



STOCKPORT
METROPOLITAN BOROUGH COUNCIL

NHS

Pennine Care
NHS Foundation Trust

Stockport Learning Disability Strategy 2024 – 2029

Easy Read

Adult Social Care

Stockport



Ambitious Stockport, creating opportunities *for everyone*

Introduction

Who is supporting people in Stockport?

Gets me out of the house

Getting to where I need to be

Are the people who support me wise and kind?

Living a healthy life

Home, Family and Friends. Where I live.

Introduction

	<p>This is the Learning Disability Strategy.</p> <p>A Strategy is a plan of how we will all work together to make things better.</p> <p>This plan is for the years 2024 to 2029.</p>
 	<p>We have worked with:</p> <p>Speaking Out Group PossAbilities Making it Real Board Opportunities Together</p> <p>This helped us understand what is important to people with Learning Disabilities.</p> <p>Thank you to the people who have talked to us.</p>
	<p>We agreed:</p> <p>We want people with Learning Disabilities to be happier.</p>



We want people with Learning Disabilities to be healthier.

We want people with Learning Disabilities to do as much as they can for themselves.



We want people with Learning Disabilities to feel they belong.



There are five things we are going to work on with people with Learning Disabilities.



1) Gets me out of the house.

This is all the things someone does in their day.
It could be:

- going to work
- trying something new
- Going on holiday





- Going somewhere overnight for a short break (respite)



2) Getting to Where I need to be.

This is:

Using the bus

Walking or riding a bike

Getting a train

Using taxis



3) Are the people who support me “wise” and “kind”.

This is the people who support someone.

These people could be:

- Family and friends
- Support Workers
- Social workers
- Advocates
- Health workers



4) Living a healthy life

This is all the things people do to stay well and healthy.



This could be:

- Eating healthy food
- Doing sports or going to an exercise class
- Going to the Doctors for a health check. People with Learning Disabilities can do this every year.
- Making sure people have the things they need when in hospital.
- Making sure that there are not things that are stopping someone from being able to be healthy.

This might be if someone needs a quiet space at the doctors.

This might be sports centres having classes that have been changed so someone can join in.

5) Home, Family and Friends



Where someone lives

Who they live with



Whether they can have pets





How people can meet find love or friends.







How people can have sex safely.

Who is supporting people in Stockport?

 <p>A group of five healthcare professionals (three women and two men) standing together. They are holding a white sign that reads "Community Learning Disability Team".</p>	<p>The Community Learning Disability Team</p> <p>This team has:</p> <ul style="list-style-type: none">Social WorkersNursesPhysiotherapists and Physiotherapy AssistantsSpeech and Language TherapistsPsychologist and Psychology Assistant.
 <p>A blue NHS sign for Stepping Hill Hospital. The sign includes the NHS logo, "Stockport", and "Stepping Hill Hospital". Below the main text, it says "This is a big smoking sign".</p>	<p>Stepping Hill Hospital Safeguarding Team</p> <p>The safeguarding team make sure that people who need to go to hospital have the things they need.</p> <p>This could be:</p> <ul style="list-style-type: none">Going to see a doctor for an appointment and going home.Staying in hospital to get better.Going to A&E if something happens which means you need a doctors or nurses help quickly.
 <p>A woman in a black suit standing with her arms outstretched.</p>	<p>The Early Adulthood Team</p> <p>This is a team of social workers who support people who are turning 18 to think about what is next.</p>

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Gets me out of the house.

	<p>People told us:</p> <p>People told us that they wanted to go on holiday but had not always been told what they needed to do to make this happen.</p>
	<p>People also said they did not always know why they could not go.</p> <p>What are we going to do?</p> <p>We will help providers (paid people who support adults with Learning Disabilities) to meet.</p>
	<p>When they meet, they will talk about things that are important to people with Learning Disabilities like Holidays.</p>
	<p>This meeting will make things for us all to do, such as creating a guide on organising a holiday.</p> <p>This meeting is about what we can do to make something better.</p>



We will call this meeting the “Provider Forum”.

People told us.

They wanted to have paid jobs.

People told us they enjoy their volunteering jobs.

What are we going to do?

We will work with people and providers to create courses which will give them the skills they need to go into paid work.

People told us.


People also said they wanted to go out to work, meet friends and try something new outside of mornings and early afternoons.

What are we going to do?

We want everyone to be able to learn or try something new.

We are creating a new way to work with providers which will be easier for them to do creative things.

We want providers to be able to run courses and try new things that work for people.

	<p>We will call this the “Independence Opportunities Framework”.</p> <p>We will work with people with Learning Disabilities to think about how they would like to meet new people.</p>
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Getting to where I need to be.



People told us:

People told us that getting to where they need to be is difficult.

What are we going to do?

We will talk to people with Learning Disabilities to find out how they get to where they need to be.



We will ask people if they have any ideas of how to make things better.

We want people to get to where they are going doing as much for themselves as they can.



We will work together to build peoples confidence and skills so they can us busses or trains.

People told us.



People told us that taxis are expensive.



People who use wheelchairs told us that getting to where they need to be is difficult.

They said it was difficult because there are not many taxis that are wheelchair friendly.



What are we going to do?

We will create a guide to supporting people to be as independent as possible which taxi drivers can sign up to.

We will call this "Accessible Travel Charter".



People told us.

People told us that it can be difficult to go out with their friends if they are supported by a different provider.

What are we going to do?



We talk about this in our provider forum to help us make change so that people can go out with their friends who are supported by a different provider.

Are the people who support me wise and kind?



People told us:

That they are unable to always do what they want to because there are not enough support workers.

People told us that social workers only visited when something bad happens.



What are we going to do?

We want to build trust with people with Learning Disabilities so that they know who the social workers and their managers are.

We will work with people with Learning Disabilities to find out if they have any ideas on what would build trust.



We want to build on the “Making it Real” board. This is a meeting where people who have support from Adult Social Care can tell us what is good and what needs to be better.



People told us.

People told us that they wanted to know the person who was supporting them.

They told us that they sometimes had people who did not know them well and only visited them once or twice. These workers are called Agency workers

What are we going to do?





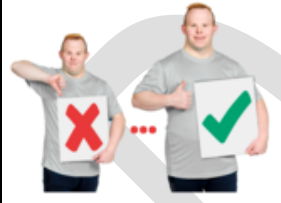

For providers to share what is working well for people with Learning Disabilities at the provider forum.

We want to help anyone working with people with learning disabilities to be kind.



To have a co-chair of the Learning Disability board who is a person with a Learning Disability.

Living a healthy life.

 	<p>People told us:</p> <p>That they wanted to go able to go to group exercise classes such as yoga, thai-chi</p> <p>What are we going to do?</p> <p>We have been working together with Life Leisure (Stockport leisure centre) to organise classes.</p> <p>We will also work with Life Leisure to help other classes be as disability friendly as possible.</p>
 	<p>People told us.</p> <p>That when they had needed to stay at Stepping Hill hospital to get better their experience had not been as good as they would have liked.</p> <p>What are we going to do?</p> <p>We will work with people to understand what would make things better when they need to come to Stepping Hill hospital.</p> <p>We will then use what people say to make a plan on how we can make things better.</p>



Stepping Hill hospital want to make it easier to visit the hospital when you are not poorly so that people with Learning Disabilities know what it might be like.

This will help people think about things they need when at hospital.



People told us:

That they are having their annual health checks.

People told us that they when they went to the doctors for their annual health check they had a good experience.

People also told us that sometimes this had not been as good as they would have liked.



What are we going to do?

We will continue to work with GPs to learn from what had gone well for people.



We will organise a meeting called the “Good Health Group” which will have people with Learning Disabilities, their carers and professionals.

This meeting will work on what can be done to make things better.



People told us:

People told us that they enjoy learning to cook.
People told us that the opportunities they had depended on who was supporting them to learn.



What are we going to do?

We want there to be better information about healthy lives for everyone.



We want as part of our “Independence Opportunities” groups and classes on cooking and living a healthy life.

Things we will do that people did not tell us about but we know is important.

LeDeR



When a person with Learning Disabilities dies their death is looked into.

This happens because we know that people with Learning Disabilities are not living as long as other people.



We want to change this.

When their death is looked into they check what went well and what could have been done better.

We want to then use what they find to make things better for everyone with a Learning Disability.

The people who look into these deaths are called "LeDeR". This stands for Learning from lives and deaths of people with a learning disability and autistic people.

Being in Hospital when you do not need to be



We know that being in hospital when you do not need to be is not good for people with Learning Disabilities.

What are we going to do?



We will all work together to review what things and places are available to people outside of hospital to stop them needing to go to hospital.



This will help us make sure the things a person needs is ready for them when they need it.

The things and places could be:

Where someone lives, their home.

The support they get at home or from other people like psychologist or nurses.

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Home, Family and Friends – Where I live.

	<p>People told us:</p> <p>That they wanted:</p> <p>A garden.</p> <p>A pet</p>
	<p>Having the internet.</p>
	<p>People also told us that they did not always know why they could not have a pet.</p>
	<p>What are we going to do?</p> <p>We will create a “Good Practice” guide on pets when people live in supported living.</p> <p>We agree that people should know why they are not allowed to have a pet.</p>
	<p>We will review our current homes for people with Learning Disabilities.</p> <p>We will listen to what people need and make a plan to make things better.</p>



We want to make sure that homes are ready for what people as they get older.

We want to support people to make plans for the future.



We will run events to help people make plans.



We know that some people like living with other people. We have families in Stockport who want to share their homes with people with Learning Disabilities.

We call this “shared lives”.

We want to increase the number of Shared Lives homes to give people more choice.

People told us.



People told us that that having a break was important to them.



People told us they wanted choice about how they had a break.

Sometimes people wanted to have a break overnight.

We used to call this “respite”, we will now call this “Overnight Short Breaks”.

What are we going to do?

We will look at the choices people have for a break.

We will then put a place in place to do more of the things that are good.

We will then put a plan in place to make sure we do more of the things that work well for people.

We want anywhere you stay overnight to feel like home.

We want the places people stay overnight to help people with Learning Disabilities learn new things.

This might be:

Learning to cook

Learning how to use a washing machine

How to use the bus.





People told us:

People told us that they wanted to meet new people.

People told us that they wanted to find a romantic partner.



People told us that it can be difficult to see a friend if they are supported by a different people.



We also know that sex is important to people with Learning Disabilities.

What are we going to do?



We want to support people to understand what is happening near them so that they are able to meet new people.



We will make a plan with people with Learning Disabilities about what they need to meet sexual and romantic partners.

Things we will do that people did not tell us about but we know is important.



Technology

We want people to do as much as they can for themselves. We want to make sure that people have everything they need to do this.

We want to make sure that people know about things that might mean that they can do more for themselves.



This might be:

Having an alexa/google speaker that reminds someone to take tablets or have a drink.

Having a ring door bell so someone can see who is at their door.



Using an app on your phone to help get to see friends.

We call this technology.

What are we going to do?



We will improve our technology offer to make sure that people with Learning Disabilities know about this.



Being a parent

We know that being a parent is important to some people with Learning Disabilities.

We know that this is an exciting time for people with Learning Disabilities.



They may be worried about telling people

They might be worried about getting support before and after baby is born.

What are we going to do?

We want to work together to make sure that people with Learning Disabilities get the right support to become parents.



We will make a plan with:

Stepping Hill Hospital

Community Learning Disability team

Childrens Social Care

Shared Lives

We will call this plan a “pathway”. The pathway will be a good practice guide.

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