



Welcome to the November 2017 Hertfordshire Transforming Care Partnership newsletter, bringing you the latest Transforming Care news and achievements in Hertfordshire.

Transforming Care is a national programme about.....

- Improving the quality of life of young people and adults with a learning disability and/or autism who also display behaviour that challenges.
- Making sure as many people as possible (young people and adults) can live in their local community with the right level of support.
- Reducing the number of young people and adults who go into hospital.
- Making sure people only stay in hospital as long as they need to have treatment.

How are we doing this in Hertfordshire?

Since 2012 Hertfordshire has worked with people with a learning disability and / or autism, their families and people who provide services to Transform Care.

Together we have reduced the need for learning disability / rehabilitation inpatient beds and re-used the money for new services to help people live safely in the community.

We are working on new schemes to help make lives better for people with learning disabilities and / or autism.

Useful Links

For more information about the national plans for Transforming Care click here:

<https://www.england.nhs.uk/learningdisabilities/>

For more information about Hertfordshire's Transforming Care Programme and easy read plan click here:

www.hertfordshire.gov.uk/transformingcare

If you have any feedback about this newsletter or want to send a news item for the next edition please email joint.commissioning@hertfordshire.gov.uk



Transforming Care for Children and Young People

Transforming Care is not just for adults, it is for children and young people too.



In Hertfordshire we want children and young people to be able to live in their local community with or near their families.



We are working with children and young people and their parents and carers to help improve services for children and young people with autism or learning disabilities.



We want to make sure that we know who needs our support and how we can help them best.



In St Albans, we want to create a home for four young people aged 11 to 18 years who have autism and challenging behaviour and can no longer live at home.



For older young people who are going to college, we want to provide three flats offering supported living for young people over 19 with learning disabilities.

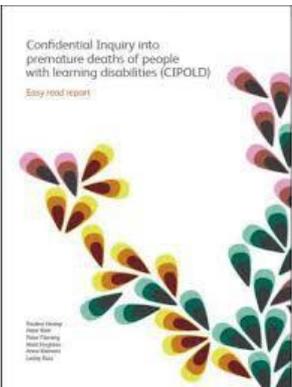


In the north of the county, we want to improve the provision of education for young people with profound and multiple learning disabilities. We will do this by developing specialist classrooms and facilities to allow them to get the most out of going to college.

Learning Disability Review of Mortality Programme (LeDeR)



This programme is about making care better for people with learning disabilities.



The national report from the Confidential Inquiry (CIPOLD) said that when someone with learning disabilities dies, we should check what happened.

The Inquiry compared the cause of death of people with learning disabilities to people without learning disabilities.

People with learning disabilities were three times more likely to die from causes that could have been avoided by good medical care.



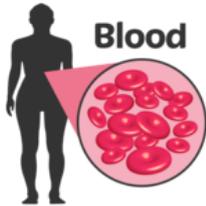
The LeDeR programme is run by Bristol University. It is supporting local areas to look at the deaths of all people with learning disabilities. People (reviewers) will check whether there was something that went wrong, so they can learn from this and stop it happening again.

The programme in Hertfordshire started in April 2017 and is reporting to Bristol University.

There are 14 trained reviewers with 8 more clinical or social care professionals waiting to attend further training sessions.

21 deaths have been reported since April.





Nationally analysis of data shows the 3 key causes of death are:

- Pneumonia – an infection in your lungs
- Aspirational pneumonia
- Sepsis – an infection in your blood

The frequency of pneumonia in Hertfordshire is similar amongst those deaths already reported nationally.

Work to look at how to reduce this condition amongst people with a learning disability is taking place through an 'Improving Health Outcomes Group'.

Anyone can report the death of someone with a learning disability.

To report a death please contact:

<https://www.bris.ac.uk/sps/leder/notification-system/>

or

Telephone 0300 777 4774



To find out more about the LeDeR programme click on this link:

<http://www.bristol.ac.uk/sps/leder/easy-read-information/>

STOMP – Stop the over medicating of people (with a learning disability)



In 2015 a report came out which showed that strong medicines called ‘antipsychotics’ and other medicines to treat mental illness were being used to treat some people with learning disabilities when they should not have been.

(Antipsychotics are the name for a lot of different kinds of medications that are used to treat some types of mental distress or disorder).

STOMP is about making sure people get:

- the right medicine if they need it.
- all the help they need in other ways as well.



It is about:

- encouraging people to have regular medication reviews
- supporting health professionals to involve people in decisions.
- showing how families and social care providers can be involved.

STOMP also aims to improve awareness of non-drug therapies and practical ways of supporting people whose behaviour is seen as challenging.



In Hertfordshire we have developed a process to support the reduction of medication of anti-depressants, anti-psychotics or lithium.



Working closely with the community learning disability nurses, GP practices are reviewing records of people who need a review and might be able to join the medication reduction programme.

Following an in-depth assessment and with the consent of the person, the first medication reduction process is in place.

A task and finish group continues to closely monitor the progress of the programme.

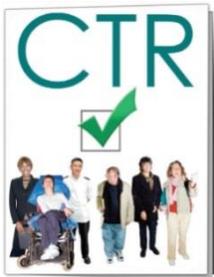


Click on this link to find out more about STOMP.

<https://www.england.nhs.uk/learning-disabilities/stomp/>

Care, Education and Treatment Reviews (CETRs) for children and young people and Care and Treatment Reviews (CTRs) for adults aim to stop people being admitted to specialist Learning Disability and Mental Health hospitals when they don't need to be there.

Since they have been in post, Hertfordshire's 2 CTR Managers have been developing this part of the Transforming Care Programme.



Children, young people and adults have regular care and treatment reviews to make sure that they are getting the right care in the right place.



These reviews help check if someone needs to go into hospital or if it would be better for them to have their care and treatment in the community.



They are also used in hospital to find out about a person's care and treatment and how this can be made better.

There is more information about CTRs and CETRs in the February 2017 Transforming Care Newsletter.

www.hertfordshire.gov.uk/transformingcare



Regular CTRs and CETRs are helping us to stop people going into hospital by offering them more community based treatment and other ways to manage their mental health and wellbeing.



CTRs and CETRs ask key questions and make recommendations for the best way for that person to be supported.



They are carried out by an independent panel of people. This includes an Expert by Experience, who is a person with a learning disability or autism or a family carer with lived experience of services.



The panel also includes

- A Clinical Expert who is qualified to work in healthcare and
- The Commissioner who pays for the person's care.

Fiona Swain, Hertfordshire TCP's Lead for Care and Treatment Reviews says:



"Since CTRs first started we found that there were people who were in hospital or living in the community who were very anxious about having a CTR.

A number of past CTRs highlighted the need for a more person centred approach.



Before each CTR, the person having a CTR is sent a 'Things you must know about me' form, which asks for information about them. It focuses on who they are as a person, their likes and dislikes.



They also receive a CTR panel document, which has pictures of everyone who will be on the panel. This is to put them at ease before they attend the review.



Both documents can be used for all CTRs, whether the person is in hospital, at risk of going into hospital or living in the community.



The team at Hertfordshire have also developed an easy read document about CTRs, which we are using to recruit new Experts by Experience.



Hertfordshire's good practice has been shared with other Clinical Commissioning Groups and we have taken part in a Health Education England e-learning programme.



You can find out more about the e-learning programme by clicking on these links.

Anyone can register for the e-learning programme.

<https://www.e-lfh.org.uk/programmes/care-and-treatment-reviews/>

<http://portal.e-lfh.org.uk/Component/Details/458594>



If you would like to find out more about care and treatment reviews in Hertfordshire or are interested in being an expert by experience please email:

Care&TreatmentReviews@hertfordshire.gov.uk or



NHS England has a CTR website. This is the link:

<https://www.england.nhs.uk/learning-disabilities/ctr/>

Have Your Say About Transforming Care



There is a national plan called **Building the Right Support** which is about the work that needs to happen to improve things for people.

A research team has been set up at Birmingham University to find out how well Transforming Care Partnerships are making changes to the way that people are being supported. They want to know what has been working well and what still needs to improve.



They would like people to complete a survey to say what they think. Anyone can complete the survey.

You can find out more about the survey by going to Hertfordshire's Transforming Care website or clicking on this link: <https://www.surveygizmo.eu/s3/90044772/FWTCPsurvey>



The closing date for the survey is **Friday 1st December 2017**.



If you have any questions about Transforming Care in Hertfordshire or if you would like to write about Transforming Care in one of our newsletters please contact

joint.commissioning@hertfordshire.gov.uk



Thank you to photosymbols for the pictures.