



Aberdeen City  
Health & Social Care  
Partnership  
*A caring partnership*



# A'thegither in Aberdeen

## Our Learning Disability Strategy

Action Plan 2018 - 2021



ABERDEEN  
CITY COUNCIL





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## **A'thegither in Aberdeen** is our Learning Disability Strategy for Aberdeen City.

The strategy has been created in partnership with individuals, families, professionals and organisations. It details the key Strategic Outcomes that we wish to focus on over the life of the strategy (2018-2023).

Our Vision is to help to create and facilitate the kinds of community where people living with a Learning Disability can be empowered and enabled to participate in ways that ensure they are valued and their skills, abilities and experience are respected and effectively utilised

Our goal is to create strong partnerships within local communities with a view to enabling people living with a Learning Disability to become and to remain connected with those communities whilst improving or maintaining their health & wellbeing.

Where barriers exist, we will seek to break them down and offer creative solutions to the complex issues around inclusion and belonging. Where people require support to live in and to contribute to their community, we will strive to provide the right kind of support, the right amount of support, delivered at the right time for the individual.

The partnership approach ensures that we can be responsive to individual needs whilst at the same time providing best value both in terms of finances and quality of service provision.

### **Strategic Outcomes**

The following outcomes have been identified:

#### **1. People will feel connected to their communities**

This outcome focuses on ways in which community connections can be improved, including thinking about awareness raising to promote inclusion, mapping of resources that exist and where gaps are, taking a closer look at housing, and considering ways to empower people to be more involved in communities

#### **2. People will be valued for their contributions and abilities**

This outcome focuses on ways we can better value the skills, abilities and experiences people have, including what information is provided and is this truly accessible, thinking about ways people can share their skills and experiences with others as well as how we ensure our processes support people in their achievements, and taking a closer look at Transitions and other plans that people may have in place.

#### **3. People will be supported to maintain or improve their health & wellbeing**

This outcome focuses on ways in which people's health and wellbeing can be supported, including thinking about how health promotion, information about long term conditions and support for mental health can and should extend to people with Learning Disabilities, in addition to more specifically looking at the issues of specialist treatments for people with more complex forms of health care needs.

## Action Plan

The actions detailed in this plan have been developed through engagement with individuals, families, professionals and organisations. There were key themes that could be identified as being relevant to all strategic outcomes:

- **Accessible Information** – including a centralised information resource and information that is understood by the audience
- **Engagement & Involvement** – that people with Learning Disabilities are central to any processes about them and they are empowered to share their views and experiences
- **Awareness Raising** – centred on local organisations and resources, such as employers, groups and the general public, have more awareness of the valued contributions people with Learning Disabilities make in society

The Development of the Action Plan has clearly demonstrated that there are many ways in which we can think about improving outcomes for people with Learning Disabilities. As such it is important to evaluate the actions detailed in this plan to ensure they are being progressed, and where not, any barriers are clearly identified and challenged.

The Strategy will run for 5 years; however, this Action Plan will concentrate primarily on years 1-3, with a revised Action Plan being written in Autumn of 2020, which will run for the remaining life of the strategy (2023).

## Evaluation & Monitoring

An Implementation Group, specifically established for the Strategy, will hold responsibility for ensuring reports are received on a regular basis detailing progress in relation to each action. Support to evaluate the success of the actions identified will be available from staff within the Health & Social Care Partnership.

## Points to Note

Services within Aberdeen City Health & Social Care Partnership remain committed to delivering excellence in care to those people they support, including people with a Learning Disability. It is important to note that there are few localised tools or methods that support good data collection on the population of people in Aberdeen with a Learning Disability, as such we rely on good use of National tools such as the Census. The next Census, in 2021, will seek to ask more detailed questions around Disability which will support the gathering of more localised data on our population. We would wish to encourage people with a Learning Disability, and their families, to take part in the Census to support the aims of this Strategy & Action Plan.

Also, of note is the financial climate in which service and supports are working within, both in Aberdeen and in a wider National context. Within the Health & Social Care Partnership a Medium Term Financial Strategy is in place to support the essential work of services, including those for people with a Learning Disability. This Action Plan seeks to work within the current budget setting processes for the Partnership, and where additional resources may be required (as detailed in the Action Plan) work will be carried out with finance teams to fully scope these requirements.

## Outcome 1 – People feel connected to their communities

### Focus Area 1: How people can be welcomed into communities and be involved in activities

	What will we do?	When will we have done it by?	How will we know it's working?	Who will be responsible?	What needs to happen first?
1	Awareness Raising of people with Learning Disabilities in the wider community	Years 1-3 – continued activity	More positive & welcoming experiences	All Stakeholders	Social media pages (Twitter & Facebook) will be set up A page within the Council & Partnership website will be created
2	Promotion of events & networks that have people with Learning Disabilities at the centre	Years 1-3 – continued activity	People being actively involved	All Stakeholders	Social media pages (Twitter & Facebook) will be set up – used as central information point
3	Scope viability of 'Travel Buddy'/ transport scheme	Years 1-2	More people can independently travel	ACHSCP	Form Short Life Working Group of interested parties
4	Promote Peer Support	Years 1-3 – continued activity	People are aware of & actively involved in peer support	Existing Peer Support Groups/ ACHSCP	Form Short Life Working Group of interested parties

### Focus Area 2: What different community resources are available and what is needed

	What will we do?	When will we have done it by?	How will we know it's working?	Who will be responsible?	What needs to happen first?
5	Awareness of Community Resources which promote & support wellbeing (such as local Stay Up Late Group)	Years 1-2	Information on resources will be widely available/ accessed	ACHSCP/ Community Resources/Providers of Service	Awareness of centralised information platform & Social Media pages

### Focus Area 3: Housing Options for people, including those with higher support needs

	What will we do?	When will we have done it by?	How will we know it's working?	Who will be responsible?	What needs to happen first?
6	Conduct & maintain mapping of ACHSCP provided/ commissioned services/housing	Year 1 & regular updating	Mapping will be completed & held centrally/maintained	ACHSCP – Housing Sub Group/ACC Housing Services/ Providers of service/ Housing Providers	Provide template for mapping & undertake communication exercise
7	Promote awareness of anticipatory/life planning, including Carers Support Plans	Years 1-3 – continued activity	Awareness is raised	ACHSCP	Form Short Life Working Group of interested parties & Plan awareness raising session
8	Create a LD Housing Forum	Year 1	Forum will be in place	ACHSCP – Housing Sub-Group/ACC Housing Services/ Housing Providers	Discuss with current Housing Sub-Group & Integration and Housing group
9	Explore & expand use of Technology Enabled Care (TEC)	Years 1-3 – continued activity	Awareness will be raised, and TEC will have greater usage	ACHSCP/Bon Accord Care/ACC Housing Services/ Providers of service/ Housing Providers	Link into existing TEC group & consider ways to raise awareness

### Focus Area 4: How people can be involved in the services they receive

	What will we do?	When will we have done it by?	How will we know it's working?	Who will be responsible?	What needs to happen first?
10	Explore ACHSCP signing up to the 'Charter for Involvement' & promotion of the charter to other organisations (wider than Learning Disability Services/ Organisations)	Years 1-2	Increased knowledge of & 'sign ups' to the Charter	ACHSCP/National Involvement Network/Local Organisations already signed up to the Charter	Form Short Life Working Group of interested parties & Plan awareness raising session
11	Establish what user engagement work is taking place locally & how feedback is being captured and used to improve services/quality	Year 2	Greater knowledge of User Engagement will exist	ACHSCP/ Providers of Service/ Community Resources	Link into existing user engagement work/plans within ACHSCP

## Outcome 2 – People will be valued for their contributions and abilities

### Focus Area 1: The information resources that are available for people

	What will we do?	When will we have done it by?	How will we know it's working?	Who will be responsible?	What needs to happen first?
12	Utilise existing & emerging centralised information platforms by raising awareness – NHS Services Directory & ALISS	Year 1	Information will be uploaded to platforms & awareness will be increased	ACHSCP/ Community Resources/ Providers of Service	Raise awareness of platforms to relevant organisations
13	Provide training on creation of accessible information & effective communication methods such as talking mats, social stories, videos	Years 1 & 2	Training will be available	ACHSCP	Form Short Life Working Group of interested parties & Discuss with Training Network & Provider Forums

### Focus Area 2: The skills, abilities and experiences people have

	What will we do?	When will we have done it by?	How will we know it's working?	Who will be responsible?	What needs to happen first?
14	Review internal assessment & review documents to ensure they capture information on how services are promoting/utilising people's skills & abilities	Years 1-2	Review will be completed & documentation amended to best capture information	Learning Disability Service/Contracts Team	Form Short Life Working Group
15	Continue to raise awareness of Asset Based approaches in Learning Disabilities	Years 1-3 – continued activity	Awareness will be raised	ACHSCP/ Community Resource/Scottish Commission for Learning Disabilities	

### Focus Area 3: Ways that people can contribute their experiences and views

	What will we do?	When will we have done it by?	How will we know it's working?	Who will be responsible?	What needs to happen first?
16	Actively promote the representation of people with Learning Disabilities within all action and working groups	Years 1-3 – continued activity	Groups will report on how they are promoting and engaging people; people will be involved	Learning Disability Strategy Implementation Group	
17	Explore the 'Quality Checkers' model	Years 2-3	Scoping will be complete	ACHSCP/Care Inspectorate/ Providers of Service/ Individuals	Discuss with User Engagement Colleagues & Short Life Working Group focusing on Charter for Involvement

### Focus Area 4: How people are involved in plans made about them

	What will we do?	When will we have done it by?	How will we know it's working?	Who will be responsible?	What needs to happen first?
18	Develop a 'Transitions Pathway' where changes in practice will be trialled	Years 1-2	Pathway will be developed & in operation/changes will be trialled	Transitions Sub-Group	-
19	Sign up to the 'Principles of Good Transition 3'	Year 1	ACHSCP will have signed up	Transitions Sub-Group	Approval from Integration Joint Board
20	Integrated working practices in the Adult Learning Disability Service will be enhanced	Years 1-3 – continued activity	Health & Social Work practices, where possible, will have greater alignment	Learning Disability Service	

## Outcome 3 – People will be supported to maintain or improve their health and wellbeing

### Focus Area 1: Promoting ways to have good health

	What will we do?	When will we have done it by?	How will we know it's working?	Who will be responsible?	What needs to happen first?
21	Promote use of the 'Healthy Hoose' Model for people with Learning Disabilities	Year 2	Awareness will be raised	ACHSCP	Discuss use of the model with relevant colleagues
22	Promote Health Passports as model of best practice	Years 1-3 – continued activity	Increasing numbers of Health Passports in place	ACHSCP	Information materials will be required & link to other events centred on planning
23	Commence dialogue with staff in General Practice, including Community Link Workers regarding the needs of people with a Learning Disability, resource/supports available & discuss how data can be best captured	Years 1-3 – continued activity	Awareness will be enhanced	ACHSCP	-
24	Promotion of Annual Health Checks & preventative screening to individuals, families and providers	Years 1-3 – continued activity	Numbers of health checks/screenings will increase	ACHSCP/Providers of Service	Add this information into the assessment/review paperwork & discuss how contract monitoring can assist
25	Link into 'Living & Ageing Well' work	Year 1	Greater understanding of linkage to Learning Disabilities will be established	ACHSCP/Providers of Service	-

## Focus Area 2: Supporting people to manage long term health conditions

	What will we do?	When will we have done it by?	How will we know it's working?	Who will be responsible?	What needs to happen first?
26	Scope information available regarding Long Term Conditions and promote use of such information to people with Learning Disabilities (considering accessibility)	Year 2	Information will be widely available to people and accessible versions provided as required	ACHSCP/ Organisations with a remit for Long Team Conditions	Partnerships with organisations with a remit for Long Term Conditions to be established & information to be shared

## Focus Area 3: Supporting positive wellbeing including mental health

	What will we do?	When will we have done it by?	How will we know it's working?	Who will be responsible?	What needs to happen first?
27	Raise awareness of the 'Keep Safe' approach	Years 1-3 – continued activity	'Keep Safe' approach will be in operation & supporting people with Learning Disabilities	ACC/ACHSCP/ Community Planning Partners	Link with Community Planning Partners
28	Develop/Cascade Training focussed on what is a Learning Disability, including specific information on the interaction with Mental Health & Communication methods	Year 2	Training will be developed and launched	ACHSCP/ Providers of Service/People with lived experience	Form a Short Life Working Group to consider training content, roll out and resource implications
29	Promote the 'Making Every Opportunity Count' model for people with Learning Disabilities	Years 2-3	Model will be explored and potential in use	ACHSCP Community Resources/ Providers of Service	-

**Focus Area 4: Specialist health conditions and treatments**

	<b>What will we do?</b>	<b>When will we have done it by?</b>	<b>How will we know it's working?</b>	<b>Who will be responsible?</b>	<b>What needs to happen first?</b>
<b>30</b>	Raise awareness of the Liaison Nurse Service	Years 1-2	Use of Service will be extended where possible/Awareness will be enhanced	ACHSCP/NHS Grampian/	-
<b>31</b>	Scope future presenting needs & develop commissioning intentions, including the development of a Learning Disability Commissioning Plan	Years 1-2	Greater knowledge of future need will be established/ Commissioning intentions will be identified	ACHSCP/Education & Children's Services/NHS Grampian/Contracts Team	-

