

HIGHLAND

A guide to plans for learning disability services



For people who use services, carers
and the independent sector



INTRODUCTION



What is this book about?

You may have heard of **“The same as you?”** it was written by the Government. It said that people with learning disabilities should have the same opportunities in life as everyone else.

The Highland Council and NHS Highland have made plans with people who use services, with carers and independent advocates to make this happen locally.

This book tells you what steps are planned to improve opportunities for people with learning disabilities.

Our services are keen to make sure that everybody has an equal chance to take part in the world around them. This includes making sure everybody has equal access to the help described in this book.

We are also committed to speaking out when people are treated unfairly – and trying to do something about it!















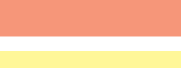

The services offered in this booklet aim to be sensitive to the different abilities, ideas and backgrounds of people – we believe having lots of different people makes for a better world.

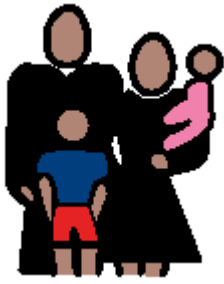
The next page in this book is an **index**.
This shows you where to find the information.





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SUPPORT FOR FAMILY CARERS

Many of us get much of the help we need as we are growing up and as an adult from our family. When someone in our family helps us day-to-day they are known as a carer.

Being a carer can be enjoyable. But sometimes it can be difficult, and carers often need help themselves.

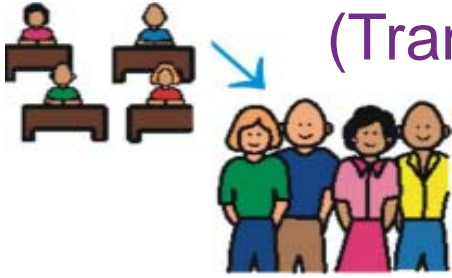
Plans are in place for all carers to receive a range of support for example, benefits advice, medical information, and advice on the caring role.

It is important that carers have some time for themselves and there will be more opportunities for short breaks.

Children's services also have plans for support for children and young people with a learning disability and their carers. These plans are called 'For Highland's Children 2'



LEAVING SCHOOL (Transitions)



Getting ready to leave school can be a difficult and confusing time.

Staff from both children and adult services have said that they will work together to make this change as easy as possible.

This means that teachers and other supporters will help you to decide, before you leave school, what you want to do.

There is also an information book called **“Its My Choice”** to help you decide what you want to do.



Planning for your future



“Having a plan lets you see where you want to go and its good. It’s about what I want, not a worker or family or anybody else. But will it happen?”

Kenneth





PLANNING FOR YOUR FUTURE

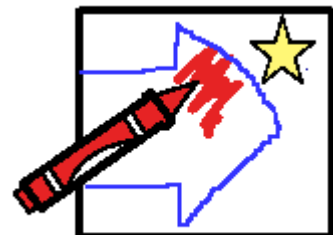
A **Personal Life Plan** is a way of working out what you need or would like in your life.

You say who you would like to be involved and they listen to you and help you make plans for your future.

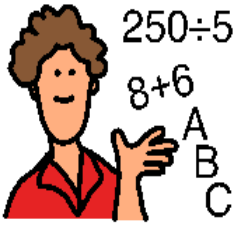
A 'What's Important to Me?' booklet, which records your likes, dislikes and future wishes will be used at your review meetings to make sure everyone works with you on what you want.

The opportunity to have a Personal Life Plan will be offered to everyone at the meeting held a year before you leave school.

Many different support providers are also helping to make these plans which mean that more people will have the opportunity of their own Personal Life Plan.



College



"I enjoy going to College. It gives me something to do and I can learn new things"

"I do computing and drama and photography. I like meeting up with my friends."

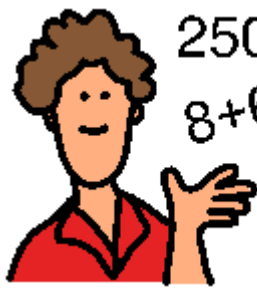
"It's good to get out. I don't like having nothing to do and I enjoy going to the College"

"I did life skills. It was good and now I do a part-time job at the College!"

"College is helping me get more skills like maths and communication. I get to meet more and different people and find out their views"

Billy, North Highland College, Wick





COLLEGE

You may want to go straight to college after leaving school and schools, colleges and Careers Scotland have said they will work together to help you organise this.



If you want help to go to college later in your life you can speak to your social worker, community nurse or staff at your resource centre.



If you don't live near a college you may be able to get help to study at home.



DAY SERVICES FOR ADULTS

Many of you will be going to Day Centres and other places for activities during the day.



Staff in Centres are working with supported employment workers to offer more work opportunities.

Staff are also working with others in the community to offer other opportunities such as art and drama.

We will continue to listen to you, for example at your review meetings, to what you want to do in the future.



Direct Payments



“ My name is Andrew and I would like to tell you about how Direct Payment has made my life much better and happier.



My family help me to look after the money I get. I use my Direct Payment for many things, such as choosing the people I want to give me support, paying for a Supporter to help me learn new things and going for holidays and short breaks. It is wonderful because I now have control of my life and freedom to make my own choices.

When I used to go to school I would have to be ready for the bus to arrive in the morning. Some mornings I did not feel well and I would miss the bus. But after I began to receive Direct Payment it was much easier for me – as when I was not well the person I employ to support me waits until I felt better then takes me to work.

I go to a farm and a garden centre for work experience. I enjoy this very much. I also work in a supermarket and go to college. I enjoy cooking and baking and I go to a person's house to help me with this.”

“I have some wonderful friends and Direct Payments has helped me to have a normal life. I feel valued.”

Andrew



DIRECT PAYMENTS

Many people get help to live their life; this can be help around the house like cooking, cleaning or washing; or help to get out to do things like shopping.

It has been usual for the Council to provide the staff to help with this.

However a Direct Payment is money you can get from the Council to employ who you want to give you this help.

A Direct Payment could give you more choice and control in your life.

You should ask a Social Worker for more information about a Direct Payment.



Work/Jobs



I go to work at the Burger King every Thursday and Saturday. My job coach helped me find the job and she helped me learn how to do it using drawings. She was working with me to see how I got on.

I am chuffed with my job; I get paid and get my payslips. I am stronger and more confident and I am a step up towards full time work.

Ian



I was brought up in the country so I wanted a job where I could enjoy the beautiful things in nature like butterflies and flowers.

It is very therapeutic for me to have this job, it keeps me active and I enjoy it very much. I sometimes show other people how to use tools and I have learned about health and safety. I have learned many new things and it is nice when I see the flowers and vegetables growing and I know that I had part of making it happen.

Emma, Floral Hall



WORK/JOBS



Lots of you said that you would like to get a job.

Before you leave school, your teacher or careers advisor will help you to decide if you would like to work, what kind of work you would like and what support you will need when you are working.



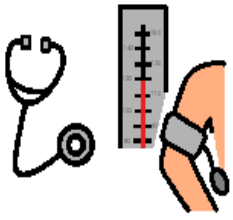
Plans will be made with you based on what is right for you.

The help you get to find work and when you are working is called **supported employment**.

Everyone involved in providing this help has agreed to work together to make more opportunities available for lots of different kinds of work.



Health and well being



"The doctor talks to me now and tells me anything I don't understand"

Ian

"We do staff training now and it's great. That wouldn't have happened 20 years ago, maybe not even 10 years ago!"

Kenneth

"I did a body image picture once and it was good – we talked about all the things that are good and healthy and the things that are bad!"

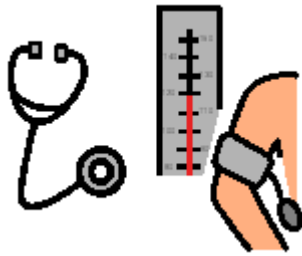
Elizabeth

"It's good to have things on video or something colourful and interesting to look at. I don't like reading."

Uisdean



HEALTH AND WELL BEING



There are many different parts to keeping healthy and happy: a good diet; exercise; staying free from illness and stress.



All of us need information about healthy living and we all occasionally need the help of nurses, doctors and other health staff.

Health promotion staff are working to make information about keeping healthy easier to understand for people with a learning disability.



Health staff will get training to provide the best help for somebody with a learning disability to stay healthy.

HOSPITAL CLOSURES



“The same as you?” said that a hospital should not be a person’s home.



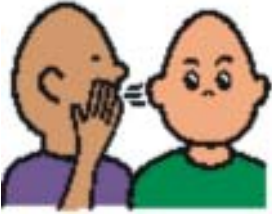
A plan is in place to help people move out of hospital into their own homes.

Families, patients and independent advocates (people who help patients to put forward their views) are all involved in making this plan.



Nobody in the Highland area will be living in hospital as their home after December 2007.

Independent Advocacy



It is very useful for me to have my own advocate. She has helped me to do many things and she is helping me to get my own house. She will be coming to a meeting about my Guardianship Order soon and she will stand up for what I want at this meeting.

"She will only tell people about the things we talk about if I want her to."

Kevin



INDEPENDENT ADVOCACY

At times you may find it difficult to say what you think about things or tell people what you want.

An **advocate** is a person who will help you to stand up for yourself and have your views heard. An **independent advocate** will put your views forward and will not be employed by any of the people who give you help.

All patients moving from hospital have an independent advocate. Their families also have independent advocacy if they want it. There is a plan that advocacy will be available for others including children and families.

David's story



David is twenty years old and lives in Inverness; he has Asperger's Syndrome.

David has a passion, a fascination, for the late King of Rock and Roll – Elvis Presley.

David also wanted to do something to help people. He wanted to raise money to help people with heart problems. David's dad had heart problems.



After going to an "Elvis Night" at a local pub, David came up with his big idea – an Elvis Tribute Show to raise money to build a heart unit. David got the help he needed to make it happen.

David said, "In April 2003 I performed at the Spectrum Centre where it was packed full. We had to close the door for late comers. The show was such a big success that we raised £199 for charity. After the show, I decided to do Elvis shows as a part time job and I am still involved in this."

"No matter what your dream may be, go for it. Dreams only come round once in a while....."

So grab that dream while you still can."

David



AUTISTIC SPECTRUM DISORDER (Autism)

Social Workers, Teachers, Nurses and others often give us help in our lives.

To give the best help they need to understand how autism affects people.

Helpers will be given training to understand autism better.

You, your family and helpers will be able to get more information about autism, what it means and how to get support.

People who have a good understanding of autism will train others such as teachers, social workers and careers workers to help you decide what you want to do when you leave school.

You will get help and support to, for example, find and keep a job or go to college.

Supported Living



“Now that I live in Invergordon and have my own home I am able to do the same things as everybody else.

I used to live in a residential home but this was in the countryside and I couldn't get out and about so easily.

Now I have my bike and I can go down the street whenever I want to.

I see lots of people I know when I am out and about in Invergordon.

I can invite people to visit me but I have my own front door key and can be by myself if I want to.

I have support when I need it from staff who visit me at agreed times.

“I choose who I prefer to support me and I know I can phone staff if I have any difficulties. I like my own home its great.”

Geoffrey



SUPPORTED LIVING

Supported Living means getting help to live in your own home; help with things like washing, cleaning and cooking.

Supported Living also means getting help to be part of your neighbourhood; help to go shopping; or to go to a café or a club.

People called Local Area Co-ordinators will work with you and staff to help to create more opportunities for you to have lots of friends and supporters nearby and to be part of your local community.



Older people



"If I was stuck in a chair all my days I might as well give up. Support workers know I enjoy being independent but also know I need more help now and that I need to take my time. It can take me a long time to do things now and I don't like to be rushed. Betsy (my walking frame) has become an important part of my life, that and knowing I can call a worker at anytime I need them. This has become very important as my health has got worse. I have seen a lot of changes in the 15 years I have lived here and they are all for the better, I also get a home help now which has been good. I don't want pity, but nobody can understand the pain I am in unless they have it themselves. This is the only thing I would change in my life. Oh! It would also be nice if I found it easier to get out and meet my friends but that gets more difficult."

Rona, key Housing



OLDER PEOPLE



As we get older our needs change and we need help with different tasks.

We will find out what kind of help older people need and train people to provide the right sort of help.



There will be more help for things such as, for example, getting up, washed and dressed so that you can stay in your own home for as long as possible.



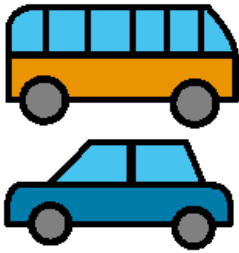
Transport



**"The bus passes mean
I can get out and
about a lot"**

Libby

TRANSPORT

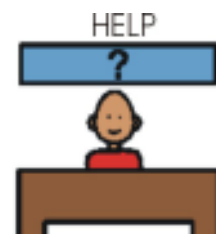


It can be difficult to get from one place to another. People who must use the bus or the train often wish it cost less and that there were more of them.



There will be more opportunities for people to use shared transport in their community and there will be more wheelchair accessible taxis throughout the Highlands.

Information about bus and train times will be made easier to understand and card schemes, such as the ENABLE Thistle Card Scheme or companion card will make public transport easier and cheaper to use.



Short Breaks



"I went to Glasgow because I was swimming in the Special Olympics. I went on the bus and in a taxi. I had my own room in the place we were staying, with my own key. I won three medals for swimming and was very happy. I got two gold medals and one silver medal. I also went to Celtic Park to see a band. I had a great time also at three discos".

David, Caberfeidh Centre



"I enjoy to go canoeing . The last time I went it was raining but it was still great and I had a wonderful time. Usually I have my lunch on the beach - my mum makes good sandwiches for me"

Simon, Caberfeidh Centre





SHORT BREAKS

A short break could be a holiday, a visit to a leisure centre or a club, or even a trip to the pub. It could also be a short stay in a care home.



Young people and adults will be given more choice about the short breaks they take.

More support staff will allow people to be supported to enjoy a range of different short breaks in the community.



Training



**"I do some staff training and it's really good. ..
That wouldn't have happened 20 years ago!"**

Kenneth

**"I never thought I would be doing talks to people and
telling them about myself. I never would have believed it!
It's great – it makes me feel good inside, actually!"**

Kenneth

**"People need to understand what is important to us, so if
telling our story helps, its good to get involved and do
something about it instead of just moaning".**

Clare

**"Speaking at events is good.
It makes me feel important.
It means we are being
listened to!"**

Beatrice





TRAINING

Social workers, support workers, nurses and doctors all work with people with learning disabilities.

We think to do this work well these people need to understand the difficulties people with learning disabilities face.

It is planned that people with learning disabilities and their carers will be more involved in training staff.

The training will be about understanding the range of needs of people with a learning disability. This could be about understanding health needs or how people are sometimes sad, unhappy and angry about the way they are treated.

People with a learning disability are currently being trained to give training to people such as staff in doctors' surgeries, reception or police.



CONCLUSION

We are keen to listen to people who use services and their carers – we want to involve people in shaping the help and support they receive.

Care Managers, Community Nurses and Planning and Review Officers should listen to your views about the help and support you get.

Other groups, such as those listed below, plan how help and support is organised and delivered. We greatly value the involvement of people who use services and their carers in these groups: -

Local Implementation Groups

Health and Happiness

People First

Highland Carers Forum

Joint Committee for Action on Community Care

