



# Our Learning Disability Community

Wokingham Borough Council's Learning Disability Strategy

## Forward

People with a learning disability are our neighbours, our friends, our work colleagues, fellow students and the people we love. They train with us in the local gyms, travel with us on the buses and work with us as volunteers in the local groups that matter to us. They are an integral part of our community and we are very proud of the contribution they make to the life of Wokingham.

We are also proud of the families, partners and friends who offer their lives, skills and passion, in supporting our residents with a learning disability to live well and in the way they choose.

The council with its partners are committed to making Wokingham the very best place for people with a learning disability to live, learn, play and work.

We recognise, however, that many of our people with a learning disability need support to help them achieve the quality of life and life chances that we all expect to have. They often have to live with other disabilities and health conditions that impact their ability to live independently and which, without the right type of help can have life limiting consequences.

Discrimination and inequity in how services are delivered and a lack of understanding of adjustments that may help a person with a learning disability get a job or attend college, also impact on the quality of life of our residents with a learning disability. We all need to work together, working as partners of our residents with learning disabilities to challenge this and to design solutions that recognise and enhance their abilities.

Our learning disability community has worked hard with us and our partners across the NHS, community groups and schools, to develop this strategy. It represents our joint mission to enhance the lives of people with a learning disability living in Wokingham but critically the council's commitment to invest the resources needed to deliver it.

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## Executive Summary

The 2001 Valuing People Strategy set out a clear Government agenda to improve the lives of people with learning disabilities. This was updated in 2008 by Valuing People Now.

Valuing People aimed to achieve life changing outcomes for learning disabled people in the following areas:

- Securing their Civil Rights
- Supporting independence
- Enabling choice
- Ensuring inclusion in the mainstream

This strategy sets out how the council will continue to deliver against these, transforming the lives of our learning disabled residents in the 21st century.

The strategy also supports the council's response to the Government's 2015 'Building the right support' framework. The framework aims to transform the support and care offered by the NHS and local authorities to people with complex learning disabilities, preventing them from needing long term hospital care.

The strategy will ensure that the council is able to meet its statutory obligations to learning disabled residents under the Care Act that include:

- Providing support that prevents people's conditions from getting worse
- They get the right information and advice they need to make decisions about their care
- They have a choice of good quality support and care services that can meet their needs

The strategy has been developed using an extensive range of national and local data covering:

- How many learning disabled people live in Wokingham
- The level of support they need
- A prediction of the number of learning-disabled people the council will need to support over the next 5 years
- How much the council will need to spend to fund their support

Learning disabled residents and the advocates who help them to be heard, have worked closely with the council in designing the proposals detailed in this strategy. Families who provide support to learning disabled residents have also been instrumental in deciding what this strategy will do.

The council will continue developing its plans with people who use learning disabled support and will fund organisations that help them and their carers have a voice.

People with a learning disability often have complex neurological and health conditions alongside physical disabilities, which significantly affect their ability to manage their basic needs. Many learning disabled adults also experience poor mental health or are autistic.

Their overall health is often poor, with their average life expectancy 23 years lower than the general adult population.

As a consequence many learning disabled people need a range of support from both adult social care services, funded by local authorities and the NHS.

Wokingham supports a higher number of adults with a learning disability than many other parts of the country and has the second highest learning disabled population needing support in the south east. In line with this level of need the council spends a significant proportion of its' funding for support and care on people with a learning disability. The council expects the number of learning disabled people it supports to significantly increase over the next 5 years.

This strategy sets out what the council proposes to do to meet this need and its approach to addressing increased pressure on its finite resources.

The council is good at helping people with a learning disability get and keep a job. However, we want to support more learning disabled people to be independent and to have the choice of living in a home of their own home and with the people they choose.

The council also wants to improve how it supports young people with a learning disability prepare for adult life. This includes making sure that they and their parents/carers have what they need to make good decisions regarding their future.

To deliver against these aims this strategy includes proposals to:

- Create a dedicated Learning Disability Service providing focused social work support and access to social care. Creating capacity to ensure that we have a detailed action plan that ensures that the Learning Disability Strategy is implemented within Wokingham
- Develop a Learning Disability Commissioning and Market Development Plan that fosters greater choice and control within the market. Supporting learning disabled people to be more independent and active in their own homes, reducing the number of people living in residential care
- Create an enhanced and sustainable offer of support for carers to get the support they need to help them continue caring
- Set up and implement a new service to support disabled young people to plan and prepare for adult life
- Develop our corporate responsibility to ensure that our planning and highways policies design housing, neighbourhoods and transport that reflect the needs of our learning disabled residents
- Work with the NHS to ensure that our integrated services improve outcomes for residents with a learning disability
- Ensure that the voice of people with a learning disability is heard through the development and implementation of this strategy. We will facilitate an active Learning Disability Partnership Board and a voluntary sector that supports people with a learning disability.

## Chapter 1

### The Background Story

#### 1.1 We need a plan

In 2001 the Government set out an ambitious 21st century plan for our citizens with a learning disability. The Valuing People strategy described an unambiguous vision for what life in the 21st century should be like for people with a learning disability. This vision was further developed and updated through Valuing People Now.

In 2015 the Government through NHS England launched a new approach to supporting people with more complex learning disabilities. The 'Building the right support' framework covers a range of policies and tools designed to significantly improve the outcomes achieved by the NHS and local authorities for learning disabled people with complex needs. This includes people with significant mental health needs and those on the autistic spectrum.

Our strategy is designed to achieve the national vision, building on the guiding principles set out in the 2015 framework. It also describes our ambition for our residents with a learning disability and what we will prioritise and do over the next 5 years to enable them to build a healthy and purpose driven future, where they can choose how they want to live

Critically the strategy will drive our plans to support making Wokingham one of the best places to live for people with a learning disability. We are committed to designing and producing these plans with our learning disabled residents, their families and carers and with the advocates and organisations that support them in having their voices heard.

The strategy will support the council in meeting its statutory obligations under the Care Act 2014, which include:

- Making sure that people with disabilities or who have long term debilitating conditions receive services that prevent their care needs from becoming more serious, or delay the impact of their needs
- Ensuring they can get the information and advice they need to make good decisions about care and support
- Ensuring they have a range of provision of high quality, appropriate services to choose from

It has been developed using:

- Extensive analysis of the needs of our residents with a learning disability
- A good understanding of what we are spending to meet their needs
- Knowledge of how well we perform at keeping people independent

We have used this to model what might happen in the future so that Wokingham is well prepared for any changes in demand for our services.

We have worked hard to develop robust evidence and data to support the development of this strategy and its proposals. We acknowledge that the council needs to do more to provide consistent and ongoing need, performance, good practice and quality data to support:

- Effective day to day care assessments and reviews
- Accurate information being given to people with a learning disability, their carers and advocates on the most suitable service options available to them
- More effective commissioning and funding decisions both at council planning level and for each individual needing council support
- The council being clear about its medium to long term pressures and financial challenges and the opportunities and options available to address them

We have compared ourselves with other English councils using data available from the Government and by talking to councils who perform well when supporting people with a learning disability. In addition to developing this strategy the council is using this to design its medium to long term commissioning proposals and plans.

However, our understanding of existing services for people with a learning disability and the local and national market, is underdeveloped. This includes not having the following:

- A comprehensive database of local supply and services for people with a learning disability, including costs
- Data on the use of Wokingham services by other councils
- Analysis of services the council commissions and whether they are cost efficient and delivering effective outcomes
- Information on whether the services the council commissions are designed in line with national best practice and guidance

In addition to addressing these gaps in our knowledge, we want our services to demonstrate that they can support our people with a learning disability to;

- Achieve greater independence and control
- Become active within their communities
- Be healthier
- Do all the things that other people can choose to do

This strategy is the first step towards achieving the new things we want for our learning disability community. Our next step will be to develop a commissioning plan between now and April 2020, based on coproduction with people who depend on our services and those who advocate for them. This will enable us to work with our provider market and develop a range of local accommodation options.

People with a learning disability needing support, are a significant and growing community in Wokingham. Compared with the overall adult population we have more people with a learning disability living in Wokingham than most areas in England.

## What is a learning disability

Valuing People defines learning disability as individuals who have:

- A significantly reduced ability to understand new or complex information and to learn new skills
- A reduced ability to cope independently with everyday living tasks
- Impaired social functioning
- A disability that started before adulthood with a lasting effect on their development

It's important to understand that this definition does not include those with Learning Difficulties such as dyslexia.

The level of difficulty experienced by people with a learning disability can vary considerably from mild to severe requiring a range of support from low to complex support.

Some people with mild learning disabilities may experience few significant problems but people with severe learning disabilities may have a variety of interconnecting needs, which significantly impact on every aspects of their lives. This includes a significant number of people with a learning disability who are also autistic.

For some people it is not the degree of learning disability that determines the level of support they need but the presence of a number of other significant factors such as mental illness. It's also important to note that many people with a learning disability experience conditions of older age when they're younger, including dementia.

## Working with the people who matter

In producing this strategy we have spoken to over 150 people with a learning disability. We also spoke to carers and parents, enlisting the help of advocate organisations such as CLASP, SEND Voices Wokingham and Wokingham Mencap.

The council has invested in these organisations to ensure that our residents with a learning disability and the friends and families who support them have a voice. This investment has allowed these organisations to set up learning disability awareness campaigns across local businesses, schools and communities.

It has also allowed them to support people with a learning disability and their carers to fully take part in council consultations on key decisions such as local regeneration plans. This has been achieved through training learning disabled people to be advocates and trainers and through providing family and carer liaison workers.

It's important that people with a learning disability are not only heard but are able to directly influence the decisions the Council makes. This includes decisions regarding the key resources they depend upon to achieve good wellbeing and a life of purpose and independence.

For this reason we have commissioned CLASP to work with other local advocate organisations to run Wokingham's Learning Disability Partnership Board. This is the key body that we work through to develop and determine our plans for local learning disabled people and which will agree this strategy before it is considered and approved by the council's Executive.

Coproduction of our plans and the design of services is a fundamental principle that sits at the heart of delivering this strategy. Therefore, during its lifetime we are committed to continuing our current investment in the local groups, which support our learning disabled people and carers to influence what we do.

We've also worked with our local special school that educates children and young people with special needs, to get the views of parents, governors and their staff.

We have discussed our plans with our partners in the NHS and providers.

We have offered face to face and telephone support with online surveys aimed at our residents with a learning disability, their carers and the staff who support them.

**We asked:**

- What's important to you
- What's difficult to do
- What helps
- What can be done better
- What would be good to have

The feedback has been included throughout this document and grouped into themes.

**Feedback from people with a learning disability on community**

*"We want to live in areas we are familiar with, we don't want to live outside Wokingham"*

*"We want to choose where we live and who we live with"*

*"We want to be independent with help to become more independent"*





## We speak for ourselves

CLASP is a Wokingham charity that supports local people with a learning disability have their say.

A small team of staff, volunteers and trustees are involved who either have a learning disability or who have a lot of experience of what is important to people with a learning disability.

CLASP's mission is:

"To develop independence through self-advocacy for those adults living with a learning disability".

CLASP deliver this through workshops and training; providing resources and signposting; and peer support.

CLASP run several projects and groups:

- "Listen To Us" - awareness training led by people with a learning disability, used by schools, local businesses and support providers
- "Take Notice" - campaigning group working hard to make things better for people with learning disabilities
- Weekly coffee shop to share information and to help community engagement
- The Hate Crime Reporting Centre helping people to report incidents and provide information on hate crime and being safe.

CLASP is the home of the Wokingham Learning Disability Partnership Board. The partnership board works to break down barriers for people with learning disabilities and their families

The regular LDPB roadshows, around the borough, are a chance to find out more about learning disability services, give feedback and talk about important issues.

## People with a learning disability at the heart of our communities

People with a learning disability are our neighbours, our work colleagues and for many are much loved partners, family members and friends. Our learning disability community is an integral part of the neighbourhoods in which we live. They are also customers using Wokingham's shops, cafes, restaurants and leisure and training facilities.

*"We want to live in a place that is learning disability friendly and that helps us to play a full part in our communities"*

Increasingly they want their views and opinions heard and acted upon. This applies to how their neighbourhoods are developed and planned, so that they can take full advantage of all the community resources and opportunities available. This includes opportunities to work; to be educated and trained; to shop; to meet friends for a night out and to develop new relationships.

*"We want housing designed for and with people with a learning disability"*

Developing spaces, neighbourhoods and local transport that are easy and safe for people with disabilities to use and which are designed to address their needs, is crucial in supporting them in being active members of their communities. This in turn prevents isolation and loneliness and supports their fundamental human right to do what everyone else can do, removing barriers and eradicating discrimination.

*"We want better and safer transport that works for people with a learning disability and which helps us to get around easily and with dignity"*

The council will use its powers to improve the local environment through Wokingham's Local Plan, Local Transport Plan, local planning guidance and through section 106 agreements, to achieve this ambition.

There are a range of tools the council will use to provide the robust evidence to support its housing and development proposals for people with a learning disability. This evidence will cover:

- Where learning disabled people live
- How they use services
- What design features need consideration when planning buildings, spaces and transport links that address the needs of people with a learning disability.

These tools include the council's Housing Strategy, GIS mapping, housing needs assessments and the growing and more sophisticated data available from the Office of National Statistics, Public Health and NHS Digital. Map 1, which shows where our learning disabled residents live, is an example of the tools we will use.

Proposed activities within this strategy set out how we will develop our neighbourhoods, regeneration proposals and planning policies and guidance, to meet the aspirations and needs of our residents with a learning disability.

### Map 1 - Where people with a learning disability live

#### 1.2 Our Wokingham

There are 168,000 residents living in Wokingham, which is expected to increase by over 10,000 new households over the next 10 years.

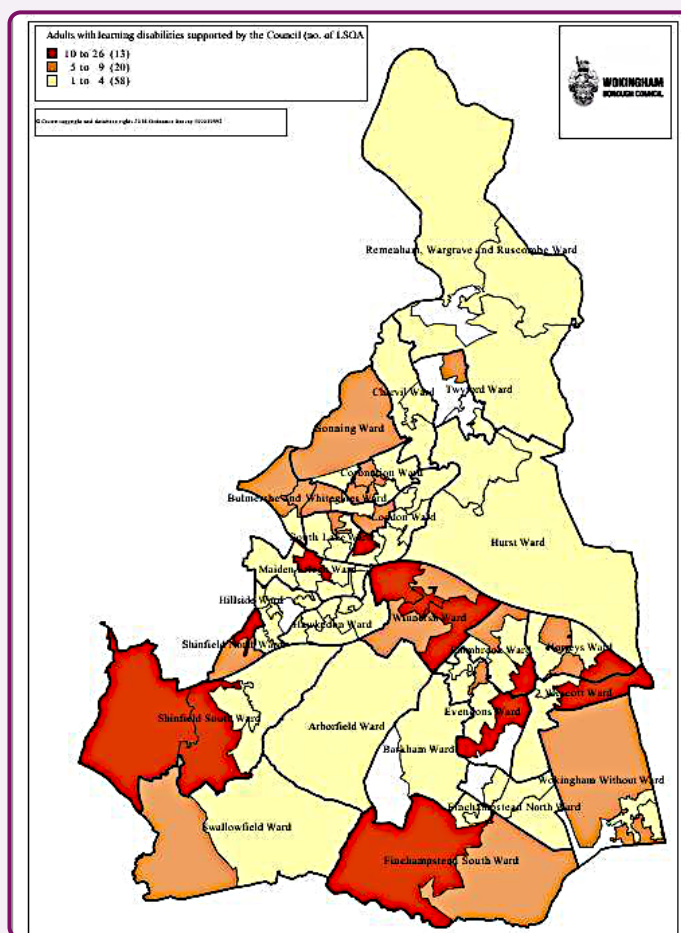
Wokingham has an aging profile with the over 65s rising from 14% of the population in 2007 to 18% in 2017, with an expected rise to 20% by 2025.

Wokingham has one of the highest life expectancies in the country with healthy life expectancy significantly higher than the England average.

Female healthy life expectancy is the highest in the country. However, the proportion of the population in their twenties and thirties is much lower than the England distribution.

61% of working adults work in senior managerial and professional occupations compared to 51% for the SE and 46% nationally.

Only 12% work in areas such as care, which is below the SE at 16% and nationally at 16.5.



#### 1.3 Who we support

##### The Broader View

The people the council supports with a disability or long-term illness are fewer when compared with similar councils but the number of our residents needing help is rising. Wokingham has seen an increase in the number of residents accessing long term council funded care since 2016/17, from 1775 residents to 1825 in 2018/19.

There are significant demanding pressures from people with a learning disability and older people with life limiting conditions. This is highlighted by table 1 that illustrates the proportion of Wokingham adults accessing council funded care, with local authority areas similar to Wokingham.

Chart 1 highlights how we spent the money we use to help our residents who require support, to manage their disabilities and health conditions and which affect their ability to look after themselves.

Overall Wokingham spent:

- £42.7 million on adult social care in 2018/19
- 42% of this was spent on services for people with a learning disability

##### Table 1

## Wokingham residents accessing long term council funded care compared with similar local councils

	18-64	65 Plus
Learning Disability	Highest in comparator	Higher than comparators
Mental health	Lower than comparators	Lower than comparators
Physical Support	Lower than comparators	Higher than comparators
Support with Memory and cognition	Lower than comparators	Lower than comparators
Sensory Support	Lower than comparators	Higher than comparators

Chart 1

### How we spent on our residents needing support and care



People with a learning disability experience a range of health and other challenges that can significantly impact their lives, choices and their independence.

A combination of often complex neurological conditions, can affect their ability to make relationships and can cause significant anxiety that impacts behaviour. They can experience additional challenges with considering information, significantly impacting their ability to make decisions and to learn and acquire skills.

Adults and children with a learning disability are more likely than the wider population to have physical disabilities where they require direct support with personal hygiene and care and with mobility.

Equally the health outcomes for people with a learning disability are poorer than the wider population, with their life expectancy at least 23 years lower than the general adult population. The level of concern regarding the poor health of people with a learning disability, resulting in early death, caused the Government to set up the Learning Disability Mortality Review (LeDeR) Programme in 2015, which is now in its 4th year.

This combination of what are highly complex support and health needs, requires well planned and coordinated support across adult social care, children's services and the NHS. However, the complexity of disability and need that many people with a learning disability experience, also requires higher investment in support and care services.

These services are critical in helping people with a learning disability live safely in the places they want to live and with the people they want to live with, which for many means living with the families who provide much of the support they need.

## Our People with a Learning Disability

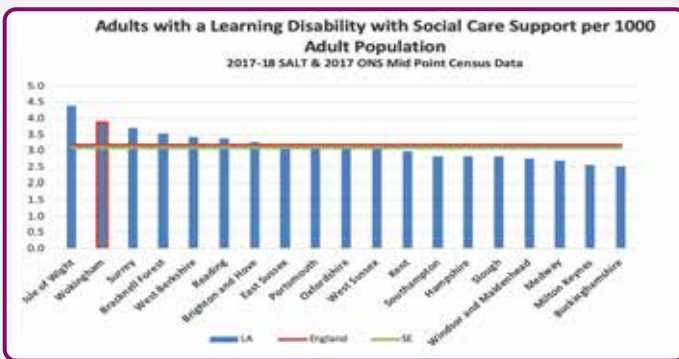
### 2.1 Who needs help?

Wokingham has one of the highest prevalence of adults with a learning disability needing support in England.

Wokingham is ranked 22nd highest out of 152 English councils with social care responsibilities and 2nd within the South East region in terms of people with a learning disability needing support. Chart 2 provides the South East comparison.

#### Chart 2

#### Comparison of learning disability support needs across the South East region

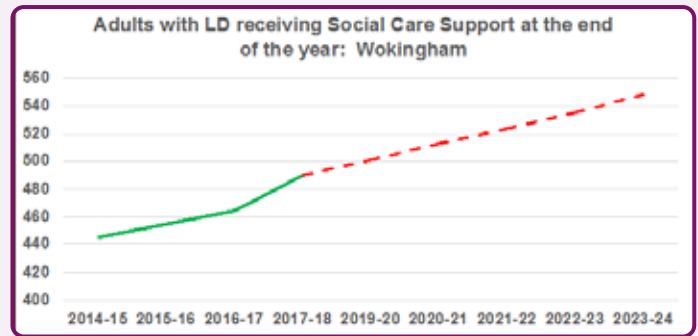


The demand for support by our residents with a learning disability is well above Public Health England (PHE) national and regional benchmarks.

Chart 3 shows that Wokingham can expect an on-going and significant upward pressure in demand for support from adults with a learning disability, with a 10% increase in demand over the last 4 years compared to an England and South East average of 6%.

#### Chart 3

#### Changes in demand for support from learning disabled residents living in Wokingham



Our analysis of projected demand confirms this additional pressure. This is based on the number of children currently supported by the council with a disability and who have an Education, Health and Care Plan (EHCP). This shows that in each of the next four years, at least 10 young people with a learning disability will need ongoing adult social care support.

This will increase the number of learning disabled adults the council supports from 517 to 557 by 2024. The additional funding required to support this increase will be covered in the council's medium term financial planning process.

These facts highlight that the needs, expectations and aspirations of our people with a learning disability is a key priority for the council.

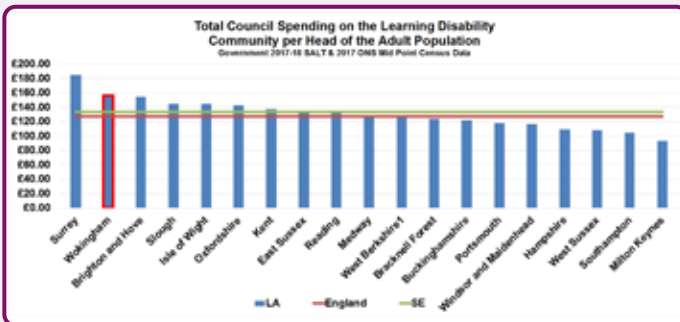
### 2.2 Our investment

Wokingham's spending on its learning disability community is high, reflecting the high number of learning disabled residents living in Wokingham who need council support.

Wokingham spends above the average for England and has the 2nd highest spend per head of the adult population in the South East. Chart 4 shows the comparisons for the South East.

## Chart 4

### Comparison of council spending on learning disability support per head of the adult population



Despite the high level of demand for learning disability support, the council's adult social care spend on each resident with a learning disability compares favourably with other local authorities. We spend in line with the average for England and much less than the average for South East councils.

Chart 5 highlights that in 2017/18 our average weekly spend per person with a learning disability was £772 compared with the England average of £764 and an average for the south east of £826.

## Chart 5

### Comparison of council spending on each person with a learning disability

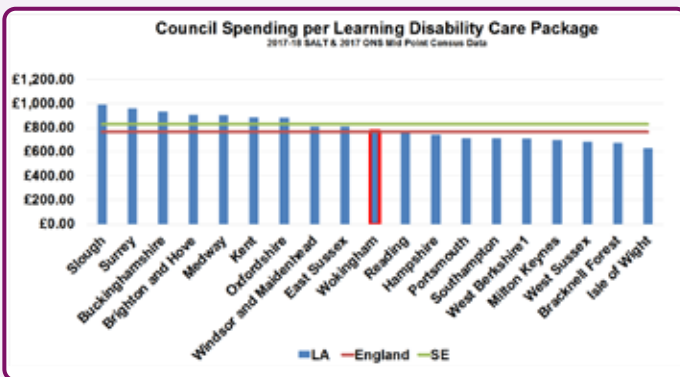
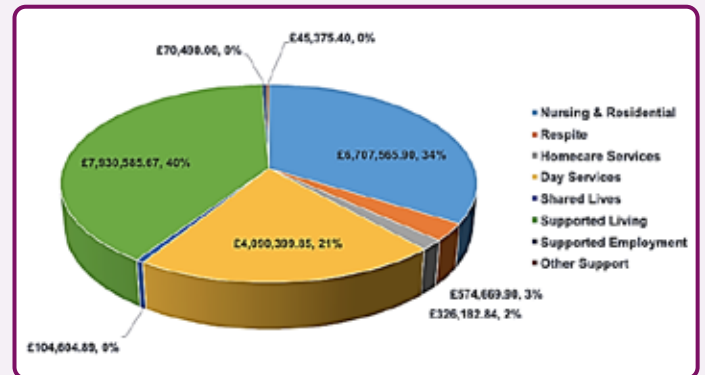


Chart 6 provides an overview of the range of services the council funds for our residents with a learning disability, highlighting on what we spend the most.

## Chart 6

### Spend on Learning Disability Services



## 2.3 Who cares? We do!

517 of our residents with a learning disability are supported by the council, of which 80% require direct support with everyday living skills and tasks and 32% have substantial support and complex needs. This is detailed in Chart 7.

## Chart 7

### 2Type, Level and Complexity of Learning Disability Needs



## Care Homes

Care homes generally support people who may struggle to manage and maintain their independence safely. Most care home residents need direct hands - on care and support and often need regular supervision to ensure their safety both day and night.

Care homes provide a 24/7 care service that is attached to the home and they are inspected by the Care Quality Commission, which is a statutory regulator. It is a legal requirement for all care homes to be registered with the Care Quality Commission.

100 learning disabled adults live in a care home funded by Wokingham council. They mainly have highly complex and substantial needs. These residents are mostly middle aged and have lived in their current home for more than 10 years with just under half living outside Wokingham.

It's important to recognise that despite their level of disability and care needs, people living in a care home still have the same right to live an active and fulfilling life where their potential to develop new skills is supported. They need support that helps them to be active members of the communities they live in.

Therefore, the focus of our strategy in achieving these aims will be to develop outcome driven social work reviews, which identify and build the strengths and assets each person living in a care home has.

Our quality control and monitoring of care home providers will be driven by their effectiveness in supporting each resident to exercise choice; increase their control over their lives and which supports their rights to be active citizens.

## Supported Living

180 of our residents live in housing for people with a learning disability where support and care is provided with their home, of which 79% need help with everyday living tasks and 29% have complex or substantial needs. These services are often referred to as supported living or supported housing. People living in these services in Wokingham are slightly younger than care home residents but most are either middle aged or approaching middle age. On average they have been living in their current home for 10 years.

Most people living in a supported living services have a tenancy and pay rent. A support and care service is often attached to where they live to help them maintain and develop their independence, as well as helping them manage their day to day living tasks.

The council spends over 70% of its budget for people with a learning disability on care home and supported living services.

### Support with getting active, building skills and making friends (Day Support)

Opportunities to meet and make new friends and to develop loving relationships that can see us through our good and more challenging times are fundamental to all people. We often achieve these relationships through being around people who are like us, share our interests and who understand who we are. These relationships often define our sense of wellbeing and support our good mental and physical health.

*“What is important to us is: meeting people, getting out and about, volunteering and helping others, having something to do and somewhere to go”*

#### <sup>2</sup>Need Level Descriptions

1. Full independence - Does not need support
2. Assisted independence - Requires equipment but no help
3. Set up/standby - Requires help of one person. Only needs someone to help set up/supervise or to standby and prompt
4. Minimal assistance - Requires occasional hands-on help of one person
5. Moderate assistance - Can do aspects of ADLs but requires one person to assist.
6. Maximum Assistance - Requires one or more person(s) to assist throughout ADLs
7. Full support/unable to do any of the task - Requires one or more people to complete ADLs

ADLs: Activities of daily living such as:

- Bathing and brushing teeth
- Preparing and eating a meal
- Wearing the right clothes and getting dressed
- Using the toilet
- Going to bed and getting up in the morning
- Moving around
- Taking medication safely

Having a sense of purpose and self-worth based on doing the things that we find interesting and enjoy but which develop our skills so that we can do more of what matters to us and the people we are connected to, are also fundamental to our well-being.

The building of relationships and the pursuit of personal fulfilment, worth and achievement are often developed through a range of experiences that include:

- Work
- Taking up a course and educating and training ourselves
- Getting involved in sport or going to the gym
- Meeting friends for a night out
- Joining a choir, learning an instrument or getting involved in art or drama
- Learning how to make and create things

*“Keeping our minds active is important. We want a happy and healthy mind and body”*

These are just a few examples that help us to build purpose and the meaningful relationships that we value, all of which are key to our wellbeing.

However, as described in section 1.3 of this strategy people with a learning disability face multiple challenges. These challenges can significantly impact and impair their ability to get involved with the activities detailed above. This undermines their opportunities to develop and sustain the meaningful relationships we all need to pursue a purpose driven life.

We fund and directly provide a range of support services to help our people with a learning disability to overcome these challenges. These services are often described as Day Support but can also cover support that helps people to socialise and go out at night.

*We really value our day support but it needs an upgrade*

## Feedback from people with a learning disability on getting active, building skills and making friends

*“We want to play sport and keep fit”*

*“We want to stay up late and do things at night that are learning disability friendly”*

*“We need people to support us to enable access to the opportunities and activities available”*

The support offered is diverse and includes:

- Building based help in neighbourhood centres across Wokingham; and skills training and development, creating links with neighbours and local communities
- Support with new experiences such as working on a farm or in a community café
- Specialist support for people with complex needs to help them manage their disabilities and to get the social stimulation and interactions they need
- Support for people with a range of disabilities to meet friends, go out, go shopping and have a social life.

310 learning disabled people living in Wokingham get this help funded by the council, which is 60% of all people the council helps with a learning disability. The overwhelming majority of people who are supported and cared for in a family home use day support.

Therefore, these services are an important part of the council's offer to people with a learning disability and their carers.

Wokingham services are highly valued by our learning disabled residents who use them. Our review of councils that perform well on supporting the independence of people with learning disabilities, highlights that Wokingham's current arrangements are consistent with best practice.

*“We want more help so we can carry on caring”*

However, we spend just over a 20% of our learning disability budget on day support services, within the context of a significant and increasing demand for learning disability support. This will need considering as part of the review detailed under section 3.1.

We also need to reflect on the fact that for many of our people with a learning disability, these services are intended to connect them to the communities in which they live. They are also intended to help them develop and build the skills they need to live as independently as possible, exercising choice and control over their lives.

These concepts are set out in the national (SCIE) review ‘Having a good day?’ published in 2007, which looked at community-based day activities for people with learning disabilities.

Whilst this review was completed 12 years ago it still provides useful principles to guide service design, aimed at helping develop meaningful social interactions and broader life skills.

The design principles include:

- Undertaking activities that have a purpose
- Being in ordinary places, doing things that most members of the community would be doing
- Doing things that are right for them personally
- Receiving support that meets their individual and specific requirements and overcomes inequalities
- Meeting local people, developing friendships, connections and a sense of belonging.

In chapter 3 we set out proposals to review Wokingham’s day support arrangements against the framework set out in ‘Having a Good Day’.

The review and any redesign of services that emerge will be taken forward in partnership with advocate groups under the oversight and direction of Wokingham’s Learning Disability Partnership Board.

## **People living with family and carers**

187 Wokingham adults with a learning disability live at home with their families or someone close to them who provide support and a care. 81% require support with their everyday living needs and 24% have complex or substantial needs. Therefore, families and carers are a substantial source of support for many of Wokingham’s most vulnerable residents with a learning disability.

The council recognises and celebrates the significant contribution carers are making to the lives of many of Wokingham’s residents with a learning disability and the enhanced quality of life they experience through being able to live at home with their families.

The cost of supporting people living at home with carers is lower when compared with people living in supported living and a care home. This helps Wokingham manage the increasing pressures on its social care spending as our population of older people needing support and care increases. These pressures are being experienced by most English councils who fund and provide social care support.

The average age of our carers of adults with a learning disability is 59 with the majority between 52 and 66. This suggests additional future pressures on the council’s adult care services as and when they are no longer able to provide support in their home.

87% of adults living with a carer receive a day support service funded by the council.

The council is very aware that these services are a key part of the support that families depend upon and that any changes in day support may affect their ability to continue caring.

Given the value families and carers offer to our residents with a learning disability still living at home, the council is committed to their voices being heard when services that help them care are reviewed, including day support.

It is also important to recognise that most of the residents they support and care for are aged between 22 and 35 with an average age of 30. It’s not unreasonable to expect that many of these young adults will want to leave home and the council is committed to helping them with that choice as and when they are ready to move on.

The council has already successfully used Wokingham’s planning framework to secure housing designed for the needs of people with a learning disability, including development of a scheme that will provide 10 self-contained flats and two shared houses for people with profound needs. This scheme will open in 2020 and will offer 24/7 support and care where needed. This scheme will open in 2020 and will offer 24/7 support and care where needed.



We will continue to work with housing developers, particularly with regard to the larger housing developments in Wokingham to secure further specifically designed housing schemes for our residents with disabilities.

More detail regarding our plans are set out in chapter 3.

## Shared Lives

Shared Lives offers support and accommodation within the homes of carefully recruited, trained, checked and supported Shared Lives Carers. The people they support live as part of the carers' family and the council pays a weekly allowance to the carer so they can provide the person with the support they need.

Shared Lives offers a real alternative to other less independent and more expensive forms of support and care, such as care homes. The scheme enables someone with a disability needing support to develop meaningful and enduring relationships, reducing their long-term risk of isolation and loneliness. It also helps them gain confidence and greater independence and supports them to develop the skills they need for independent living within a safe family setting.

There are 9 learning disabled residents supported by Wokingham's Shared Lives scheme. They share a very similar need and age profile to people living with their families. They are mainly in their late 20s or early 30s and require support with one or more of their basic needs with a 1/3 having complex and substantial needs. The costs of delivering support and care through a shared lives arrangement are significantly lower than a supported living service or care home.

Therefore, shared lives services offer an effective option where a person supported by their family can no longer remain at home, due to changes in their needs or where their families can no longer provide care. Equally where adult safeguarding concerns arise, involving a vulnerable person's family and where they need short term accommodation with support while the concern is investigated and resolved.

Critically Shared Lives offer choice for people who are either not ready to live in a place of their own or where they want and would benefit from the social interactions that living with a family bring.



### Jane loves her sister

Jane loves her sister Mary very much, who lives happily with Jane and her family. Jane initially contacted Wokingham Mencap for advice and support regarding respite for Mary. Wokingham Mencap's family liaison worker arranged a home visit with Jane, who was worried about sorting out a short break for Mary.

Jane needed to book an operation for her back and she wasn't sure that her young family could manage Mary's needs. She was a bit overwhelmed with all the information about respite and needed to understand the options for Mary.

Wokingham Mencap helped Jane by gathering information on short break and respite options for Mary. Jane's family liaison worker then supported her in reviewing Mary's support plan with her social worker.

As a result a short break was arranged for Mary who wanted to go on a seaside holiday. Wokingham Mencap helped Mary and Jane find a service that supports people with a learning disability take a holiday. The council agreed a budget to fund this support and Mary had a wonderful time. Jane had her operation and is recovering well.

Jane's stress levels regarding respite for Mary were taken care of and both of them continue to enjoy their lives living together.

## Feedback from carers of people with a learning disability

*“We need a break from caring and at times that can help us take time off work”*

*“We want better information and advice on the options available to us and the person we care for”*

*“We need help and support with legal and money matters, when someone can't make their own decisions”*

## People with Complex Health and Care Needs

Some people experience significant challenges with remaining independent. Without the right kind of support their safety and the safety of others may be undermined. These risks can arise due to a person having a combination of various disabilities and health conditions on top of their learning disability. These may include mental health problems and being autistic. In a small number of people these conditions, on top of the person's learning disability, may affect their behaviour potentially causing harm to themselves and other people.

Across the UK, too often learning disabled people with multiple and complex health conditions have ended up staying in hospitals and institutions for years, some of which are not equipped to manage their needs. Some have been placed in hospitals that are considerable distance from where the person and their families live, due to a lack of local specialist services able to provide the support they need. A combination of these factors has resulted in well publicised failures in the delivery of safe healthcare, such as the major failures at Winterbourne View.

The Winterbourne View scandal and subsequent inquiries carried out by the NHS and Care Quality Commission, highlighted evidence of systematic and individual abuse against the most vulnerable people with learning disabilities.

In response to these challenges the Government set up the Transforming Care Programme. The programme is designed to bring the NHS and local authorities together to develop and provide local services and resources, which ensure that no person with a learning disability is admitted or kept for long periods in institutions. Equally that they can be supported in their local communities, in a home of their own or can continue to live safely with their families, partners and carers.

Berkshire Transforming Care Partnership directs the local programme across Berkshire West Clinical Commissioning Group, East Berkshire Clinical Commissioning Group and the following local authorities:

- Wokingham
- Slough
- Bracknell Forest
- West Berkshire
- Reading
- Windsor and Maidenhead

The Berkshire Transforming Care Partnership is committed to supporting a reduction in the current local specialist beds. As a result the partnership has established a community based Intensive Support Team, which seeks to avoid all but essential admissions into hospital.

Across Berkshire there are 27 people with complex learning disabilities who are currently inpatients in mental health or specialist learning disability hospitals. Four patients are from Wokingham. However, we estimate that there are 6 young people with complex learning disabilities, supported by Wokingham's Children's Service, who may be at risk of hospital admission during adulthood.

The council is supporting Berkshire West CCG, through the partnership, in developing new community based services and resources aimed at learning disabled people with complex needs. This includes developing and designing specialist housing, with support services that are highly skilled in supporting people who present with challenging and risky behaviours.

Proposals in chapter 3 provide more detail on the NHS's work with the council to develop these new resources.

## Feedback from people with a learning disability

*“We need the council and health [services] to work better together to improve the lives of people with a learning disability”*

*“We need a learning disability team that understands what people with learning disabilities need and want”*

## Respite Support and Short Breaks

Having time to ourselves and being able to spend quality time with our friends and families, are key to us developing and maintaining good physical and mental health. Being able to pursue our interests outside of work and to develop ourselves through exercise, taking up education and training and through socialising are also fundamental elements to good living. Taking a holiday can also promote and support a person's well-being, through giving them a time to rest and opportunities to explore new things with their friends and families.

However, for a person with a learning disability who has complex support and health needs and the families who care for them, these very basic human needs can be difficult to meet. To address this the council provides respite support and short break services.

These services offer people with complex learning disabilities, the opportunity of taking a break and holiday of their choice with the people they choose. They can also help them to explore new experiences and opportunities to develop themselves, within a safe environment designed to meet their support and care needs.

Respite support is also designed to give families who provide care the time off they deserve and need. This is critically important to Wokingham given the substantial level of support and care families provide to our learning disabled residents, especially as many of our family carers are working.

Short term respite support can be provided in a registered care home, in a person's family home through homecare or through services designed to enable learning disabled people to access holidays, leisure opportunities etc.

As recognised already in this strategy the council's social care costs are much lower for people cared for by their families. The council offering a choice of good quality and responsive respite support will be key to ensuring that they can continue caring, helping the council manage its long-term spending pressures. Therefore, the council is committed to maintaining its current levels of investment in respite support and short break services during the lifetime of this strategy.

However, a council review of the existing respite services it funds, carried out in 2019, suggests they may not be fit for purpose. Critically they may not be delivering the quality outcomes, choice and opportunities we want for our residents with complex learning disability needs. The council is committed to engaging people using these services and their carers in their redesign following its review.

- 59 people with a learning disability receive funding for respite, including people receiving direct payments and those supported through accommodation-based respite such as Loddon Court
- This is 11.4% of all learning disabled people receiving a funded adult care package
- The overwhelming majority (88%) are adults living at home with family and carers with the remainder living with Shared Lives carers
- The needs of people using respite support, both through direct payments and accommodation based, are high and they are likely to have complex and profound learning disability needs
- They are higher than the needs of learning disabled adults who do not receive funding for respite support
- It's important to note that there is virtually no difference in the needs of people using accommodation-based respite and those who use direct payments to purchase other community options
- However, those using accommodation-based support are on average slightly older than those using direct payments although they are not significantly older
- Overall learning disabled adults using respite support are in their mid-20s to late 30s with an average age of 34
- There is virtually no distinction between the weekly cost of an accommodation-based respite option and other options funded via direct payments

## People living independently

There are 41 Wokingham residents with a learning disability who live independently in ordinary housing but who need support to maintain their independence.

They are mainly middle aged to aging with an average age of 50, with a typical age range between 39 and 60 years of age. Overall their need levels are markedly lower than people living at home with carers and with Shared Lives support. They are also lower than people living in supported living services.

75% of learning disabled residents living independently use day support and 31% access the council's employment support service. 22% use a combination of day support and homecare services to address personal care needs such as support with eating, bathing and dressing. The needs of people who use both day support and homecare are higher.

The council's proposal to develop a strengths based approach to social work review is designed to reduce dependency on adult social care support. This is being supported by the council adopting a new approach to commissioning support providers, so that they focus on achieving outcomes that build independence, resilience and life skills.

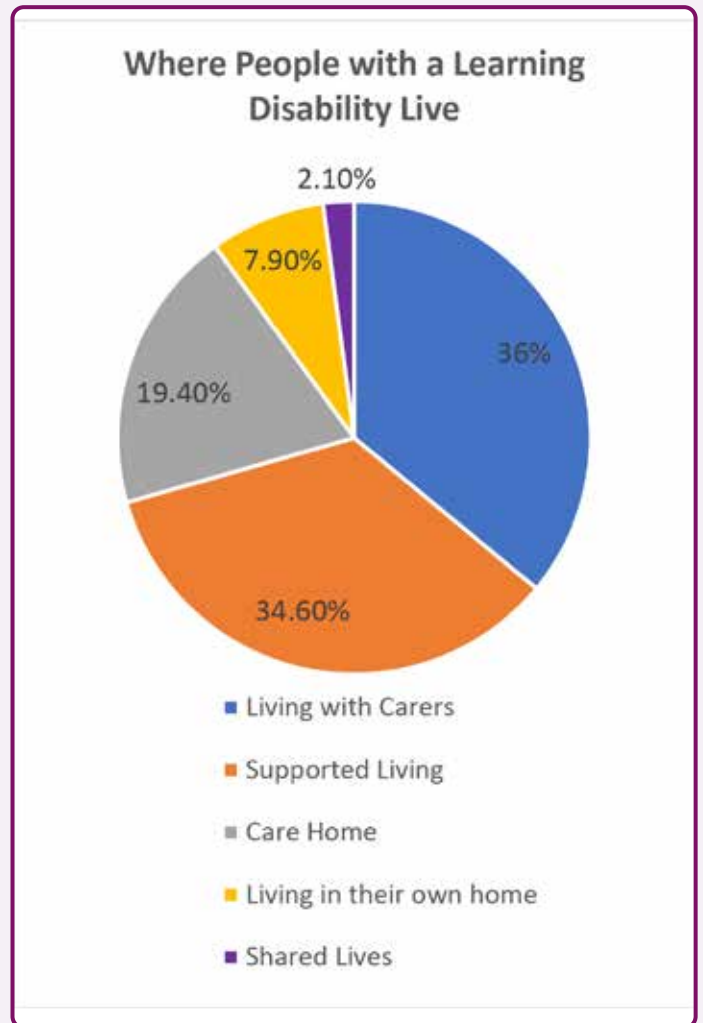
Enabling people with the potential for greater independence to be less reliant on social care support is a key aim of this strategy, particularly given the increasing financial pressures faced by the council.

This is within the context of Wokingham's higher and increasing demand for learning disability support, when compared with other councils and the increasing pressures arising from Wokingham's aging population.

Chart 8 summarises the living arrangements of Wokingham's residents with a learning disability who are supported by the council.

Chart 8

### Living Arrangements of Learning Disabled People using Support





## Giving our talents

We are Focussed Friends. A group of people with learning disabilities supported by the council to be active in our communities.

We meet every Tuesday morning. Our 'job' is to speak up for the people who use the Learning Disability Day Service. We do this by being a part of the Wokingham Learning Disability Partnership Board and working on projects that make things better for people.

We wanted to do something about people who are lonely and who need cheering up. We also wanted to connect people to each other.

We came up with the idea 'Hug in a Mug', which we started in autumn 2015.

We filled mugs with treats (things like, teabags and sweets) and gift wrapped them. We got involved with people in hospital, using the gifts to start conversations and help new friendships to develop.

Everyone was really happy. The feedback we got was that we gave everyone something really good to remember. This made us feel really good about what we were doing. We kept going helping more patients feel better about themselves.

This project benefits people with learning disabilities (us!) because it gives Focussed Friends something good to do. We are learning new things and feel a part of our local community.

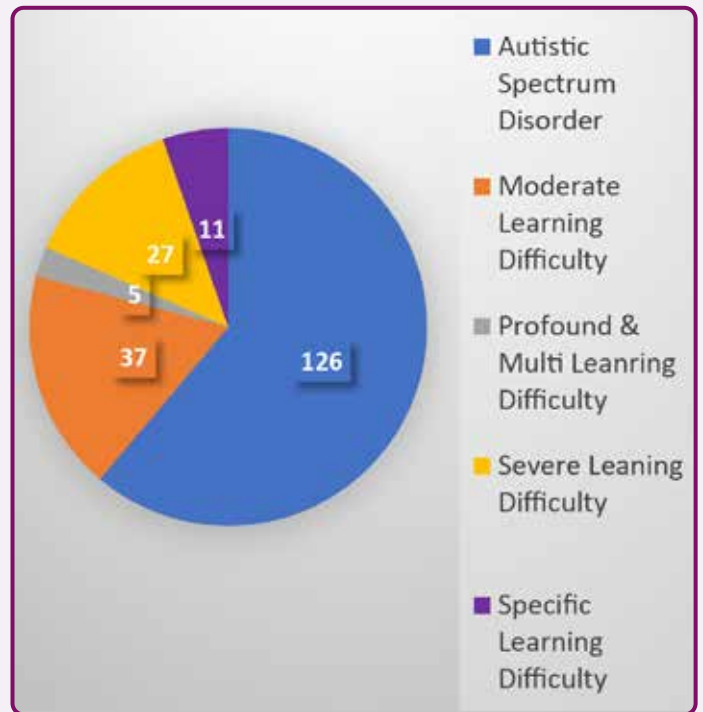
## 2.4 Building a future for our young people

Wokingham's Children's Service supports 206 young people with an Education, Health and Care Plan (EHCP) who are either on the autistic spectrum or have behaviour and emotional support needs or who need help with a learning difficulty.

Their needs are summarised in chart 9.

**Chart 9**

### Young People with Education, Health and Care Plans by Support Need



Estimates suggest that over the next four years 40 of these young people will need long term adult social care support when they reach 18. This equates to about 10 young people needing an adult support package each year.

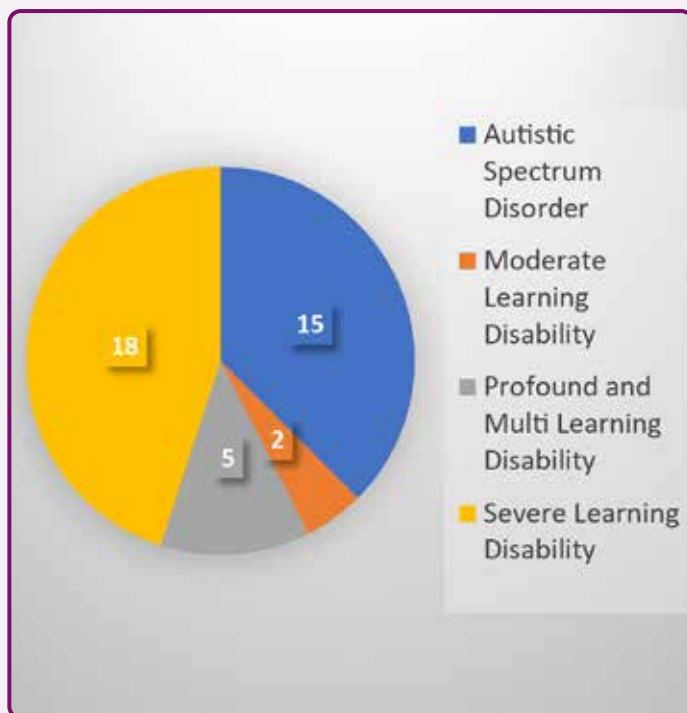
Chart 10 offers an overview of their needs

Preparing Wokingham's young people with a learning disability for adulthood through support that helps achieve their goals is key to achieving the council's long-term strategic aims. This includes helping young people:

- To set up a home
- To be educated and trained
- To pursue a purpose driven life of their choice
- To access work, where appropriate, raising their long-term financial independence and well-being

## Chart 10

### Need Breakdown of Young People Transitioning to Adult Services



This can only work where young people and their carers are well informed about what to expect as they reach 18 supported by their professionals, whether they're council or NHS, working together to help smooth their progression to adulthood.

To achieve this the council is reviewing how it supports its young people with disabilities. In particular the council wants to improve how it prepares them for becoming adults, ensuring that they and their carers are clear about how the council will support them as they reach 18 and into adulthood.

The council is committed to providing the advice and resources at all of the critical points in a young person's development, to maximise their opportunities and to enable them to become thriving adults.

The following guiding principles drive the council's review:

- A pathway plan co-produced with each young person with a learning disability and their parents or carers by the time they reach 17, with goals focused on preparing for adulthood and budgets agreed with adult services, where the young person needs ongoing care

- Early professional collaboration and planning across children's services, health and adult care and coproduction of solutions and services with each young person and their parent or carer
- Parents, carers and the young people they support well briefed on how things work for adults with disabilities including housing; employment and training; further and higher education; disability rights; mental capacity; adult mental health and the Care Act
- Ensuring that each young person with a learning disability has a right to become an independent adult with choices and opportunities to develop not just skills but their ambition

The review will be completed in 2019 with changes implemented by 2020.

Our analysis suggests that 40% of our young people, supported by the council's children service with a learning disability, choose to remain at home with their families well into adulthood. This only emphasises the importance of the council continuing to provide a service offer that help families support and care.

Of the 60% of young people that either choose or need to leave home they tend to be in their early to mid-20s when they leave, with most moving onto a supported housing or supported living service.

However, most people living in Wokingham's supported living services are middle aged and have lived in these services for 10 years or more. This combined with the fact that much of Wokingham's supported housing offers shared living, may make current services an unsuitable offer for many young people choosing to leave home.

Therefore, over the lifetime of this strategy the council will pursue developing housing options, designed to help learning disabled young people leave home as and when they are ready to do so.

This will be combined with targeted support able to meet the needs, goals and expectations of young disabled people and which help them become successful adults with as much choice and control over their lives as possible.

However, we want to develop options that parents and carers can be confident will keep their children safe but which build their skills to live independently.

## 2.5 Doing right by our people

The Government have two performance measures to judge how well councils support their residents with a learning disability including:

- The employment of people with learning disabilities and
- Adults supported to live in their own home

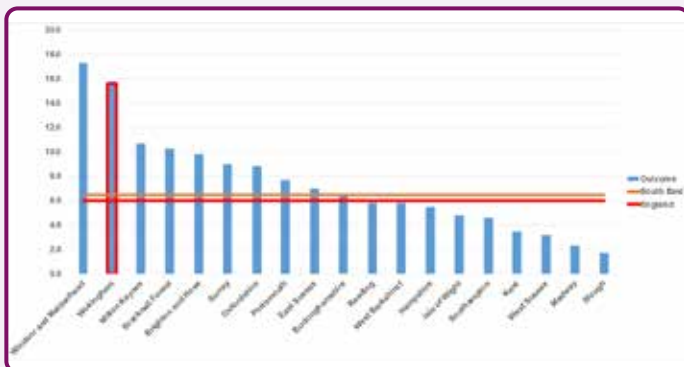
### I want to work

Wokingham is doing well in supporting people with a learning disability get and keep a job, performing significantly above national and regional expectations. Skills development and helping our residents with a learning disability access mainstream employment has been a key feature of the council's strategy.

In 2018/19 the council's investment in employment support helped over 250 adults who are learning disabled achieve financial independence, develop skills and build workplace social networks. This is something of which Wokingham should be proud.

#### Chart 11

#### Adults with a Learning Disability in Paid Employment - Regional Comparison 2018



However, despite our success the gap in employment between adults with a learning disability and adults with no disabilities is high.

In 2017/18, 80.7% of Wokingham's economically active adults were in employment compared to the 15.6% of adults with a learning disability, which is a gap of 66.3%. Our gap is substantially lower than the gap for England at 72.8% and for the South East at 75.8%. It is also significantly below the average for Berkshire at 72.8%.



### Sophie gets a job

Sophie is 33 years old and is supported by the Optalis Supported Employment Service (SES), funded by the council.

The service has enabled her to get and keep a paid job. Prior to this support Sophie could not get a job.

Sophie was provided with tailored and individual support through one to one contact with a Job Coach, who helped her identify her goals through:

- Giving Information, Advice and Guidance
- CV writing
- Help with application forms
- Confidence building
- Interview training.

Sophie was supported to apply for a job at a local school. Sophie was successful in getting the job. Sophie's employment support worked with her new employer, helping them understand Sophie's disability and plan for her workplace needs.

Sophie has successfully kept her job. Sophie now needs less council support and has become more independent.

Wokingham narrowing the employment gap for people with a learning disability is clearly a positive achievement. However, the council recognises that further work is needed to help more of its residents with a learning disability realise the financial independence, skills development and social benefits work can bring.

Therefore, the council is committed to continuing its investment in employment support during the lifetime of this strategy. The council will also review the performance of its support, with our residents with a learning disability who want to work, to ensure that the best possible outcomes for as many people as possible are being achieved against the council's investment.

## Living where I want with who I want

The council is doing less well at helping residents with a learning disability to live independently in their own home and with the family, friends and neighbours they want to live with. Whereas the council's performance on supporting independence is at the same level as most councils, it wants to perform amongst the very best in the country.

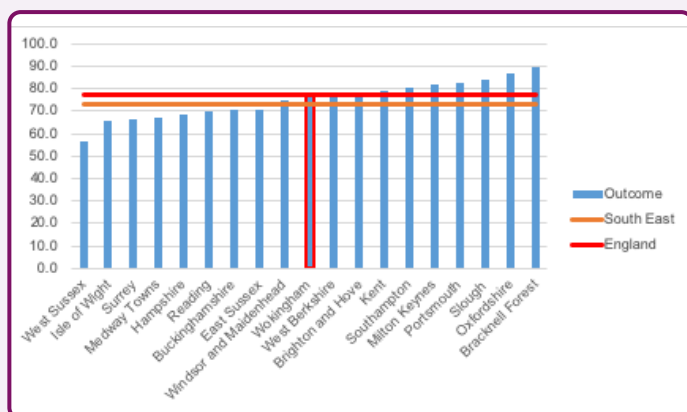
In 2017/18, 77% of local residents the council supported with a learning disability, lived in their own home. In comparison the best performing English councils enabled between 85% and 97% to live in a home of their own or with their family. The council has set itself an ambitious target of enabling 90% of Wokingham's residents with a learning disability support need, to live in their own home and with the people they choose to live with, including their families. We will achieve this target by 2024.

The council's plan to achieve this is described in chapter 3.

These commitments reflect the fact that residents with a learning disability are an important and significant part of Wokingham's community. They also reflect the council's high ambition for all its' residents within the context of achieving the outcomes set out in the national Valuing People Strategy.

### Chart 12

#### Adults with a learning disability who live in their own home - Regional Comparison 2018



## 2.6 Keeping our people healthy

National evidence from the Learning Disability Mortality Review programme (LeDeR) highlights that the average age at death of people with learning disabilities is 59 for men and 56 for women. This compares to an average life expectancy for UK adults of 79.

More than a quarter (28%) of deaths were of learning disabled people aged under 50. Therefore, promoting the better health of our residents with a learning disability is a key priority for the council and its' NHS partners.

To achieve this commitment, Berkshire Healthcare NHS Foundation Trust provide a learning disability community health team, with specialist community nurses who support learning disabled people and their carers access the GP support they need. The nurses also help GPs and their practice staff prepare for appointments for people with a learning disability, ensuring that they are able to adjust what they do to meet the specific requirements of each patient.

A specialist learning disability coordinator is also based at the Royal Berkshire Hospital to support with hospital consultations and inpatient treatments.

Each adult with a learning disability is entitled to a full annual health check, irrespective of age, which is intended to tackle health issues that may further limit their life chances or cause premature death. Through the targeted community nursing support, Wokingham's performance on people entitled to a learning disability health check has risen.

Set against the number of learning-disabled patients registered with Wokingham GPs, our performance rose from 52% in 2015 to 63% in 2018. This is above the performance benchmark for England at 55% and the South East at 50%.

Specialist learning disability nursing support has been highly effective in educating hospital professionals, GPs and their staff on how to plan for the needs of people with a learning disability so they can offer effective healthcare. It's also helped learning disabled service users and their carers prepare for hospital and GP appointments.

Despite this 1/3rd of vulnerable residents with a learning disability do not get the checks they are entitled to. This will undermine their long-term health.



This may be affected by what Wokingham's learning disabled community told us about their experiences of using local health services. They said that they are not always listened to or respected and that some professionals don't understand how to treat people who may not be able to make decisions on their healthcare.

*"We want the NHS to listen to us, understand us, respect us and give us enough time to think and understand"*

Some people with more complex needs are not being well supported by out of hours and crisis support services, particularly when they need help with mental health.

Our Public Health team is working with our NHS partners and the Learning Disability Partnership Board to tackle this. Our outline plan is set out under section 3.1 of our strategy.

#### **Feedback from people with a learning disability on keeping healthy**

*"We want the health service to understand us and know how to support people who need help to make a decision"*

*"We want better support when we are mentally unwell"*

*"We want better support when we go to the dentist and when we need our health check"*



#### **Paul gets a check up**

##### **How it all started**

One of the community nurses, Mary, came to our Partnership Board and told us about Health Checks. I wasn't sure to start with. Perhaps I better have one.

One of the nurses, Lynette, helped me fill out my form and make an appointment.

##### **Seeing my Practice Nurse**

I made an appointment with my practice nurse. She:

- Weighed me
- Did blood tests
- Checked my eyes
- Examined me all over

She sent me to my doctor.

##### **I found out**

- I have type 2 diabetes
- I have to take tablets
- I have to watch what I eat
- I have to see my doctor regularly
- I have to have an eye-check at the hospital every year

##### **I needed help**

At first I didn't really understand what I had to do because of my diabetes so Julie, who I worked with, went with me to see the doctor.

We found out about:

- Eating properly
- Taking my tablets.

Julie also came home with me to explain all this to my mum.

##### **How do I feel now?**

I feel much less tired and have got lots more energy. I have lost weight, am feeling really well and I am happy. I had an eye test and now I have glasses and I can see better.

## 2.7 Keeping our people safe

Supporting people with learning disabilities to exercise full control over the decisions that affect them and the services they use, is a key principle that's at the heart of this strategy. Choice and independence and helping learning disabled people achieve their full potential are also fundamental principles.

However, some people are vulnerable through a combination of disabilities and health conditions that may affect their ability to judge and manage risks. Their ability to make decisions on key aspects of their day to day lives may also be affected. This can often result in people with disabilities being open to the abuse and exploitation by others, including by people they know well and trust and those who support them.

It is everyone's responsibility to safeguard vulnerable people against this abuse and exploitation, including:

- The people who care for them
- The social workers, teachers and other professionals who assess and provide services and
- The council, NHS and other providers who plan and manage their support

<sup>3</sup>Government guidance issued under The Care Act defines safeguarding as:

'Protecting an adult's right to live in safety, free from abuse and neglect. It is about people and organisations working together to prevent and stop both the risks and experience of abuse or neglect, while at the same time making sure that the adult's wellbeing is promoted including, where appropriate, having regard to their views, wishes, feelings and beliefs in deciding on any action. This must recognise that adults sometimes have complex interpersonal relationships and may be ambivalent, unclear or unrealistic about their personal circumstances.'

The Care Act requires local authorities to set up Safeguarding Boards, which have the responsibility of ensuring that all local agencies act to protect vulnerable adults living in their areas. These boards must include senior representation from:

- The council
- The local NHS
- The chief officer of the local police force

Wokingham, Reading and West Berkshire councils have established the West of Berkshire Safeguarding Adults Board. It's membership includes Thames Valley Police and Berkshire West Clinical Commissioning Group (NHS). The Board's full membership can be found at:

### [West of Berkshire Safeguarding Board Membership](#)

The board has agreed a 2018-21 strategy, to support the delivery by all councils, statutory agencies and providers of the six Care Act safeguarding principles:

**Empowerment:** 'I am asked what I want as outcomes from the safeguarding process and these directly inform what happens' '

**Prevention:** "I receive clear and simple information about what abuse is, how to recognise the signs and what I can do to seek help'.

**Proportionality:** 'I am sure that the professionals will work for my best interests, as I see them, and they will get involved as much as needed' '

**Protection:** 'I get help and support to report abuse. I get help to take part in the safeguarding process to the extent to which I want and to which I am able'

**Partnership:** 'I know that staff treat any personal and sensitive information in confidence, only sharing what is helpful and necessary. I am confident that professionals will work together to get the best results for me'

**Accountability:** 'I understand the role of everyone in my life'

The Board develops annual business plans that set out the objectives and actions agreed across all councils and agencies to deliver the strategy. Each council and member agency produce annual reports detailing their performance against achieving these objectives and which also detail the key safeguarding themes and issues they've had to address. The business plans, achievements and agency reports can be found at:

<sup>3</sup> [Care and Support Statutory Guidance Oct 2018 - Safeguarding](#)

## Business Plans and Reports

Wokingham's last report to the board (2017-18) highlighted the following:

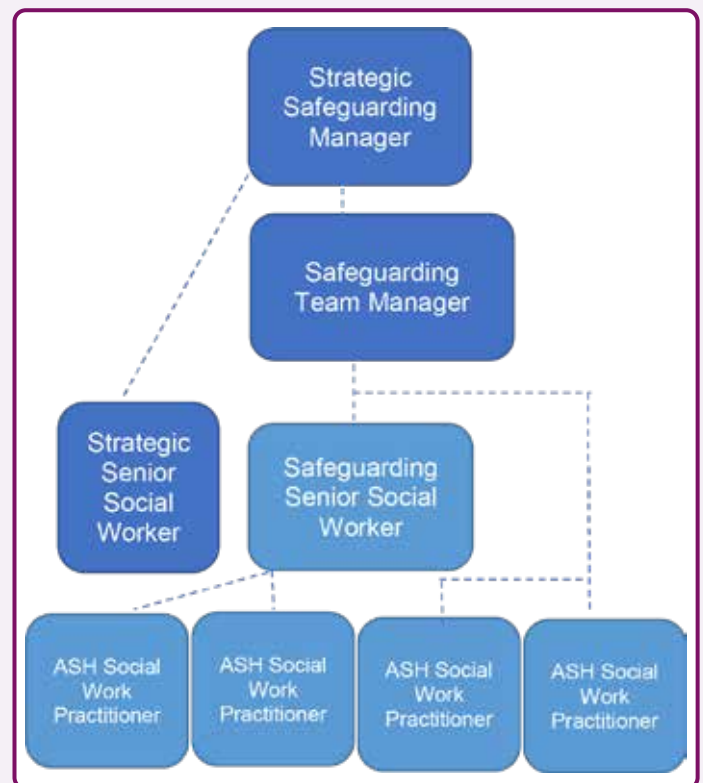
- 22% of all safeguarding reports to the council were for a person with a learning disability, compared with 24% in 2014/15 and 18% in 2016/17
- 50% of all reports were linked to allegations that the abuse took place in the persons' home, with 27% taking place in a care home
- 49% of the abuse cases arose from risks identified with a service provider, with 43% linked to a person known to the abuse victim and only 8% arising from someone the victim didn't know
- Of the service provider linked abuse 61% of these cases arose from care homes and 11% from supported living services

The key themes that emerge from this:

- The abuse of people with a learning disability is a significant risk issue for Wokingham, with it being the second highest area of locally reported abuse
- Local investigations and prevention of abuse and harm will be complex given the high number of allegations linked to a person who knows the abuse survivor and agencies that support and work with them
- This is particularly acute for people with a learning disability given that 92% of those supported by the council, either live at home with family carers or live in a care home or supported living setting
- These factors highlight that the prevention of abuse and exploitation of people with a learning disability, will be one of the highest priorities for the council's safeguarding framework during the lifetime of this strategy
- Specific reporting on key safeguarding themes for learning disabled people and the council's performance in addressing key risks will be a standing item on the agenda of the council's Adult Social Care Leadership Team

The council recognises that its approach to safeguarding requires restructuring to ensure the better coordination of its response and investigation of abuse allegations. Equally to better manage its approach to preventing the abuse and harm of vulnerable people.

The council has already completed a review of its safeguarding arrangements. The review concluded that an Adult Safeguarding Hub will give the council the capacity and coordinating expertise capable of keeping Wokingham's vulnerable adults safe. From autumn 2019 the Safeguarding Hub will be in place based on the following structure:



## Chapter 3

### Helping our people choose how they want to live

#### 3.1 What we will do next

The council is taking forward a strengths based approach to supporting Wokingham's residents with complex support and care needs and this includes people with a learning disability. This approach seeks to develop the assets and skills people already have, including what is available to them through the friends and family that support them and the communities in which they live. It also seeks to develop and build new skills and assets by working with a network of groups and through targeted support focused on achieving personal life goals.

This approach will deliver improvement in people's life chances and their opportunities to become active and engaged citizens, with a lifestyle that is their choice and which provides purpose. However, given the significant demand pressures we expect over the next five years, within the context of tightening local government spending by central Government, we also need to find ways of helping more people to become self-reliant whilst still continuing to provide support in the areas they most need it.

How we intend to take this agenda forward for our residents with a learning disability, based on the evidence and analysis set out in the strategy, is described in this chapter.

Over the next 5 years we will take forward the proposals set out below, to address the opportunities and challenges detailed in this strategy. We will meet the projected growth in the learning disability community and the challenges outlined within this strategy through the continual investment, as identified within our Medium Term Financial Plan. We will redesign services for people with a learning disability to maximise the resources available to us.

The council will update and further develop the plan through the Learning Disability Partnership Board, with learning disabled people, those who support and care for them and with advocate organisations. This will be an ongoing process during the lifetime of the strategy, enabling the council to design new solutions with the learning disability community and respond to emerging challenges.

## Proposals for change arising from our strategy

Proposal	Timescale
To create a dedicated Learning Disability Service providing focused social work support and access to social care. Creating capacity to ensure that we have a detailed action plan that ensures that this Learning Disability Strategy is implemented within Wokingham.	April 2020
To develop a Learning Disability Commissioning and Market Development Plan that fosters greater choice and control within the market. Supporting learning disabled people to be more independent and active within their own homes, reducing the number of people living in residential care.	April 2020 - March 2025
To create an enhanced and sustainable offer of support for carers, so they get the support they need to help them continue caring.	April 2020 - March 2025
To set up and implement a new service to support disabled young people to plan and prepare for adult life.	January 2020 - April 2020
To develop our corporate responsibility to ensure that our Local Plan and housing design, neighbourhoods and transport meet the needs of learning disabled residents.	April 2020 - March 2025
To work with the NHS to ensure that our integrated services improve outcomes for residents with a learning disability.	By October 2021
To ensure that the voice of people with a learning disability is heard through the development and implementation of this strategy. To facilitate an active Learning Disability Partnership Board and a voluntary sector that supports people with a learning disability.	April 2020







Wokingham Borough Council  
Strategy and Commissioning

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March 2020

