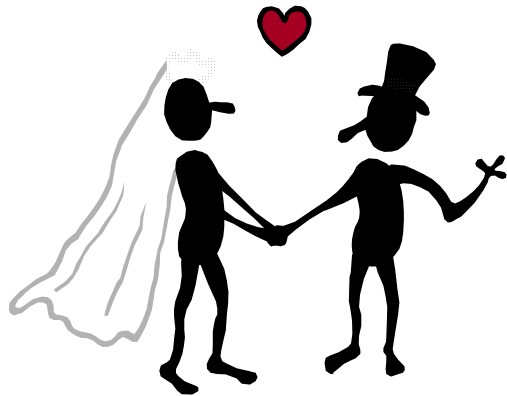
We will make sure people can have an advocate to help them speak up if they want.



An Advocacy strategy will be developed in 2011.

A range of Advocacy support is available for people.

# Freedom from discrimination or Harassment

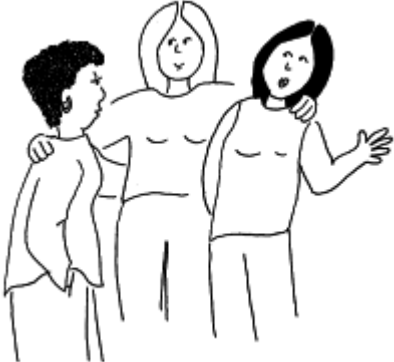



Being able to do the same things as other people, and not have people bully you or be nasty



**We need to make sure that**

- there is support that meet the needs of people from different backgrounds
- the rules about who can get support are easy to understand
- everyone can talk to someone about the support that they need – even if it means that they might have to pay for some, or all, of their support
- people with a learning disability have the chance to do the same things as other people



	<b>What we plan to do</b>	<b>Our targets</b>	<b>Progress</b>
	<p>Make sure that there are chances for people with a learning disability to make new friends and have a special relationship with someone if they want to</p>	<p>✓ There is the right support available to suit everyone's needs those that are eligible.</p>	<p>People can now do the same activities as others which has helped people to make new friendships. The Natural Networks has also been set up to help people to meet and pursue mutual interests.</p>
	<p>Support people with a learning disability who want to have a baby or who want advice about <u>family planning</u>. Give support to parents with learning disabilities to look after their children.</p>	<p>✓ To have parenting classes for people with a learning disability</p>	<p>Working with Berkshire adoption and advisory services so that information is in accessible format.</p> <p>Some staff have had training to support people with learning disabilities in their parenting role.</p>

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	<b>What we plan to do</b>	<b>Our targets</b>	<b>Progress</b>
	<p>Make sure that there is the right support for people from different communities that is right for them</p>	<p>✓ To review progress and make sure all people eligible for support their needs are met.</p>	<p>Surveys and plans to monitor needs have been done.</p>
	<p>Make sure that people with learning disabilities are not harmed</p>	<p>✓ Set up 'Safe Place Scheme' locally.</p>	<p>Introducing the 'Stop it Now' scheme.</p>

# Economic Wellbeing





Having enough money to keep well and safe

**We need to make sure that**

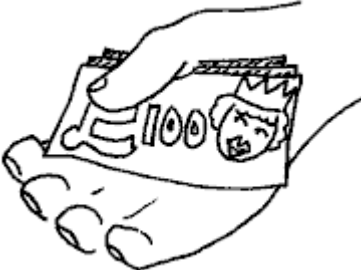


- the Council and the NHS work together to make sure that people are getting the right support and the right organisation is paying for it
- people can have support to find a job that pays proper wages if they want one
- people have chance to do the training that they want
- carers get the support they need to carry on working or to get back into work





	<b>What we plan to do</b>	<b>Our targets</b>	<b>Progress</b>
	<p>Health and Social Care will work together to make sure that people are getting the right support at the time they need it and that the right organisation is paying for it</p>	<p>✓ Everyone is working better and there is an agreement to join some health money and council money together to support people better by 2011.</p>	<p>Health and Social care staff work together in 1 team for people with learning disabilities</p>
	<p>Continue to help more people to get jobs that pay proper wages</p>	<p>✓ More people are in employment or paid work. Every year 5 more people are supported to find and keep jobs.</p>	<p>A lot of work has been done and a new employment project to support more jobs is being worked on</p>



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	<b>What we plan to do</b>	<b>Our targets</b>	<b>Progress</b>
	<p>Continue to give more people control over their support by people having a <u>personal budget</u> or a <u>direct payment</u> if they want one</p>	<p>✓ More people are <u>self-directing their support</u> and are living happily and safely in the community.</p>	<p>Everyone who wants to can self-direct their support.</p>
	<p>Continue to support people to get as much money from benefits as they are able to get</p>	<p>✓ When people have their reviews this is checked</p>	<p>People are receiving benefits they are entitled to.</p>
	<p>Help people with a learning disability who are not able to get support from the Council to find the support that they need</p>	<p>✓ To work with local services to improve access for people in the community.</p>	<p>Local community services through better awareness can provide services better.</p>
	<b>What we plan to do</b>	<b>Our targets</b>	<b>Progress</b>

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	<p>Make sure that organisations who provide support for people are meeting the <u>Quality Assurance Framework</u> standards they need to and are good value for money</p>	<p>✓ Support will be given to help people with a learning disability take an active part in Quality Assurance.</p>	<p>People who receive support or services can have advocacy support to help them to take part. People are involved in Quality Assurance through interviews asking them about their experiences.</p>
	<p>Encourage businesses to employ people with disabilities and help set up social firms.</p>	<p>✓ The Council and the NHS will lead the way in making at least 6 jobs in their organisations accessible for people with learning by 2013.</p>	<p>More people have jobs but more needs to be done if we are to meet the target.</p>

# Maintaining personal dignity and respect



Having help to keep clean and comfortable if you need it, and having help to keep your home clean and comfortable if you need it.



## We need to make sure that

- people get support to stay safe from harm
- people understand how they can keep themselves safe from harm
- people are supported to speak up
- carers get the support and the breaks they need

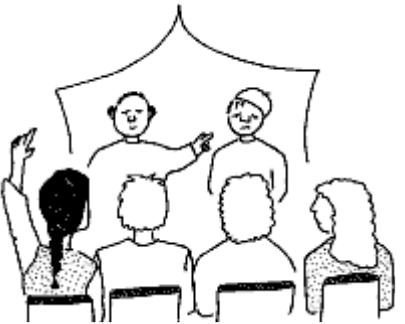



- everyone working with people with a learning disability knows what to do if they think someone is being treated badly
- people feel that they can speak up if they think that someone else is being treated badly
- people are supported to have the relationships they want to and with who they want

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	<b>What we plan to do</b>	<b>Our targets</b>	<b>Progress</b>
	<p>Make sure that all services we have now are doing things right. They must meet national standards and do what it says in the Quality Assurance Framework.</p>	<p>✓ Continue to do an <u>assessment</u> for every carer who wants one.</p>	<p>This is happening now.</p>
	<p>Continue to make sure that there are advocacy services to help people to speak up for themselves</p>	<p>✓ More carers know what support is available. Information is available as soon as possible about new things.</p> <p>✓ There continues to be access to good quality advocacy or support to speak up for themselves.</p>	<p>The Council now has much more information on the website – it is called the i-hub.</p> <p>We are writing a plan about advocacy.</p>
	<b>What we plan to do</b>	<b>Our targets</b>	<b>progress</b>

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	<p>Change the way that breaks for carers are provided so that people with learning disabilities have a choice of where to go</p>	<p> People have more choice about the breaks that they go on.</p>	<p>Having a Personal Budget means that people can choose to spend the money in different ways to meet their needs but we still need to do more work to make sure there are more choices for people.</p>
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## Where can I find out more?

The changes will happen over five years and will take a lot of work. This will be done in partnership with lots of people and organisations. People with learning disabilities, families and carers will be involved in planning changes. We will let you know how we are getting on.

If you want to talk more about this strategy please contact

Zoë Johnstone – 01344 351609  
Chief Officer Adult & Commissioning

Nick Ireland– 01344 351652  
Head of Learning Disabilities

Lynne Lidster – 01344 351610  
Head of Joint Commissioning

Amina Begum-01344 351610  
Joint Commissioning Officer



## GLOSSARY – Helping you understand some of the words we use

Some words in the strategy that are hard to understand have been underlined and are explained here

<b>Advocacy/ Advocate</b>	Having help to get your voice heard and being able to say your views and what is important to you
<b>Assessment</b>	Find out what someone's needs are
<b>Assistive technology</b>	Special equipment that can be set up to support someone to stay safe
<b>Braille</b>	A way of writing a document so that people who have difficulty seeing things can read it by touching the paper
<b>Carer / Carers</b>	A person who provides support for someone
<b>Commissioning</b>	Planning and buying support



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<b>Commissioning Strategy</b>	A plan about changing services and support for people
<b>Community</b>	The place where we live
<b>Consultation</b>	Asking what people think about something
<b>Direct Payment</b>	Having the money from the Council so that you can buy your own support
<b>Executive</b>	The people at the Council who make the important decisions
<b>Family planning</b>	Making sure that people only have a baby when they want to have one
<b>Housing Strategy</b>	A council plan about making sure there are enough of the right kind of homes for people

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<b>Health Action Plan</b>	A list of how someone can look after their health and the support that they need to do it
<b>Independence</b>	Having choice and control over your own life
<b>Our health, our care, our say</b>	A government report about how health and social services have to make things better for people
<b>Outcomes</b>	The difference that support makes to someone's life
<b>Partnership Board</b>	The Government asked every Council 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 a learning disability
<b>Professionals</b>	People who work with people with a learning disability like a social worker
<b>Primary Care Trust</b>	The organisation in charge of health services

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<b>Person centred</b>	Making sure that everything we do for people is what people want to happen
<b>Personal budget</b>	An amount of money that is allocated to a person for their support which depends on the amount of support they need
<b>Putting People First</b>	A plan made by the government and agreed by lots of organisations to make sure that people are helped to be in control of their own lives make decisions for themselves and get the services which meet their individual needs.
<b>Quality Assurance Framework</b>	Making sure that people who work with people with a learning disability do a good job
<b>Review</b>	Looking back to see how well things have worked and making changes if they are needed
<b>Self directed support</b>	Someone having choice and control over the support that they need to live the life that they want to
<b>Six Lives Report</b>	A report about the experiences of people with learning disabilities when they were in hospital

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<b>Supporting People</b>	Money to pay for support to help with learning to run your own home
<b>Transition</b>	A time of change – when people move from being a child to an adult.
<b>Valuing People Now</b>	A paper written by government to make the lives of people with a learning disability better
<b>User Led Organisation</b>	An organisation which is led and managed by the people who are members of the organisation or use its services

For more copies of this strategy or copies in other languages or formats please contact the Commissioning Team on 01344 351610.

Bracknell Forest Council. January 2008, updated May 2011