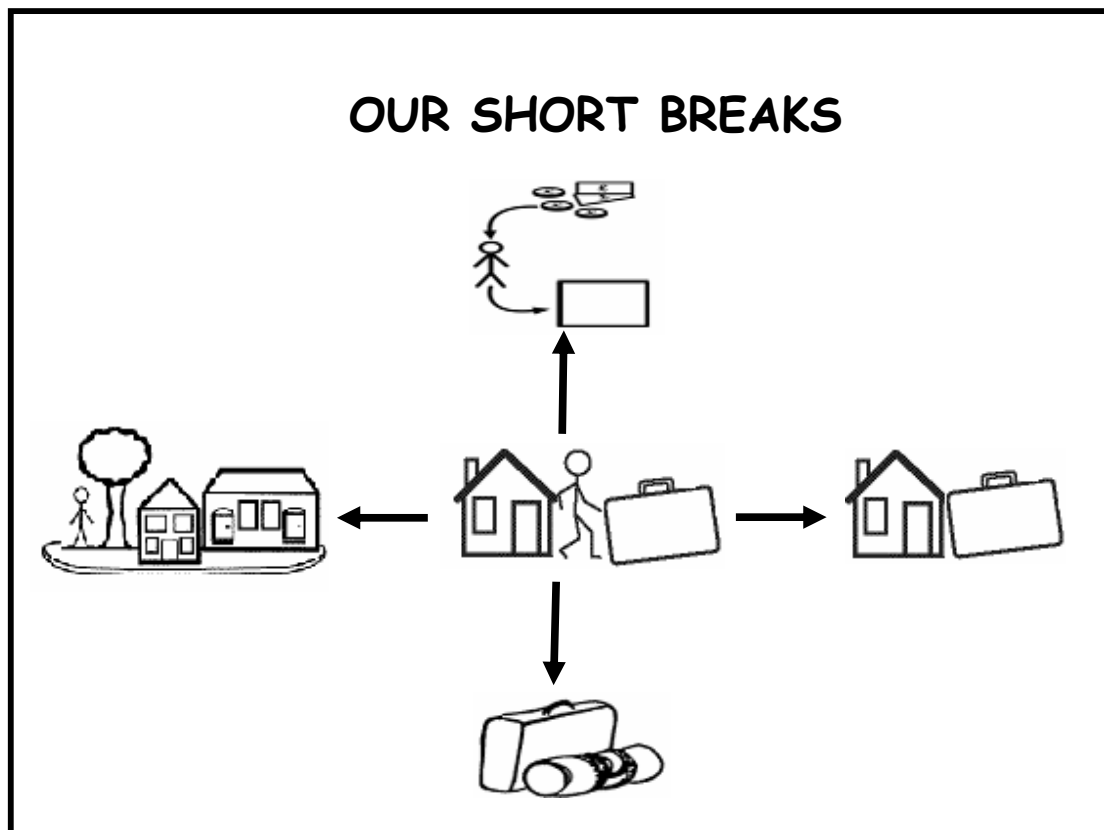


LEICESTERSHIRE, LEICESTER & RUTLAND CROSS AUTHORITY STRATEGY FOR SHORT BREAKS 2008 TO 2013



Version 5 March 2009

FORWARD

Leicestershire County Council, Leicester City Council and Rutland County Council have commissioned this Short Breaks Strategy for people with learning disabilities and their families/carers in response to Key Guidance Documents for Health and Social Services;

- Healthcare for All. Independent Inquiry into Access to Healthcare for People with Learning Disabilities. (29 July 2008)
- Valuing People Now (December 2008);
- Our Health Our Care Our Say (January 2006)
- Putting People First 2008
- National Carers Strategy. (June 2008)
- Services for people with learning disabilities and challenging behaviour or mental health needs (2007; Prof. Jim Mansell – The Mansell2 report)

In addition, this strategy is a response to the local vision to achieve quality short breaks for people with learning disabilities who have health and social care needs and their carers.

The driving force in our journey to make services better has been the Families/Carers and people with learning disabilities who have given us their views about the types of services that would best support them.

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**LEICESTERSHIRE, RUTLAND & LEICESTER CITY HEALTH & SOCIAL
CARE SERVICE FOR SHORT BREAKS FOR PEOPLE WITH LEARNING
DISABILITIES**

1. Introduction

- 1.1 This document sets out a strategy for the provision of local short breaks for people with learning disabilities and their families/carers. The strategy has been developed by the commissioners of short break services in the local area. This includes the three Local Authorities; Leicester City Council, Leicestershire County Council and Rutland County Council and the two local Primary Care Trusts (PCTs).
- 1.2 The strategy covers a five year period. Our intention is to work within national policy frame-works by linking them to local priorities and the availability of resources at a local level. The strategy takes account of the different needs that are found in the three local authority areas and the different types of service provision required to meet these.
- 1.3 At present, short break services are arranged in two main ways;
- Services that are directly provided by the councils or are commissioned from independent and third sector organisations
 - A NHS service that is provided by Leicestershire Partnership NHS Trust and is available to people with learning disabilities from all three local authority areas.
- 1.4 In recent years it has been recognised that the Councils and the NHS need to develop a more co-ordinated approach to meeting the health and social care needs of people using short breaks. Services need to be arranged in a way that ensures people's health and social care needs are met in the communities where they live.
- 1.5 In 2007, Commissioners in the Primary Care Trusts and Local Authorities in Leicester, Leicestershire and Rutland, together with the main NHS provider, the Leicestershire Partnership Trust, began to review current provision with a view to setting the strategic direction for the future of short break services in the sub regional area.
- 1.6 This strategy is informed by the reviews of services that have been carried out. It sets out the commissioning intentions for developing a responsive and accessible short break service, which provides choice and delivers positive outcomes for people with learning disabilities and their carers.

The strategy also sets out a framework for developing good quality services that provide value for money.

2. The Vision for Short Breaks across Social Care and Health

2.1 Social Care and Health agencies will work together to make sure there are good short breaks available for people with learning disabilities and their families/carers in Leicester, Leicestershire and Rutland.

2.2 Short breaks should be fun and enjoyable, support people with learning disabilities to be part of the community and provide opportunities to do new and different things. They should be easy to get, especially in an emergency, no matter what day or time it is.

2.3 There should be a range of different short breaks for people to choose what they want, when they want it.”

2.4 This means that;

- i) There will be a wide range of short break options and services that meet the existing as well as future health and social care needs of adults with learning disabilities as well as the identified needs of their parents/family carers.
- ii) There will be a joint Health and Social Care short break system, with a single point of access to it. Access to services will be available twenty four hours a day, seven days a week in case of an emergency.
- iii) The various short break services will be person-centred and designed around individual need.
- iv) People who require support for their health care needs should receive this wherever they are staying.
- v) Clear, accessible information about short break services will be easily available to any-one who needs it.
- vi) Short break services will meet the cultural and religious requirements of every-one who needs to use them.
- vii) Short breaks should be a positive experience for people with learning disabilities and their families. By offering a wide range of short break services the break will promote choice and control, social inclusion and increased independence for both the person with a learning disability and their family.

3. **Strategic links with key national and local plans and objectives across Leicestershire, Rutland and Leicester City**

3.1 The Short Break Strategy has been informed by a number of key plans and strategies;

- i) **“Putting People First”/Self-Directed Support.** The government is driving a system-wide transformation of social care, which will promote individualized flexible services, a shift to greater investment in prevention and re-ablement and the mainstreaming of self directed support. This will have a major impact on the way that all services, including short breaks, are commissioned and delivered. This has already started to happen, with an increasing number of people choosing to use individualized budgets and direct payments. The Local Authorities are in the process of producing a transformation plan that addresses these issues.
- ii) The re-design of specialist learning disability community health services. This will build on work that has taken place within Leicestershire Partnership NHS Trust to develop an outline strategy for specialist learning disability healthcare services, as part of the NHS Trust’s “2012 Vision” and the local contribution to the government’s **“Our NHS, Our Future” Next Stage Review**. It is anticipated that this work will establish new ways of providing health care supports to people, wherever they are staying. This will ensure that people can choose from the widest range of short break services that are available, regardless of their health care needs.
- iii) **Our Health, Our Care, Our Say’** directs organisations to provide better prevention services, earlier intervention and more support for people with long-term support needs and their family carers.
- iv) **Healthcare for All.** In response to the findings of the recent Independent Inquiry into access to health care for people with learning disabilities the Primary Care Trusts in Leicestershire, Rutland and Leicester are committed to improving access to health services for people with learning disabilities, including those needed to enable people make use of short breaks.
- v) **The National Carers Strategy and the Local Carers Strategy** for Leicester City, Leicestershire and Rutland. As part of the national strategy local councils are receiving a share of an extra £25m grant to develop services for carers in crisis or emergency situations.
- vi) The progressive development of **supported living strategies** to increase independence across Leicestershire, Leicester City and

Rutland. These strategies will potentially increase the range of accommodation and support services available to people with learning disabilities.

- vii) Linking strategies with **children's short breaks services**, to ensure that there is consistency in commissioning arrangements to provide short breaks for young people in transition, especially those with complex needs.
- viii) The needs of people who offer severe challenge to services and their Carers will have opportunities offered in line with the key principles outlined in Jim Mansell's revised **Mansell2** report

4. Areas for joint working between partners

- 4.1 The joint review of short break services has identified a number of key areas in which partners can work together to make the best use of resources and achieve added value for people with learning disabilities and carers;
 - i) Commissioning specialist learning disability health staff to provide a peripatetic service to support other services across the Counties and the City. The aim is to ensure that health needs can be met in the community where people live.
 - ii) Commissioning services that can respond to the needs of people with learning disabilities and carers in emergency or crisis situations. These services form an essential part of a holistic range of support services for family carers.
 - iii) Commissioning short breaks to meet the needs of people from Black and Minority Ethnic groups.

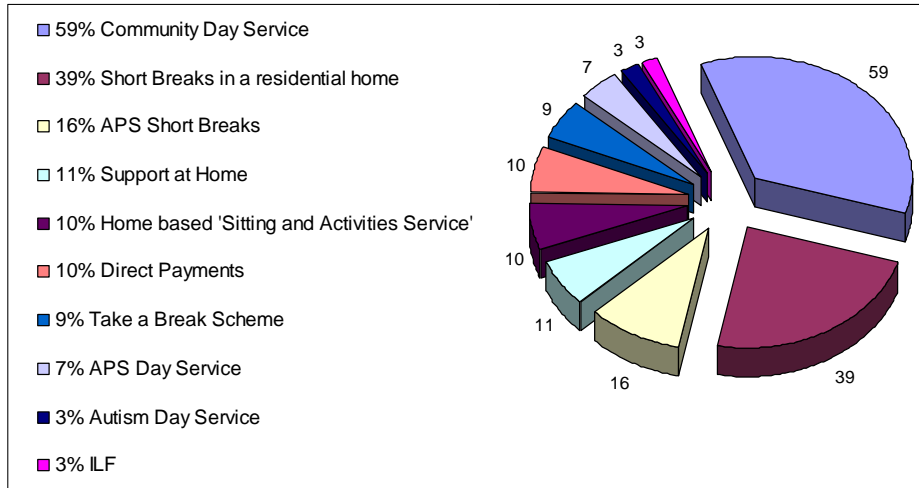
5. Eligibility for Short breaks for social care and health elements

- 5.1 At the moment there are different eligibility criteria for breaks that are arranged or provided by the local authorities and those that are provided by Leicestershire Partnership NHS Trust. The services are also different in as much as local authorities can ask service users to make a contribution towards the cost of their care, whereas the NHS does not.
- 5.2 As part of the development of a single point of access for all short breaks, and a service that meets both health and social care needs, clear eligibility criteria will be set out and the framework for asking for contributions from service users towards the cost of care will be also be made clear. People will be told about their eligibility for services as soon as an assessment of

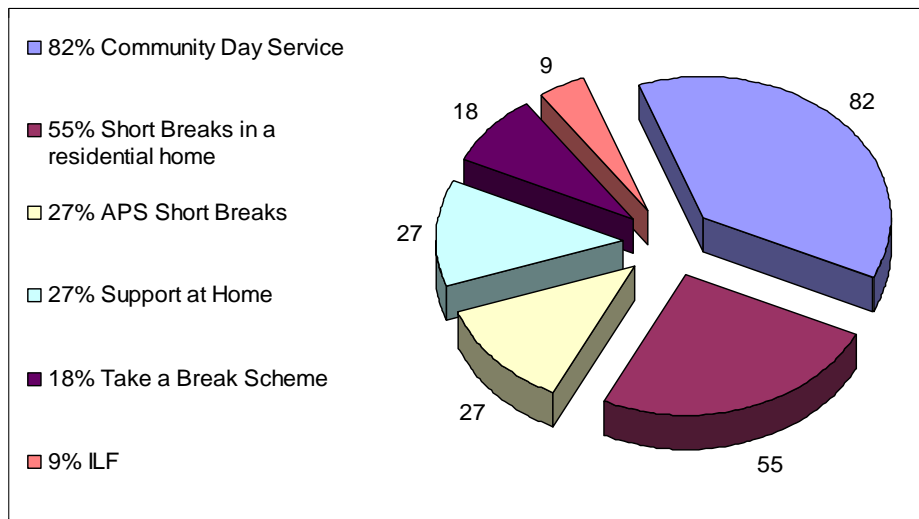
need has been carried out and will be informed quickly and clearly about what level of service they can expect.

6. Current provision

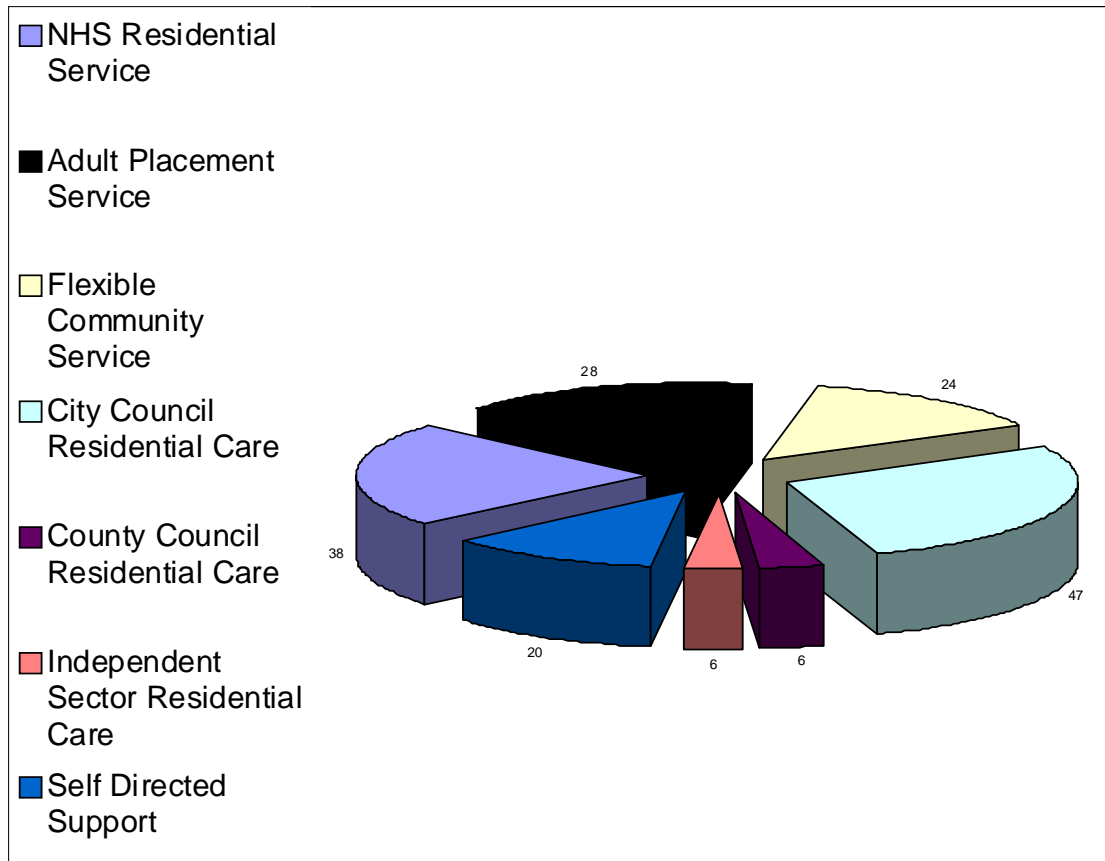
6.1 The chart below provides a breakdown of the services used by parent/family carers in Leicestershire



6.2 The chart below provides a breakdown of Short Breaks services used by BME parent/family carers in Leicestershire



6.3 A mapping exercise of current provision in Leicester City shows that around 170 people currently make use of short break services. This represents about a third of the people living with family carers. Short term break services are provided by different agencies, using different models. These are summarized below;



7. Future provision/models

7.1 In **Leicestershire and Rutland**, commissioners will look at models that connect up with other social care/health services, for example

- i) Consider day services and community care services as part of an integrated support or care package for short breaks.
- ii) Build the capacity of community services such as library services, swimming pools, gyms and clubs to open wider opportunities and supports for short social and leisure breaks
- iii) Review the Adult Placement Service to increase availability of the short break service provision

- iv) Develop specialist community health services that can support people with their health needs in whatever form of short term break service they choose to use.
- v) Maximize use of good alternative short breaks provision and work with LPT and people using services to review and reprovide for those using NHS building based short breaks
- vi) Develop cross boundary arrangements to ensure provision available in emergency situations whilst ensuring the needs of Counties populations are met.
- vii) Increase and promote the use of Direct payments and self directed support for people using services to maximize choice of options
- viii) Planning for meeting the needs of people coming through transitions

7.2 In **Leicester City**, commissioners will;

- i) Increase the capacity of the family based, adult placement service
- ii) Increase the capacity of the flexible, community based short break service
- iii) Re-provide the current local authority residential service
- iv) Develop a service that can provide a response in emergency situations.
- v) Increase the capacity of all short break services to meet the needs of Leicester's different communities.
- vi) Develop specialist community health services that can support people with their health needs in whatever form of short term break service they choose to use.
- vii) Re-provide the existing NHS buildings based services
- viii) Promote the use of Individual Budgets and Direct Payments and support people to develop creative new approaches to short breaks.

8. Trends in population need and investment resources

- 8.1 Based on information collected by the Leicestershire Learning Disability Register there are 3653 adults with moderate to profound learning disabilities living in Leicestershire and Rutland, and 1611 adults living in Leicester. Forecasts show that Leicestershire will see an increase in numbers of young people entering adult social care services over the next 5 years with an increase in people with complex needs.
- 8.2 In line with national trends Leicester City is seeing an increase in the number of younger people with complex needs and an increase in the number of people with learning disabilities who are living with family carers over the age of 65. The number of people from Leicester's Asian Communities also continues to grow and we know that this group of people is making less use of short break services than people from White British Communities.
- 8.3 These population trends mean that, in order to meet needs, the level of short break services that is available needs to increase. Although it is possible to use some of our existing resources more effectively in order to increase capacity (for example Adult Placement Services are more cost effective than residential services), the overall level of investment in short break services will need to increase.
- 8.4 The development of short break services that are not based on registered residential care will open up the possibility of making use of different funding sources, including the Independent Living Fund, Direct Payments and New Deal for Carers grants. Use of these funding sources can widen the options that are available and increase choice and control for families and individuals.

9. Performance management (quality and quantity)

- 9.1 Local Authorities performance in terms of the number of short break services being provided will be measured through performance indicators that are currently part of the Annual Self Assessment Survey.
- Indicator Number 2.1LD042 – Total number of adults with a learning disability who have had a planned short break within their care plan
 - Indicator Number 2.1LD043 – Total number of adults with a learning disability who have had a planned short break within their care plan per 1000 population aged 18-64.

- The above indicators will correspond to indicator number 2.1LD0444 which monitors number of adults having a short planned break who are also helped to live at home.
- All indicators relate to Performance Assessed Framework C30.

9.2 In addition to measuring performance in terms of the numbers of breaks provided, approaches will also be developed to gather information about the outcomes of services for people with learning disability and their carers, with a focus on ensuring that people get what they want to out of their short breaks.

10. Implementation and Evaluation of the Strategy

10.1 The key deliverable areas will be annually reviewed and the strategy will be evaluated to measure progress in terms of planned service developments and the extent to which services are leading to better outcomes for people with learning disabilities and carers. People using the service and our colleagues in the provider and commissioning sector will be able to contribute in the measuring of progress. The action plan(s) set out in appendix 1 illustrate the milestone and timescales for taking the plan forwards.

11. Equality Impact Assessment

11.1 An equality impact assessment will be carried out for this joint strategy; however, this strategy is informed by the equality impact assessment undertaken by Leicestershire in developing its plan which is informed by the mapping of current provision and the consultation with Carers and Service users that has contributed to the out line service models.

11.2 An additional assessment will be undertaken for the service once the strategy is implemented.