



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



# **A'thegither in Aberdeen**

## **Our Learning Disability Strategy**

# **Action Plan**

**2018-2021**



**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.

## **Actions 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. A Reference Group, comprised of people with Learning Disabilities, will also provide valuable insight when evaluating the success of each action point.



## 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?
Awareness Raising of Learning Disability in the wider community	Ongoing	More positive & welcoming experiences	All Stakeholders	-
Promotion & Facilitation of events & networks that have people with Learning Disabilities at the centre	Ongoing	People being actively involved	All Stakeholders	-
Scope & Trial a 'Travel Buddy'/transport scheme	Years 1-2	More people can independently travel	ACHSCP/Community Resources/Providers of Service/Individuals & Families	-
Promote Peer Support	Ongoing	People are aware of & actively involved in peer support	Existing Peer Support Groups/ACHSCP	-

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?
Mapping of Community Resources	Years 1-2	Information on resources will be widely available/accessed	Community Resources/Providers of Service	Awareness of centralised information platform
Provide information to organisations on funding/sustainability options	Years 1-2	Organisations will have sustainable business plans in place	ACHSCP/Third & Independent Sector bodies	-
Explore establishing local 'Stay Up Late' group	Year 2	Scoping will be completed	All interested stakeholders (including involvement of national 'Stay Up Late' group)	-



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?
Conduct mapping of ACHSCP provided/commissioned services/housing	Years 1-2	Mapping will be completed	ACHSCP/ACC Housing Services/ Providers of service/Housing Providers	-
Promote awareness of anticipatory/life planning	Ongoing	Awareness is raised	ACHSCP	-
Create a Housing Forum	Year 1	Forum will be in place	ACHSCP/ACC Housing Services/Housing Providers	-
Explore & expand use of Technology Enabled Care (TEC)	Ongoing	Awareness will be raised, and TEC will have greater usage	ACHSCP/Bon Accord Care/ACC Housing Services/ Providers of service/Housing Providers	-

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?
Explore ACHSCP signing up to the 'Charter for Involvement' & promotion of the charter to other organisations	Years 1-2	Increased knowledge of & 'sign ups' to the Charter	ACHSCP/National Involvement Network/Local Organisations already signed up to the Charter	-
Conduct an 'User Engagement Audit' to establish what engagement work is taking place locally & how feedback is being used to improve services/quality	Year 2	Audit will be completed	ACHSCP/ Providers of Service/Community Resources	-



## 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?
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	-
Provide training on creation of accessible information & effective communication	Year 2	Training will be available	ACHSCP	-
Explore alternative communication methods for information sharing (social stories, video etc.)	Ongoing	Areas where such methods can be utilised will be established	ACHSCP	-

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?
Review internal assessment & review documents to ensure they capture information on how services are promoting/utilising people's skills & abilities	Years 2-3	Review will be completed & documentation amended to best capture information	Learning Disability Service/Contracts Team	-
Promotion of Asset Based approaches in Learning Disabilities	Ongoing	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?
Establish a reference group for the Strategy Implementation	Year 1	Group will be established	ACHSCP/ Interested parties	-
Explore the 'Quality Checkers' model	Year 2	Scoping will be complete	ACHSCP/Care Inspectorate/ Providers of Service/Individuals	-

### 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?
Develop a 'Transitions Pathway' including tests of change	Years 1-2	Pathway will be developed & in operation/tests of change will be trialled	Transitions Sub-Group	-
Sign up to the 'Principles of Good Transition 3'	Year 1	ACHSCP will have signed up	Transitions Sub-Group	Approval from Integration Joint Board
Integrated working practices in the Adult Learning Disability Service will be enhanced	Ongoing	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?
Explore re-establishment of 'Healthy Hoose' Model	Year 2	Scoping will have taken place	ACHSCP	-
'Wellbeing' opportunities will be promoted (including exercise, eating, general health)	Ongoing	Greater awareness of opportunities to enhance wellbeing	All stakeholders	-
Roll Out of Health Passports will be explored	Year 2	Scoping will have taken place	ACHSCP	-
Explore reinstatement of General Practice registers of people with a Learning Disability (to support data collection & forecasting)	Years 1-2	Scoping will have taken place	ACHSCP	-
Promotion of Annual Health Checks	Ongoing	Numbers of health checks will increase	ACHSCP/Providers of Service	-
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?
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
Establish how people can be supported to attend/make best use of clinical appointments	Years 2-3	Less cancelled appointment; less appointment required as people can self-manage more effectively	ACHSCP	Understand current data/trends & experiences of appointments



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?
Ensure services provided are joined up & have good information resources to support people	Ongoing	Services are more co-ordinated/people are appropriately signposted/satisfaction rates	ACHSCP/ Community Resources/ Providers of Service	Organisations need to be aware of local information/resources available
Support Aberdeen City Council to embed the 'Keep Safe' approach	Ongoing	'Keep Safe' approach will be in operation & supporting people with Learning Disabilities	ACC/ACHSCP/ Community Planning Partners	-
Develop Training on mechanisms to support people with distress/anxiety	Year 2	Training will be developed and launched	ACHSCP/ Providers of Service/People with lived experience	-
Provide training for staff with a focus on Learning Disability and Mental Health/Anxiety	Years 2-3	Training will be provided to staff (internal in the first instance)	ACHSCP	-
Explore 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

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?
Conduct a Training Audit of Providers	Years 1-2	Audit will be complete & any gaps will be identified	ACHSCP/ Providers of Service	-
Create a 'knowledge hub' for sharing of trusted, condition specific information	Year 2	'hub' will be in use	ACHSCP	-
Scope viability of a pathway for 'complex care' including tests of change	Years 1-2	Scoping will be complete, and tests of change will be trialled	ACHSCP/NHS Grampian	-
Consider how Liaison Nurse Service can be further utilised/accessed	Years 1-2	Use of Service will be extended where possible/Awareness will be enhanced	ACHSCP/NHS Grampian/ Providers of Services	-
Scope future presenting needs & develop commissioning intentions	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	-