

# Learning Disability and Autism Information Hub



Bulletin - Autumn 2021



## Surrey Learning Disability and Autism Programme Board, 3 year delivery plan - 2021 to 2024

### Background and Introduction

#### Facts and Figures



There are around 21,800 adults with a learning disability in Surrey, 4,600 of whom are aged 65+. One in 100 people in Surrey are thought to be autistic.

The number of adults with a learning disability is projected to increase in Surrey by 10% by 2030.

Around 4,000 adults with a learning disability and/or autism receive adult social care support, including 968 accessing housing support.

#### Quality of life



The quality and length of life for people with a learning disability has increased significantly over last 20 years. On average, people with a learning disability still have a life expectancy 20 years shorter than the average for the general population.

The proportion of adults with a learning disability who work fell by one third since 2011. The proportion of adults with a learning disability in Surrey who live in their own home, or with their family, is lower than the English average.

#### The aims of our delivery plan



People with learning disabilities and/or autism aspire to be happy, healthy, safe and fulfilled. This delivery plan explains how we will transform social care services, improve care quality and improve access to health services.

The goal is to increase people's quality of life, enabling them to reach their full potential and contribute to their community.

# Making this delivery plan happen



## The Learning Disability and Autism Programme Board

The Board meets bi-monthly and is responsible for delivering the programme of work as set out in this plan across 12 workstreams.

The programme board reports to the Learning Disability and Autism Strategy Board which oversees and quality assures the work.

## The 12 workstreams

- Transforming Care
- Financial resilience & Joint Commissioning Frameworks
- All-Age Autism Strategy
- Accommodation Remodelling
- Day Opportunities / Employment / Community Inclusion
- Short Breaks
- SEND & Transitions
- Health Facilitation & Wellbeing
- Service user engagement
- Carers' Support
- Workforce Development
- Quality Assurance



The objectives explained in this delivery plan all link to the work outlined in our 12 workstreams.

## Keeping people updated and involved

Contact our engagement team for more information and to get involved in our work.

Email: [ldcommunications@surreycc.gov.uk](mailto:ldcommunications@surreycc.gov.uk)



The Learning Disability and Autism Partnership Board's new and improved website is full of useful information and updates.

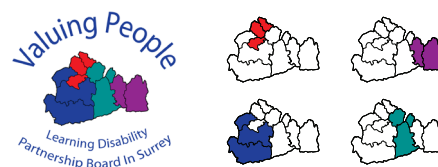
[www.surreypb.org.uk](http://www.surreypb.org.uk)

## Get involved



People with a learning disability, family carers, autistic people and providers can get involved in our work through our Partnership Boards, and other groups which we will tell you about below.

## Learning Disability Partnership Board and Local Valuing People Groups



The Partnership Board meets six times a year, and our four Local Valuing People Groups meet four times year to discuss local and Surreywide issues.

## Surrey People's Group

Is a self advocacy group for people with a learning disability and / or autism. It meets once a month.

## Surrey Autism Partnership Board

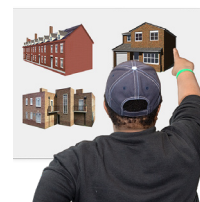


The Board meets four times a year, and also has a reference group for autistic adults that meets regularly.

# Reducing reliance on inpatient services

## Our key objectives

- To support people to move into the community, reducing reliance on inpatient settings/beds.
- To improve the quality of inpatient services.



## Progress achieved to date



- Surrey has invested significantly in reducing the number of people in inpatient services. Since Winterbourne View numbers have reduced from 195 people to 3.
- Adult mental health services are embedding the principles of transforming care, and there are currently only 5 autistic adult inpatients.
- Inpatient services are visited every 6 to 8 weeks, and outcomes of visits are recorded and reviewed. Visits involve talking with the inpatient.
- We have invested in adult and children's Intensive Support Services to ensure support is community focused. This leads to inpatient admissions only happening where necessary, and for as short a time as possible.
- NHS Capital Development Schemes are underway to support people to move from acute hospital beds into the community. More than 15 flats are being built.
- Significant work is underway in developing the care market in Surrey for people with a learning disability and autism, to ensure appropriate housing and support is available.

## 2021 to 2022 – what we plan to deliver



- To meet the target of at least 75% of people having Care and Treatment Reviews.
- Develop an integrated discharge planning process, discharge questionnaire, and clear treatment and care pathways for community support. This will reduce the risk of people being re-admitted into inpatient services.
- Deliver a multi-disciplinary review for young people in secure inpatient care on their 17th birthday, to identify alternatives to adult inpatient services.
- Co-produce an expression of interest for a Keyworker initiative for children and young people in inpatient services, or at high risk of admission.
- To further develop and roll out Positive Behaviour Support Training, and to evaluate the effectiveness of this training.

## 2022 to 2023 – what we plan to deliver

- Pilot peer to peer support for inpatients via local advocacy groups
- Review findings from Care and Treatment Reviews and action plans, and reduce the risk of re-admissions.



# Housing and Support

## Our key objectives

- Reducing the numbers of people with a learning disability and / or autism living in residential care by 40 to 50% over the next 5 years.
- Develop new independent living services for people with a learning disability and / or autism in Surrey over the next 5 years.



## Progress achieved to date



- We have published our 'Guide for Independent Living - Social Care, Housing and Support Services' which outlines our plan for developing new services. We have begun to consult with service users and carers on our guide.
- In October 2019 there were 967 people living in residential services, and by February 2021 this had reduced to 917.
- 34 people have moved into independent supported living since April 2020, and we have identified four sites where we will plan to develop up to 70 new homes.

## 2021 to 2022 – what we plan to deliver



- Over 150 new independent living services
- Ensure independent living services are suitable environments for people with a learning disability, autistic people, and older people.
- Ensure that District and Borough Council housing staff understand autism, and make reasonable adjustments for people.
- Ensure support staff working in independent living services understand the needs of people with a learning disability, autistic people and older people, and that they are skilled in promoting choice, wellbeing and independence.
- Ensure that there are enough housing options for people with behaviour that can challenge

## 2022 to 2023 – what we plan to deliver

- A further 150 new independent living services in 2022 to 2023, and then 200 new services in 2023 to 2024.
- Ensure autism accessibility is considered in new independent living services.



# Community infrastructure and services

## Our key objectives

- Strengthen our community provision to meet the needs of people with a learning disability and / or autism, ensuring people have good information about services and support.
- Avoid unnecessary hospital admissions and timely and safe discharge.
- Supporting the health and wellbeing of carers.



## 2021 to 2022 – what we plan to deliver



- Update the learning disability and autism Joint Strategic Needs Assessment (JSNA), so we accurately understand the needs of people with a learning disability and / or autism.
- Review services in the community to help us to understand what services we have, and what we may need in the future.
- Develop digital platforms, such as websites, to enable people to easily access information about services and training.



- Review both children's and adult Intensive Support Services and community crisis services, to increase capacity and make sure that support is available both during the week and at weekends.



- Ask for expressions of interest to develop a children and young people's health and justice project to provide support to the most vulnerable young people.
- Develop a business case for respite support linked to the Children's Crisis Intensive Support Service.



- Support the dedicated commissioning manager to progress the work of the Community Inclusion workstream, focusing on support services, pathways to employment, social inclusion and skills development.
- Develop a work programme in partnership with people with a learning disability and / or autism to ensure universal services are welcoming and accessible.
- Focus on contingency planning with families who have social care support. Putting plans in place in case they are not able to support their son or daughter in the future.
- Remodel the short breaks offer for carers, improving equality of access, and ensuring day, evening and weekend opportunities and flexi breaks are available.

## 2022 to 2024 – what we plan to deliver

- Develop a clear support pathway in the criminal justice system for autistic people at risk of offending, homelessness and substance abuse.
- Refresh and continue to develop the Community Inclusion workstream.
- Continue to develop contingency planning with carers and ensuring that a wide range of short break options are available and accessible.



# Young people and transition

## Our key objectives

- Early identification and help for children who show signs of developmental delay
- Children's Services and Transition Team to develop a seamless transition for children and young people into adult services and adult life.



## 2021 to 2022 – what we plan to deliver



- Establish a community navigator role to help signpost families into early help support services, and develop a multi-disciplinary team approach in support for under 6 years.
- Further develop independence pathways in employment, vocational and lifeskills for young people that are outcome focused.
- Build local capacity in health and education services for children and young people placed outside of Surrey.
- Develop mental health pathways for 16 to 25 year olds to transition into adult mental health services.
- To develop a Personal Health Budget pathway for children and young people not eligible for Continuing Health Care.
- To ensure children with a learning disability and / or autism have access to eye, hearing and dental checks with reasonable adjustments in place.

## 2022 to 2024 – what we plan to deliver



- To have a clear pathway for support for premature babies born between 28-31 weeks into pregnancy.
- Increase the work experience and employment opportunities for young people aged 16 or over, with the aim of an additional 80 people benefitting from supported internships and supported employment.
- Actively work to reduce the number of children and young people in 52 placements outside of Surrey.
- Implement keyworkers for children in inpatient services, or at high risk of admission, and extend the approach based on findings of the first year.
- Evaluate the Personal Health Budget pathway to inform how we design and develop services based on people's needs and choices.
- Monitor providers improvement plans to ensure that children and young people have access to eye, hearing and dental checks.

# Reducing health inequalities

## Our key objectives

- To ensure that all Learning Disability Mortality Reviews (LeDeR's) are completed within 6 months.
- To reduce social isolation for people with a learning disability.
- To maintain uptake of Annual Health Checks at 80% and above.
- To improve the quality of healthcare and access to health screening for people with a learning disability, and establish a health facilitation team and a network of peer support to ensure this happens.
- Ensure medication is not over-prescribed.



## Progress achieved to date



80% of people with a learning disability have been offered Annual Health Checks.

There have been 258 LeDeR reviews completed in Surrey up to January 2021. Learning from these reviews into people's deaths are discussed at the Surrey wide LeDeR steering group and changes made include:

- The roll out of 'Infection - prevention and control' training to care home staff along with Easy Read information.
- SATS (Oxygen level) monitors have been provided to all care homes, and independent living services have been told they can request them.
- Pilot of Whzan (electronic health check equipment) to help identify health issues.
- Delivery of Mental Capacity Act training to up to 1000 people.



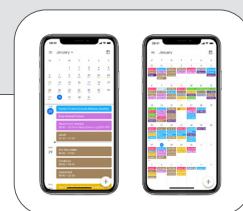
## Learning Disability Mortality Reviews (LeDeR) 2021 to 2022 – what we plan to deliver



- Extra staff will be recruited to ensure reviews are completed within six months to a high standard. An audit of the quality of reviews will be undertaken, and a quality improvement plan written.
- A governance panel will be set up that involves people with a learning disability and autistic people. A detailed and Easy Read LeDeR Annual Report will be published.
- Learning from the LeDeR reviews will be used to improve support for people.

## Reducing social isolation 2022 to 2023 – what we plan to deliver

- Pilot the use of electronic planners and apps to help people plan their lives.



## Annual Health Checks 2021 to 2023 – what we plan to deliver



- Provide guidance and support to GP Practices, and analyse data from GP Practices to learn which Practices may need further support.
- Identify alternative ways to deliver Annual Health Checks with a view to pilot these in 2022 to 2023. Use the learning from the alternative models for Annual Health Checks to help increase uptake.
- Deliver proactive health checks and screening to identify health needs early.
- Develop targeted vaccination campaigns linked to Annual Health Checks.

## Annual Health Checks 2023 to 2024 – what we plan to deliver



- Pilot the introduction of a specific health check for autistic people.

## Health Facilitation - improving the quality of healthcare 2021 to 2023 – what we plan to deliver



- Recruit two health facilitators to support isolated people with a learning disability / and or autism to engage with health services and support. Also recruit people with a learning disability and / or autism for user support internships.
- Train 50 people who are autistic or have a learning disability as health champions, and train 10 peer champions to talk to people about healthy weight and physical activity.
- Four 'Train The Trainers' will facilitate 20 awareness sessions in schools and colleges.
- Develop quality checkers project with Experts by Experience.



- Use the Health Checker Programme, developed with the Experts by Experience working group, to audit reasonable adjustments in health services, using the Easy Read feedback tool. Develop reasonable adjustment templates and flagging system.
- Develop volunteer champions to support people to access outpatient appointments.
- Set up a framework for evaluating the progress of our health facilitation work.

## Use of medication 2021 to 2022 – what we plan to deliver



STOMP stands for Stopping The Over-Medication of children and young People with a learning disability, autism or both.

STAMP stands for Supporting Treatment and Appropriate Medication in Paediatrics.

- We plan to ensure that the use of medication for people with a learning disability and / or autism is monitored and reported, and prescribing guidelines are used to ensure appropriate use.



# Autism diagnosis for adults and children

## Our key objectives

- To reduce waiting times from referral to the start of assessment for adult to three months, or as clinically appropriate.
- To further develop pre and post diagnostic support services for children, young people and adults.



## 2021 to 2022 – what we plan to deliver



- Ensure that diagnostic assessments for children and young people are all completed within one year, and 50% within six months.
- A new autism pathway for children and young people will be delivered by a multi disciplinary team offering highly specialised autism assessments.
- Pilot a pre and post diagnostic support service for children and young people.
- Identify the resources needed to reduce adult autism assessment waiting lists, and produce a delivery plan for a sustainable adult neurodevelopmental service.

## 2022 to 2023 – what we plan to deliver



- Implement the delivery plan for the adult neurodevelopmental service to reduce waiting times for adult assessment.
- Pilot a pre and post diagnostic support service for adults, developed with input from autistic people, including people with a learning disability.
- A local offer that provides timely and consistent information to families of young people, and for adults requiring an autism diagnostic assessment.

# Autism understanding in the community

## 2022 to 2023 – what we plan to deliver



- Identify an area in Surrey to develop an 'autism friendly community' with partners in primary health care, housing and employment support.
- Ensure greater understanding of autism and reasonable adjustments required within Courts, Court Liaison, Probation and the criminal justice system by offering training similar to that given to the Police.
- Build on the current Pegasus Emergency Service communication card.

# Workforce and employment

## Our key objectives

- Develop a well trained, sustainable workforce that can meet the needs of the learning disability and autistic population
- Develop new ways of working to change the culture of care and support services.
- Improve partnership working between health and social care services.



## 2021 to 2022 – what we plan to deliver



- Work closely with Winchester University and offer two 3rd year placements each year to increase the number of qualified staff. Include students in the LeDeR programme and health care planning team.
- Develop and deliver autism training to health and social care teams, and the Surrey County Council Contact Centre.
- Further develop the Autism Champions network, which will embed understanding about autism across a range of services.
- Develop a joint referral process for adult social care and NHS community learning disability teams. Explore opportunities for teams to share offices.
- Develop a rolling programme of training for provider staff, to include strengths based approaches, LeDeR and safeguarding.
- Develop a mandatory skillset required for staff working in a range of care and support services.

## 2022 to 2023 – what we plan to deliver



- Develop a Root Cause Analysis (RCA) tool to evaluate the impact of autism training provided in 2021 to 2022.
- Audit 10 inpatient admissions from 2021 to 2022.
- Establish the mandatory skillset in service specifications and plan how to deliver the training.



### Oliver McGowan Training

This training will give staff the right skills to ensure people with a learning disability and autistic people have positive health and social care outcomes. It is co-designed and co-delivered by autistic people, people with a learning disability, family carers and autism experts. The content is based on the Capabilities Frameworks for supporting people with a Learning Disability and supporting autistic people.

- Deliver the Oliver McGowan training within primary care services
- Be a partner in the Oliver McGowan pilot project.