



# The Big Plan for adults with learning disabilities in Hertfordshire

Hertfordshire's Learning Disability Joint Commissioning Strategy 2019 – 2024



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# Introduction



This is the Big Plan for the services for adults with learning disabilities in Hertfordshire.



It has been written by Hertfordshire County Council and the NHS Clinical Commissioning Groups (CCG).



Hertfordshire County Council and the CCGs work together to help people with a learning disability to be:

- Healthy
- Independent
- Involved in their local community





The Big Plan is based on:

- What the government says we have to do



- The work we have been doing since the last Big Plan



- What **people** have told us

When we say **people** we mean people with a learning disability.



- What the council and CCGs say we have to do

## Our values

When making our plans we want to make sure that we are:

- Giving people the information they need
- Listening to what people say
- Giving people the chance to choose the services that are right for them
- Giving people control over the services they receive
- Fair to everyone
- Involving people from all the different communities in Hertfordshire



# About Hertfordshire



About 1.2 million people live in Hertfordshire.



We think that over 21,000 people in Hertfordshire have a learning disability, but:



- Local doctors (GPs) only have about 5,000 people on the **register** of people with learning disabilities



The **register** is a list of people with learning disabilities.



Having people on a list helps us to make sure we have the right services for people.



- Only about 3,000 adults get help from social care services



We think that over the next 5 years there will be:

- More people aged over 18



- More people aged over 75



- More people will be wanting help from Council and Health services



- The Council and Health services will have less money to spend

# What people said



We have listened to lots of people.



They said:

- I want to know how to be healthy



- I would like help to get a job or be a volunteer



- I would like to choose where I live and who I live with



- I would like things to do in the evenings and weekends



- I want people with learning disabilities to be involved in training staff



- I would like to learn how to be more independent



- I want to choose what I do



- I want to have support that suits me at the times that I want



- I want to feel safe



- I want people in the community to respect me



- I want more friends



- I want to live close to my family



- I want more easy read information



- I want to know where I can get more easy read information



- I want people to understand me better



- I want better information and help to find out things I can do in my local community

# Living well in Hertfordshire



We want to make things better for people with learning disabilities by:

- Helping people and families to be able to do more for themselves



- Supporting communities to help local people more



We should look for new ways to do things and not just spend more money.

## A good life

Having a good life isn't just about having paid support and using services.



Good lives happen when we:

1. Are healthy



2. Live locally



3. Are involved in our local communities



# 1. Good lives happen when we are healthy



What we know:

- People who have a learning disability die on average of 13 years younger than other people and often have more illnesses
- Last year in Hertfordshire about 7 out of every 10 people with learning disabilities had a health check
- Last year in Hertfordshire over half of people with a learning disability had a flu vaccination
- Since 2012 local doctors (GPs) have added 1,500 people with learning disabilities to the register
- Less people are spending long periods of time in specialist learning disability hospitals and more people are living in the community





- People don't always know how to get information and support to keep themselves healthy



We will:

- Help more people to get onto the GP learning disability register



- Make sure people know how to get a yearly health check



- Look at the quality of people's health checks



- Make sure more people have flu jabs



- Help more people to be checked for health conditions such as cancer



- Help people get the right support when they are feeling sad, unhappy or mentally unwell



- Make sure people only spend the time that they need to get better when they go into hospital



- Make sure people and those that support them know how to live healthy life



- Make sure people get information that is right for them

## 2. Good lives happen when people live locally



People do better when:

- They choose what they want to do and where they want to live



- They are in control of their lives



- They live near family and friends and don't have to travel too far



- They know about the different sorts of housing they can choose

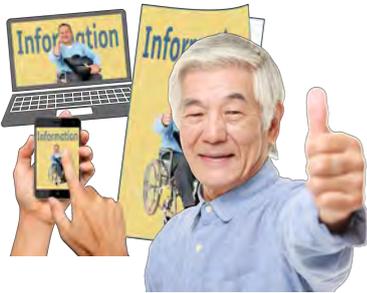


- They understand where to go to find the information and support they need



We will:

- Make sure people have good information about what is available



- Make sure people get information in a way that suits them



- Work to create more choice about places to live and ways of living



- Understand what people need and want in the future



- Make sure there is enough local support for people who live in Hertfordshire



- Help people and their families plan for the future



- Work to create more choice about different types of support that people can have



- Work to get more staff and make sure they get the right training for the people they are working with

### 3. Good lives happen when people are involved in their local communities



People do better when:

- They are supported to manage their own lives



- They learn how to become more independent



- They make their own decisions



- The local community is welcoming to people



People sometimes need more help to travel around their local community.



People often need different amount of help at different times of their life.



You don't need to have a service to become more independent, but a service can help you to be more independent.



We will:

- Help people know what is in their community and how to access it



- Help more people to find work and chances to be a volunteer



- Create new ways to get support in the community



- Help more people to learn how to travel by themselves



- Support people to get where they need to go



- Help people to have the right support to speak up



- Make sure people get information that is right for them



- Helping people and their families plan for the future



- Make sure staff understand how to help people get involved in their local community

# Making it happen



We will have a separate Action Plan to make sure the Big Plan happens.



An Action Plan explains all the different things that need to happen.



Every year we will work with people with learning disabilities and families to look at the Action Plan.



Together we will:

- Check that the work has been done
- Look at what needs to happen next



# For more information



If you need more information please contact us at:



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