

Valuing People: A Plan for the 21st Century

A guide to the Government's ideas on how to make services better for people with learning disabilities.



Introduction

This plan wants to change things for people with learning disabilities.

This means that you should have the same chances as anyone else to lead a full and interesting life and be respected.

The plan is based on 4 main ideas:

Having Legal and Civil Rights

People with learning disabilities are citizens too.

Supporting Independence

People with learning disabilities can move on and be independent.

Having More Choice

People with learning disabilities have been saying for a long time that you can speak up for yourselves.

Being Included

People with learning disabilities can live as good a life as anyone else.



What's inside

1

Control over your own life

- Advocacy
- Direct Payments
- Individual plans
- Being involved in decisions
- Information

3

Support for parents and carers

- Working with carers
- Older carers
- Carers from Ethnic minorities
- Excluding people

5

Good Health

7

Choosing where and how you live

- Advice and help

this booklet?

9 Living a full life

- Work
- College
- Relationships
- Leisure
- Transport
- Social security
- Protecting People

13 Working Together

- Partnership Boards

Control over your own life

- You should have as much **choice and control** as possible over your own life and over the services and support you receive.
- You should be able to choose support in your local area.

Independent Advocacy

- Independent advocacy is very important. It should be available to everyone who needs it.
- We support all kinds of advocacy including citizen's and self advocacy.

Direct Payments

This is when you receive money to choose and pay for the support you need.

- It will be easier to get direct payments.
- If you meet the rules and ask for a direct payment, **Social Services must help you.**
- **Advocates** will help this happen.

Being involved in Individual Plans

- You told us that services should be based on **your** wishes and ideas. Planning should start with **you**.
- Services will start to use a **person centred planning approach**.
- There will be **training** to help everyone do it properly.

Being involved in decisions

- People with learning disabilities will take part in all decisions about services that make a difference to you.
- This starts from having your own plan right through to having a say about Government policy.
- Organisations and services will also include people with learning disabilities in making decisions.

Information and communication

- There will be more information that is easy to understand.
- There will also be more equipment to help people communicate.
- People who need special equipment will be able to get it.
- Information will be made available in **different languages**.

finding the right health service

Having trouble hearing?

- 1 There are **lots** of reasons why your hearing might get worse. It could be because of:
 - wax or water** in your ear
 - an infection**
 - getting older.**
- 2 Go to your doctor if:
 - your ears **hurt**
 - if there is **wax** in your ears
 - if you **cannot hear** what people say
- 3 Your doctor may give you medicine for an **infection** in your ears. They may ask you to go for a **hearing test**. You might need to wear a **hearing aid** or have an operation to help you hear.



Find out more

 Greenwich **NHS** Primary Care Trust

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phone 020 8855 6644
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It's my health. Talk to me.



Sometimes your doctor may talk to your carer or parent and not you.

Say: "It's my health so please tell me what I need to know."

Find out more:

 Greenwich **NHS** Primary Care Trust

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Support for parents and carers

- Parents and carers are important.
- Family carers will get more support if you still live at home.

Needs and services

- Family carers can get an **assessment** of their needs.
- Families will be able to get advice from local services and there will be a single point of contact.
- Agencies will make short-term breaks better.
- The **health needs** of carers will also be looked at.



Working with carers

- All services and agencies should be working together with carers. They should not see carers as problems.
- Carers will be able to look at how these changes are working.

Older carers

- Lots of family carers are getting older and this can cause worry to some people.
- There should be a person centred plan for when **you** want something different or if your carer cannot look after you any longer.

Carers from minority ethnic communities

- Not enough has been done about **language and culture**.
- Carers from minority ethnic communities must have **their** needs met.
- We expect agencies and services to work well with people from minority ethnic communities.
- We will make sure we find out more about what you need.

Excluding people from services

- If a person with learning disabilities has a problem with their behaviour, it would be wrong to say that they cannot use services.
- This is especially true if this means you are then stuck at home without help.
- Other, more suitable services should be arranged.

Good Health

- Everyone with a learning disability should be on a **GP list** and have a Health Action Plan if they want one.
- There will be support from a **health facilitator** if you want it. Their job is to support you to look after your health.
- People from **minority ethnic communities** must also be able to get equal health care. Your cultural needs should also be met.



- People should be seen as a **whole person**.
- There should be more help with diets, being overweight and getting enough exercise.
- We need to make sure **carers** know enough about **healthy ways of living**.
- You should have the option of a **healthy diet** when using services.
- You should have good information about health care issues.
- You should be able to get support about **leading a healthy life** and having your health needs met.

- You will have your own **Personal Health Action Plan**. You will be able to keep this yourself, so you have these important details with you, if you move.
- Consent to treatment will be made clearer to people with learning disabilities.
- Hospital staff should be trained to talk to you in a good way when you go into hospital.



Choosing where and how you live

- You should have more choice and control over where and how you live.

There should be lots of different housing choices, like:

- Living with your family
- Supported living
- Ordinary housing
- Becoming a tenant (renting your home)
- Owning your own home

It is important that housing authorities work with other services to give you these choices.



Advice and help with housing

- You should be able to get **good advice** about choices.
- Information should be **easy to understand**.
- Your local housing service will help you get housing.



Living a full life

You should have a **real choice** over how you spend your day. This might be in education, training, leisure or work.



Work

We want to support as many people as possible in all sorts of work. This is so you can make the most of your talents and potential.

College

- Colleges will work with day services to make things better.
- You will be able to get the right support to make good choices and to be successful in education and training.

Relationships

Some people with learning disabilities are lonely. There will be help to join in your local community and make friends.



This might be:

- doing paid or voluntary work
- joining local clubs
- taking part in local activities
- having a relationship with friends or a partner
- marrying
- voting
- living with people you choose.

People with learning disabilities have the same rights to all these things as everyone else. They may also need extra support with sex education and contraception.

Leisure

- Leisure is important. It will be a big part of **Person Centred Planning**.
- **Your** views about leisure need to be heard when the Council is planning services.



Transport

- You may want to travel by yourself when possible.
- Transport staff need to make sure they help.
- There are other plans that will help with transport such as better training for bus drivers.



Social security benefits

- Many people with learning disabilities get their income from benefits. **The system is complicated** and many people find it difficult to use.
- There will be better advice and support to help you to find out about benefits.



Protecting people

- The government is doing more to protect people from abuse.
- There will be advice to help you use the legal system (laws) to get the support you need.

Working together

Learning Disability Partnership Boards

- We believe that everyone should be working together. This is because many people need several different services, not just one.
- **Partnership Boards** will make sure services offer choices and develop plans for staff and training.

The Board will look after all services in Greenwich which affect **you**.

It's made up of:

- people with learning disabilities
- carers
- people from local services and independent groups.

It aims to make sure that local services:

- meet **your** needs
- are easy for you to use and offer you choice.
- meet your **cultural needs**. This means that they are for everybody - whatever your religion, culture or language.
- work well together and have enough places for people
- provide information in ways that are easy to use.
- make sure **young people** with learning disabilities can move easily from children's to adults' services - like leaving school and going to college or work.
- support **parents and carers** including parents with a learning disability.



The Board will have links with:

- the Health Improvement Programme
- plans for children and young people
- the Local Strategic Partnership and other groups

It will

- help health services work with people with learning disabilities.
- develop a work programme and action plan.
- To find out more, please contact

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What words mean

Advocacy	Speaking up for yourself
Benefits	The money the government or council gives you each week
Carer	A person who helps look after you.
Direct Payments	The money you receive to arrange services for yourself.
Employment	A job - work that you get paid for
Excluding	Not letting you do something or be part of something - like a class or day service
Keyworker	A person who is paid to help look after your services
Minority Ethnic Communities	Groups of people with their own language and culture
Partnership Boards	A local group who meets and is made up of people who provide services, people with learning disabilities and carers
Person Centred Planning	A way of planning which helps you to look at all of your needs and plan services to meet these.
Service	Support and help that you receive such as day centres and housing support
Tenant	Renting your home from a landlord, housing association or the council
White Paper	This report says how the government plan to make sure people with a learning disability have a better life.

Useful Phone Numbers



Benefits Enquiry Line	0800 882200
Community Learning Disabilities Team	8921 4860
Friends in Greenwich	8853 5283
Greenwich Citizen Advocacy	8293 3720
Greenwich College	8488 4800
Greenwich Council	8854 8888
Greenwich Mencap	8305 2245
London Transport	7941 4500

Valuing People: A New Strategy for Learning Disability

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making information easy Tel: 020 88 55 66 44



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**Greenwich
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