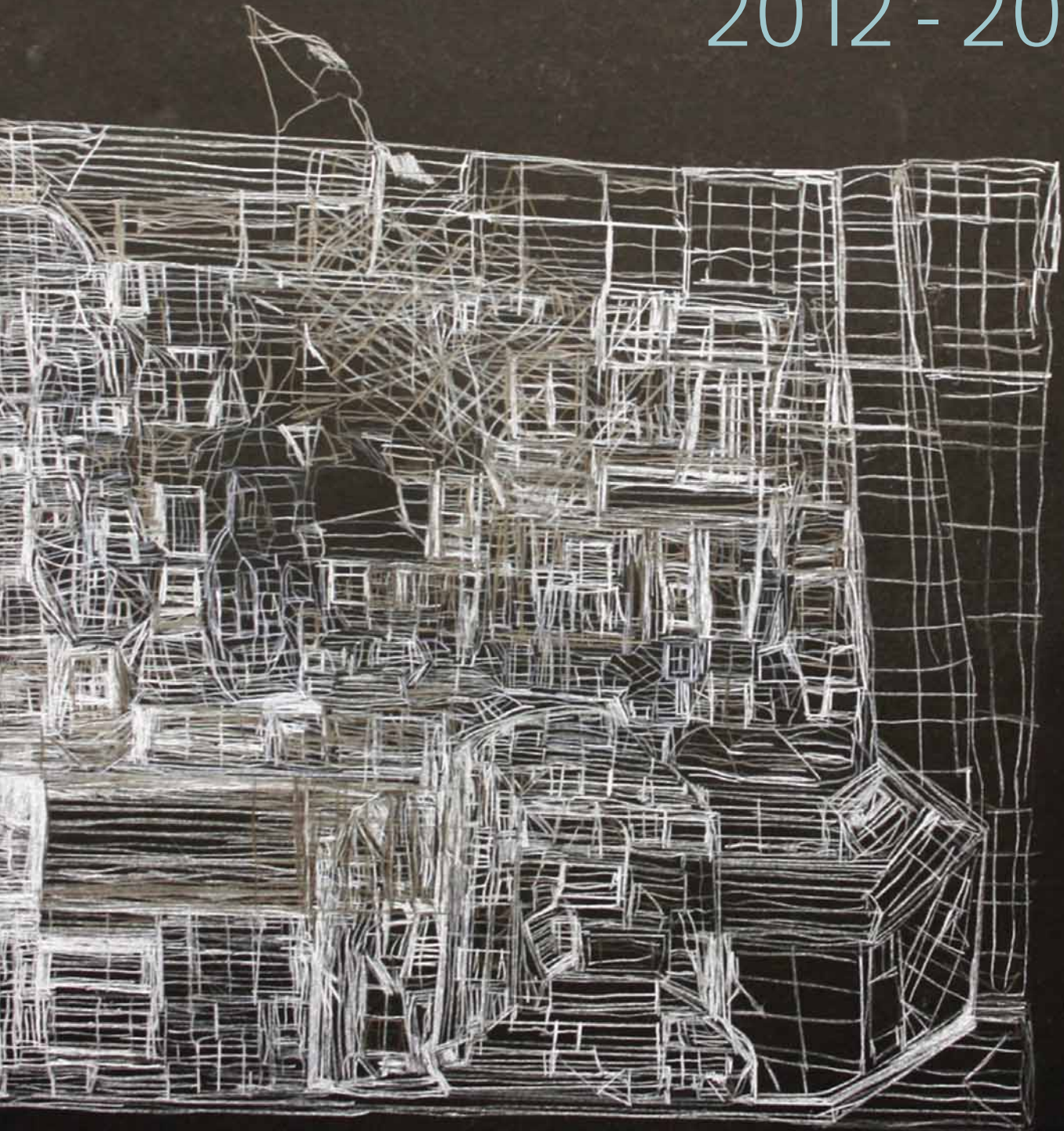


# One size fits one: A Learning Disability Strategy for Darlington

2012 - 2015



# The Council and the National Health Service in Darlington are writing a plan to say how they will spend their money to support children, young people and adults with a learning disability

This is the first time there has been a plan in Darlington that looks at children and adults together.

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People with a learning disability should be given the support they need to have the same chances in life as people who are not disabled.

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Most people with a learning disability get the support they need from their family and friends.

However some people need some extra help. This plan is about getting that extra help.

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The plan is that money should be spent on making sure things happen rather than saying how much should be spent on certain things.

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For example the plan says that more people with a learning disability should have a paid job.

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Over the past 10 years many children, young people, adults and their families feel their lives are getting better, however there is still a long way to go.

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Between them the Council and the National Health Service spend about £12 million a year on specialist support for children, young people and adults with a learning disability and their carers.

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The Council and National Health Service want to make sure they use their money in the best way for children, young people and adults with a learning disability which is why this plan has been written.

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The plan includes ideas that were thought up by children and young people in Darlington and by the Learning Disability Partnership Board.

These ideas are:



- **People with a learning disability will have as much choice and control over the health and social care support they receive as possible.**



Things we might do to make this happen include:

- Making sure everyone who wants one can have a personal budget
- Make sure people can buy the support they need locally
- Make sure that most people are offered support close to where they live.

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- **Young people with a learning disability will be supported to move into adulthood (transitions)**



Things we might do to make this happen include:

- Everyone leaving school who wants one will have a person centred plan
- Change how the Council support young people in transition by joining up children and adult services
- More people will leave school and get a job.

- **Professionals and carers will work together to ensure carers can continue to support the person they care for, while also having a life beyond their caring role.**

Things we might do to make this happen include:

- Carers will play a part in reviews and person centred planning
- Carers will play a part in developing services
- Carers will be given the support they need to keep healthy.



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- **More people with a learning disability in Darlington will have a paid job**

Things we might do to make this happen include:

- More people will get a paid job
- People will have the information and advice they need to get a job
- People will know how they can get a job if that's what they want to do.



- **People with a learning disability in Darlington will be supported to keep physically and emotionally healthy.**

Things we might do to make this happen include:

- Make sure people can get an annual health check
- Health and social services will work closer together
- Make sure that people have access to the local programmes to improve health and wellbeing.



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- **People with a learning disability will have some choice about where and with who they live**

Things we might do to make this happen include:

- The Council will work with people to understand what sort of housing people need in the future
- People will have more choice about the types of places they can live in, including extra care and their own property
- Fewer people will live in residential care



- **People with a learning disability are living their lives in their own community making use of universal services to meet their health and social care needs**



Things we might do to make this happen include:

- People have access to the transport they need to “have a life”
- People who run services in the community will know how they can support people with a learning disability use their services.
- Make sure that people who have different needs due to their age, sexuality, culture or belief are also met.

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- **People will experience the health and social care support they receive as joined up and seamless**



Things we might do to make this happen include:

- Health and social care will be more joined up
- There will be better partnership working
- Services will be checked to make sure they do what they are expected to.

- **The Council and National Health Service will work together to make sure that any local resources are used well and offer value for money**

Things we might do to make this happen include:

- Review the services that the Council currently provides
- Review the services the Council buys from other providers
- Look at different ways of providers and people working together for example using an Individual Service Fund.



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- **People with a learning disability will be seen as equal citizens and be supported to lead a fulfilling life**

Things we might do to make this happen include:

- Support people to live in ordinary streets in their own communities
- Make sure good advocacy and support is available
- People will have most of their needs met through their own support and not only that which is provided by Health or Social Care.





- **Work is done with people at an early stage to stop problems from happening or getting worse (early intervention and prevention)**

Things we might do to make this happen include:

- People will be supported to get a job
- Most people will get support when they need it for the rest of their life unless they need it
- More people will be using the latest gadgets to keep independent and safe



The best way of making sure that people get the support they need is through working in partnership.

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The Strategy will make sure that those people with Autism get the support they need.

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The Council and the National Health Service spend more than £12 million a year on supporting people with a learning disability.

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There are real pressures on the budget and it is likely that over the next few years there will be less to spend, this strategy will look at the best ways to spend the money.

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To deliver the support that people want will mean that the workforce will need new skills and training to make sure they can do a great job.

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Those people who need support to keep safe will be given the assistance they need.



# What happens next?

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The Council and the National Health Service will write some plans that say how these outcomes will be met. Some of the outcomes identified will be met through other plans that are being written. For example plans to keep people safe will be met through any community safety plans. The Council and National Health Service will make sure that children, young people and adults with a learning disability and their family and carers are involved in the development of these plans.



If you want a full copy of the strategy you can find it at:

**[www.darlington.gov.uk](http://www.darlington.gov.uk)**

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# An inclusive approach

**Urdu** اگر آپ کو یہ کتابچہ انگریزی کے علاوہ کسی دوسری زبان میں درکار ہو تو برائے مہربانی انگریزی نمبر 01325 388017 پر فون کر کے حوالہ نمبر بتائیے۔

**Punjabi** ਜੇ ਇਹ ਪਰਚਾ ਤੁਹਾਨੂੰ ਅੰਗਰੇਜ਼ੀ ਤੋਂ ਬਿਨਾਂ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੀਦਾ ਹੈ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਨੰਬਰ 01325 388017 ਤੇ ਫੋਨ ਕਰੋ ਅਤੇ ਹੈਫਰੈੱਸ (ਹਵਾਲਾ) ਨੰਬਰ ਦੱਸੋ।

**Hindi** यदि आप यह प्रकाशन अंग्रेज़ी के अलावा अन्य भाषा में चाहते हैं तो कृपया संदर्भ नम्बर (रेफरन्स नम्बर) बताकर निम्नलिखित 01325 388017 पर संपर्क करें।

**Cantonese** 如果你需要其它語言的版本, 請與以下電話聯係並報出參考號碼: 01325 388017

**Bengali** যদি আপনার ইংরেজী ছাড়া অন্য কোন ভাষায় এই প্রকাশনাটির দরকার থাকে, তাহলে নম্বরে ফোন করুন এবং সূত্র নম্বর উল্লেখ করুন। 01325 388017

**Arabic** إذا رغبتم الحصول على هذه النشرة بلغة أخرى غير اللغة الإنجليزية نرجو الاتصال بنا على رقم الهاتف التالي: 01325 388017. مع ذكر رقم الإشارة.

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**Learning Disability Strategy**

2012 - 2015 - Easy Read - Draft



**NHS**  
County Durham and Darlington