

Building the right support

A national plan to develop community services and close inpatient facilities for people with a learning disability and/or autism who display behaviour that challenges, including those with a mental health condition



Easy
Read

October 2015

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Some words are in **bold**. We explain what they mean the first time we use them or at the end of this booklet.

1. About this guide

The **Association of Directors of Adult Social Services (ADASS)** and **Local Government Association (LGA)** and **NHS England** wrote this guide.



The **Local Government Association** and **Association of Directors of Adult Social Services** helps local councils use government plans in their area.



NHS England works with other health and care organisations to look after the running of the NHS, including NHS services for people with a learning disability and/or autism.



This guide is about a national plan for changing services **in England**.



This means changing the way that people with behaviours that challenge services are supported.



This guide is about different people. Some people will have a learning disability. Some people will have autism. Some may also have a **mental health** problem.



Mental health means how you feel and how your feelings affect you.

A **mental health** problem is a problem with someone's mind. It makes it difficult to cope with feelings.



Challenging behaviour means people who may hurt themselves or others, and who may damage things (break windows or smash things up).



They may do this because they are unhappy about their service or support.

This is why we say ‘people who challenge services’.



People should be able to get support close to home. People should only go to hospital when they really need to.



Commissioners are in charge of buying the right services for people.

Commissioners will use this guide to plan and buy better services to make this happen.



You can read the full report and more about this work at [www.\(add link\)](#)



2. Why things need to change

More people should be supported to have good lives in the community.



Too many people are in special hospitals.



Many of these hospitals for people with a learning disability and/or autism have closed.



A TV programme about a hospital called Winterbourne View made everyone think about if enough hospitals had closed.



People were treated badly in Winterbourne View and things had to change.



The government said they would move everyone with a learning disability and/or autism out of hospital who should not be there.



Things have changed in many parts of the country. But some people still have to go into hospital to get the care they need.



The government's plan is to spend more money on people at home so hospitals can close.



3. The plan for change

What needs to change

People with a learning disability and/or autism have the same rights as everyone else to:



- Live where they choose.



- Get health support in the community.



- Get treatment near their home when they need it.



- Only stay in hospital for as long as you need to.



The government wants to support people in their homes and close some hospitals or treatment units.



They want to change things in 9 ways, we call **principles**.



These will make sure services are more person centred.



You can read more about them in the service model EasyRead.

www.(add link)



The 9 principles will help people say:

1 I have an interesting life that I enjoy.



2 My care and support is well planned.



3 I have choice and control about my care and support.



4 I live in the community with the support I need.



5

I have a choice about where I live and who I live with.



6

I get good care from health services.



7

I get help from experts in the community when I need it.



8

I get help to stay out of trouble with the police if I need it.



9

If I have to go into a hospital because my health needs cannot be met in the community, it is high-quality and I don't stay there longer than I need to.



4. What commissioners need to do

Commissioners need to do 3 things:



1. Move people out of hospital who should not be there.



2. Have the right services to support you where you live.



3. Stop you going into hospital unless you really need to.



By March 2019 the government wants to spend more money on services in the community and less money on hospitals for people with a learning disability and/or autism.



They can learn from the 6 **Fast Track** sites and use the ideas to change things in their local area.



Fast Track sites are making sure there are services in the community using £10 million of government money.



They are also looking to change the way hospitals look after people.

Calderstones Partnership **NHS**
NHS Foundation Trust



One of these hospitals is Calderstones Partnership NHS Foundation Trust.

People call this hospital Calderstones.

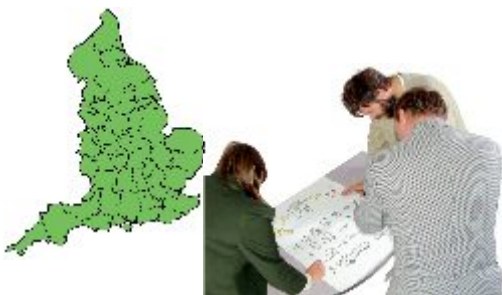


Some of the Fast Tracks are going to speak to local people and change the way Calderstones works.

Calderstones Partnership 
NHS Foundation Trust



We expect Calderstones services to move to the community or other hospitals, and the Calderstones site eventually will close.



Doing the work across England

There will be 49 **Transforming Care Partnerships** in England.



This means there will be groups of people made up of commissioners from the groups in charge of local services, these are called **CCGs**, local councils and NHS England working together.



This change means that commissioners and services need to get better at listening to people.



They will work with people with a learning disability and/or autism, their families, carers and all the different services to change care.



They will find new ways to plan and pay for services for people with a learning disability and/or autism.



Commissioners at the moment only buy services for a few people in their area.



If they work together they can plan services for more people.



This can help them to use money better and change things quicker.



They will:

- Look at what is happening now.



- Find out what is needed.



- Write a plan for the future.



- Agree how to make this happen.



- Make the changes.



- Check how things are going.



Checking if things have changed

Transforming Care Partnerships will check what is happening in their area.



They make sure that:

- The **quality of life** for people in hospital and community improves.



- The **quality of care** for people in hospital and community improves.



- The **support** in the community is better and that less people have to go into hospital.



NHS Quality Checkers will involve people with a learning disability and/or autism to ask people what they think about the services they use.



They will ask about things people with a learning disability and/or autism said were important to them.



Paying for the changes

The government wants **commissioners** to spend money differently to get better services.

They can do this by:



- Putting health and social care money together.
- Spending money on **community services** instead of hospital care.
- Using the money they save when they close special hospitals.



If you have been living in hospital for 5 years or more the NHS will give your local council money for your care to move you to a new home.



To help, the government will give local areas £30 million to change care.

April 2016						
Mon	Tue	Wed	Thurs	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



5. What happens next

Transforming Care Partnerships must write the plan for their area and start to make the changes by April 2016.

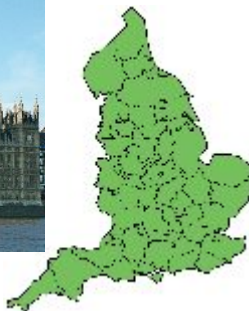
They must make the changes by March 2019.



People in different parts of the country will need different services.



Transforming Care Partnerships will work on the plan with people who use services, carers, local people and all the services that support them.



Each local area will have its own ideas. But they must follow the government's guide for what should be in the plan.

2018						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



We will look at how things are going by the end of 2018. The government will check what has happened and see if we should do even more.

6. What the words mean

Advocacy

Someone who speaks up for you or supports you to speak up for yourself.

Association of Directors of Adult Social Services

A charity made up of the people who run social services, they work to make social care better.

Care and Treatment Reviews (CTRs)

A way of planning that stops you being sent to hospital when you do not need to be. It also tries to make sure that, if you do go to hospital, it is for a short time.

CCGs

Clinical Commissioning Groups, the groups in charge of local health services.

Challenging behaviour

When you get angry or worried and do things that upset or hurt other people or yourself.

Commissioners

People who work for the NHS or local council and plan and buy services.

Fast Track sites

6 places in England that are trying out the government's ideas for better services for people with a learning disability or autism.

Clinical Commissioning Groups (CCGs)

Groups of local GPs who decide what health services people need in their area and plan and pay for them.

Health Action Plan

A personal plan about what you need to do to stay healthy. It says what you want to happen and any help or support you need.

Health Passport

A booklet you can take with you when you go to the doctor or hospital. It has information about your health and says how you want people to communicate and support you.

Mental health

How you feel and how your feelings affect you. A mental health problem is a problem with someone's mind. It makes it difficult to cope with feelings.

Personal budgets

A personal budget is money to pay for your care. You choose how you want to spend it to meet your assessed needs.

Principles

Important ideas to make services better that we are calling principles.

Transforming Care

The government's plan for better services for people with a learning disability or autism and challenging behaviour.

Transforming Care Partnerships

Commissioners from Clinical Commissioning groups (CCGs), local councils and NHS England working together. They will find new ways to plan and pay for services for people with a learning disability or autism and challenging behaviour.

Credits



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It has been user-checked by the **Making It Easier Group** of people with learning disabilities.



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