

The Keys to Life in South Ayrshire

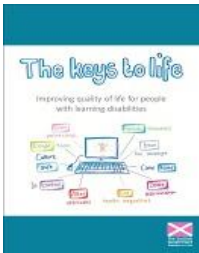
Adult Learning Disability Strategy 2013-2016

DRAFT

Easy Read Version



Introduction



The Scottish Government have made a new plan for people in Scotland with learning disabilities. It's called 'The Keys to Life'. It has lots of ideas to make lives of people with learning disabilities better.



In South Ayrshire, we are making our own local plan. This plan gives ideas on what we should be doing in our local area.



We have already spoken to lots of people to gather views, including local people with learning disabilities and their carers...but we want to hear what you think!



We want to help people with learning disabilities to be in control of their lives – and to have healthy and fulfilling lives.



The main things we want to focus on are:

- Making sure people have the best health and wellbeing possible
- Making sure people have their rights respected and are safe
- Helping people to be independent and make their own choices
- Making sure our communities are supportive
- Supporting families and carers.

Definitions and numbers

What is a learning disability?



A learning disability is a lifelong condition that means people may need support to:

- understand new information
- learn new skills
- cope independently



Everyone with a learning disability is an individual. Different people will have different areas of life that they need support with.

How many people have a learning disability in South Ayrshire?



About **670** people in South Ayrshire have learning disabilities.

Of the people known to the Council's Social Work services, slightly more are male (57%) than female (43%). And 10% are aged over 65 years.

Health and wellbeing



Research shows that people with learning disabilities have some of the poorest health of any group in Scotland.



We want people with learning disabilities to be healthier.

What will we do in South Ayrshire?



Support a wide range of local physical activities to support good health.



Tackle specific health priorities for local people with learning disabilities (including cancers, diabetes, mental health, dementia, gastro-oesophageal reflux disease (GORD)).



Promote healthy eating, oral health, mental wellbeing.

Give people control of the health and support services they receive (through 'Self-directed Support' which gives people a say in the support they get).

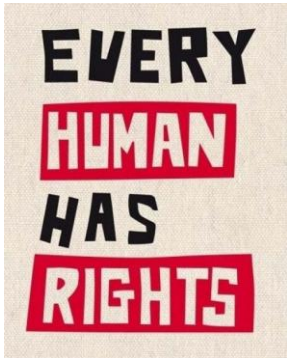


Make sure people with learning disabilities can access all health services (and make sure all health staff can fully support people with learning disabilities).



Improve communication between health services and people with learning disabilities.

Human rights, reducing stigma and harm



Human rights are the rights and freedoms that everyone should have. This means things like the right to life and the right to feel safe.

The human rights of people with learning disabilities are at the heart of this strategy.

What will we do in South Ayrshire?



Make sure all our policies and procedures promote the rights of people with learning disabilities.



Make sure that people with learning disabilities, their carers and the wider community are aware of human rights.

Support people to put their human rights into practice (through things like advocacy).



Make sure that support providers, carers and relevant agencies can recognise signs of harm – and are supported to respond appropriately.



Involve people with learning disabilities in planning of services.



Make sure people with learning disabilities are supported in their many roles – including as parents, carers and employees. This includes making sure that parents with learning disabilities have access to supported parenting services.



Make sure that people with learning disabilities are well supported when they are in contact with the criminal justice system (police, courts or prison services).

Supporting people to make their own life choices



Independent living is about people with learning disabilities having as much choice and control in their lives as other people.



It also means having the right help and support to take part in the local community.

We want South Ayrshire to be a place where people can live as independently as they choose.

What will we do in South Ayrshire?



Make sure that people are supported to achieve their own goals and ambitions.



Support activities that promote 'life skills' for independent living (things like cooking and dealing with money).

Deliver more accredited education and training for people with learning disabilities.



Make the best use of new technology to help people with learning disabilities to communicate with each other (and let service providers know what they think).



Encourage use of technology like telecare and telehealth to help people live independently at home.

Communities that are supportive and inclusive



We want our communities to be supportive places for people with learning disabilities. We want to see lots of opportunities for people in the local community. We also want people with learning disabilities to have access to the right type of housing - and to jobs and volunteering.

What will we do in South Ayrshire?



Develop more activities and support in the community - and make sure these are person-centred and of real value.



Increase knowledge of and access to opportunities in the community (through directories, websites and better 'signposting').



Involve people with learning disabilities and carers in designing and delivering activities and services.



Develop more volunteering and supported employment places for people with learning disabilities.



Promote the development of more supported housing for people with learning disabilities.



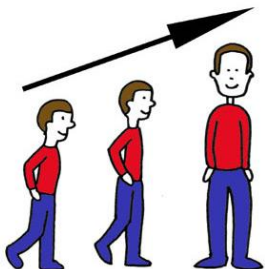
Make sure that all future housing development considers the needs of people with learning disabilities.



Support volunteer befriending for people with learning disabilities.



Make sure that people with profound and multiple learning disabilities are adequately supported in South Ayrshire – including making sure public places are accessible and Changing Places toilets are available.



Make sure that people are properly supported as they move from children's services to adult services.

Supporting families and carers



Large numbers of people in South Ayrshire are carers. They provide unpaid care and support to people with learning disabilities. Their value to our communities cannot be overstated.

We want to make sure that carers are fully supported - and have access to services and activities that support good health and wellbeing.



South Ayrshire has a separate 'Carers Strategy'. It sets out the main things that will be put in place to help unpaid carers over the next 5 years.

What will we do in South Ayrshire?



We will fully implement the South Ayrshire Carers Strategy, including the priorities stated here.



Make sure the needs of carers are properly understood – and the right support is put in place.



Make sure that carers have easier access to information, advice and support.

Carers are 'signposted' more easily to the right health and support services.



Make sure that the views and opinions of carers are listened to - and that services respond to the views of carers.



Work in partnership to increase the range of options for short breaks (respite).



Make sure that carers know their rights and are able to act on them.

Develop more dedicated advocacy services for carers.

If you need any more information, or would like to comment on the draft Adult Learning Disability Strategy for South Ayrshire, please contact:

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