

A good, happy & healthy life

Adults with learning disabilities in Brighton & Hove



“Being independent means enjoying your life, going out to work, going out on your own”

NHS

**Brighton and Hove
Clinical Commissioning Group**



**Brighton & Hove
City Council**

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Being My Own Person



1. I have a place I can call home
2. I can work and learn
3. I can get out and about and travel

4. I can try new things & go to new places

5. I get good information and advice

Feeling a part of things



1. I can see my friends and family when I want

4. I can use all the services in my City

2. I can choose to have a relationship

3. I feel part of my community

5. I am involved in decisions that affect me



My Choices, My Decisions



1. I am able to make decisions

2. I feel listened to & treated with respect

3. I am in control of my money

4. I can plan for my future

5. I can choose how I am supported

Healthy & Happy



1. I know how to make healthy choices

2. I can be fit and active

3. I can have fun

4. I get good health care

5. I can get good mental health care if I need it

How will we make this happen?

Equal access to housing that meets people's needs
 Access to technology and equipment that promotes independence
 Access to employment opportunities
 Access to learning opportunities
 Opportunities for independent travel
 Access to good information and advice
 Support for people with social care needs to be as independent as possible
 Support for vulnerable people to feel safe

Support people to live locally
 Involve families in decision making
 Good support to family carers
 Opportunities for making and keeping friendships
 Support and advice for people with relationships and parenting
 Promote equal access to all services
 Work in partnership to improve community safety
 Include the views of people with learning disabilities in decision-making at every level

All services understand the Mental Capacity Act
 Respect people's right to privacy and confidentiality
 Put people at the centre of assessments & support plans
 Make sure social care services provide good quality and reliable support
 Make sure all social care services are good value
 Make sure there are fair and open processes for allocating resources
 Offer a Personal Budget to all people with social care needs
 Plan with people as their health and social care needs change

Provide good information to support people to understand their health needs & make informed choices
 Promote equal access to leisure services and community activities
 Equal access to all health and mental health services
 Support equal access to health care with specialist learning disability support where needed
 Training to support staff & families to understand and respond to health and mental health needs
 Ensure services respond to people's changing health needs

How will we know it is working?

People tell us they are happy with their living situation
 More people have their own tenancy
 More people are in voluntary work and employment
 People have opportunities to learn new skills
 People can access community services
 People have opportunities to try new things
 People tell us they can get good information and advice
 People tell us they feel safe
 People feel confident reporting concerns

Fewer people live in out of area services
 People and family carers tell us they are involved and satisfied with services
 People tell us they have the friends and relationships they want
 Evidence that people are involved in community based activities
 The needs of people with learning disabilities are included in all plans and strategies that affect their lives
 There are a range of ways for people with learning disabilities and family carers to affect decision-making
 Increased uptake of carers assessments

All health and social care services comply with the Mental Capacity Act
 100% of health and social care services have accessible complaints processes
 100% of social care services complete annual service user surveys
 100% of people with social care needs have a Personal Budget
 There is a plan for transition for all young people with social care needs from age 16
 People can access independent advocacy when they need it
 People tell us they have control over their daily life
 100% of Support Plans clearly involve people
 100% of social care services involve people in recruitment

Data shows that people are accessing disease prevention, health screening, and health promotion
 More people take part in physical activity
 Every eligible person with a learning disability can have an annual health check
 More people are a healthy weight
 People report high levels of health, well-being and quality of life
 People report they are engaged in activities they enjoy
 Evidence of reasonable adjustments in health and mental health services
 100% of learning disability social care providers are signed up to the Health Charter

www.brighton-hove.gov.uk/mental-wellbeing

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