2018 to 2021

Being Me

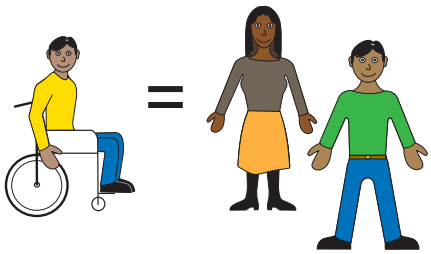


Leeds Learning Disability Partnership Board Strategy



Working together to make Leeds the best city to live in for people with learning disabilities

By 2030 Leeds will be fair, open and welcoming



Leeds will be a place where everyone has an equal chance to live their life successfully and realise their potential.



Leeds will be a healthy and caring city for all ages where…people are suppported by high quality services to live full, active and independent lives (Vision for Leeds 2011 to 2030).



This strategy was co-designed by people with learning disabilities

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Welcome from the Co-Chairs of the Learning Disability Partnership Board

Being Me

As the co-chairs of the Leeds Learning Disability Partnership Board, we are delighted to introduce our updated **'Being Me'** strategy.



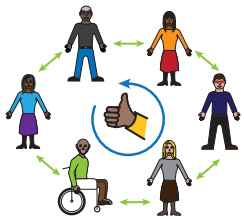
Rotating Co-Chairs
from People's Parliament

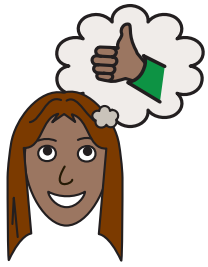


Councillor
Adam Ogilvie







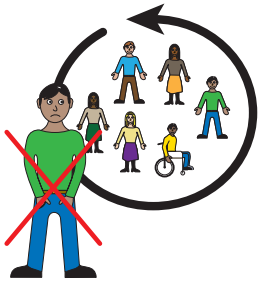


This strategy is an exciting plan for Leeds and must lead to real changes for people with learning disabilities. It must be challenging but achievable with the money we have available.

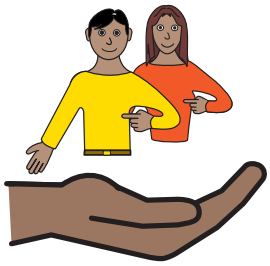
We are particularly proud of this strategy because everything in it has come directly from people with learning disabilities and their families.

It will help coordinate all the hard work done by different organisations in Leeds and build upon all the great work that already goes on in Leeds.

Our strategy encourages everyone to think about what's strong (not what's wrong). This means that we focus on what people can do, not what they can't do and support them to link in with their communities and neighbourhoods.



We need to make sure our strategy includes everyone and no one is left out.



Some people with learning disabilities have extra health and support needs so the strategy must work for these people too:

- People who have severe or multiple disabilities
- People who may have challenging behaviours
- People who may need extra support with things other than their learning disability such as autism or their mental health.

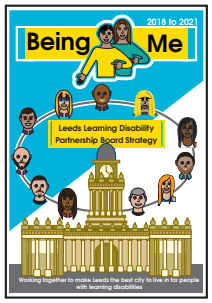


The strategy also recognises that people with learning disabilities are all different (just like everybody else), they may have a different:

- ethnicity
- religion
- gender identity
- sexuality



We recognise the important role that families and carers play in supporting people with learning disabilities and we are confident that this strategy will make a positive difference to their lives too. Leeds also has its own Carers Partnership who will be working on a new Carers Strategy for Leeds in 2019.



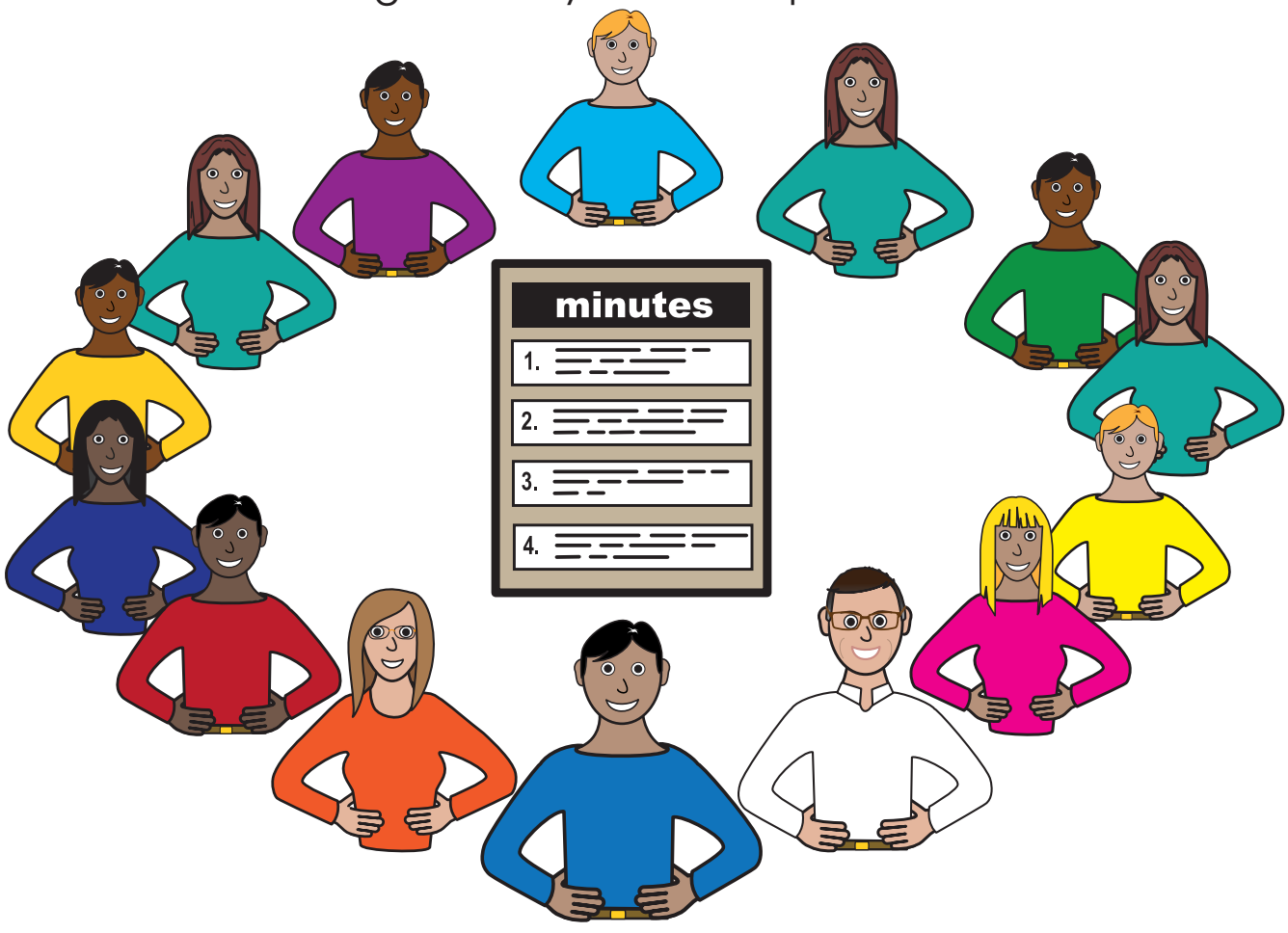


There is only one version of this strategy. It is important that everyone is able to work from the same document and is involved in everything that we do.

The most difficult words in the strategy are <u>underlined.</u>

You can look up what they mean at the back.

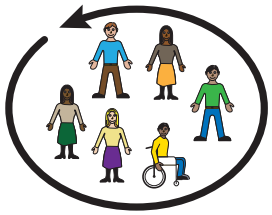
We would like to thank everybody who made this strategy possible; people with learning disabilities, their families, advocates, voluntary sector partners and all the other members of the Leeds Learning Disability Partnership Board.

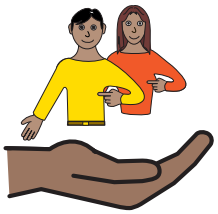


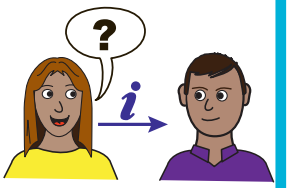
Together, we are the Leeds Learning Disability Partnership Board!



Our big goal is for Leeds to be the best city to live in for people with learning disabilities.







The main jobs of the Learning Disability Partnership Board are

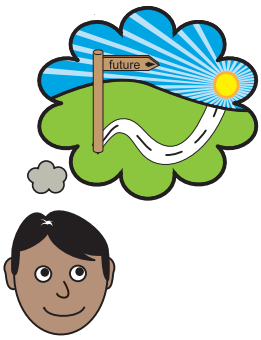
- to make sure that people with learning disabilities are involved in making decisions which affect their lives
- to check that people have the right services and that good quality support is in place
- to share information about the different things happening in Leeds



The Learning Disability Partnership Board is made up of many people like:

- people with learning disabilities
- family carers
- voluntary sector partners
- Leeds City Council
- NHS

What is the Being Me strategy?

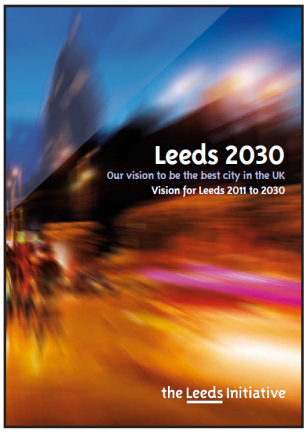


This strategy is our big plan for Leeds for the next 3 years. It builds on all the achievements of our last Being Me strategy and all that has already been achieved by people with learning disabilities, family carers and staff across the Council, NHS and voluntary sector partners.

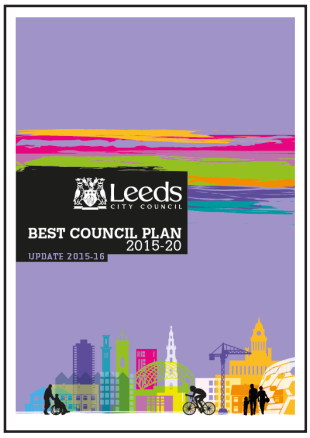
Our strategy doesn't talk about everything we do. It focuses on what we think are the most important things to do to improve the lives of people with learning disabilities in Leeds.

This strategy links in with some important strategies in Leeds:

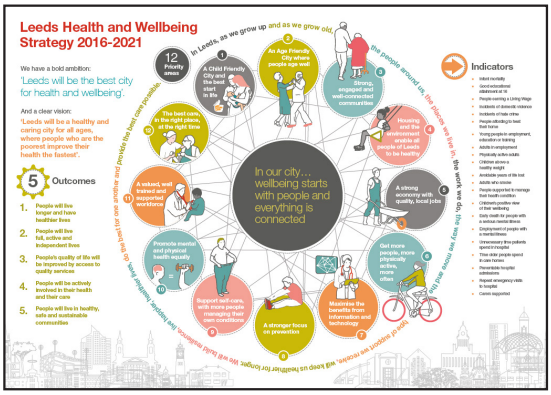
Vision for Leeds
(2011 to 2030)



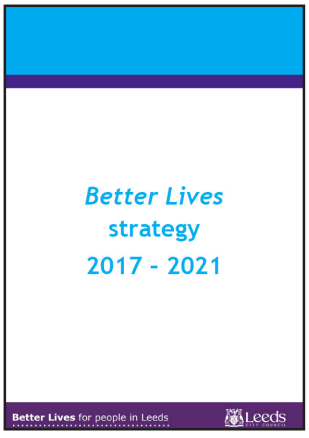
Best Council Plan
(2015 to 2020)



Leeds Health & Wellbeing Strategy
(2016 to 2021)



Better Lives Strategy
(2017 to 2021)



What is the Being Me strategy?

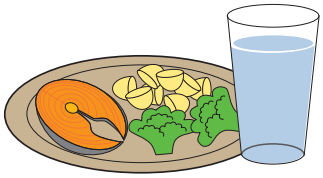


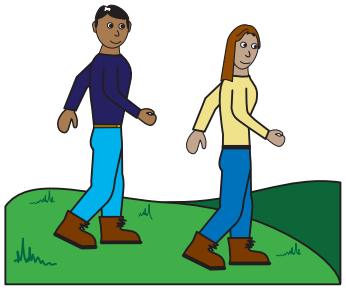
There are 3 themes that people with learning disabilities said are very important to them:

being well

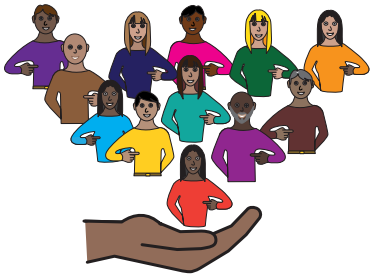




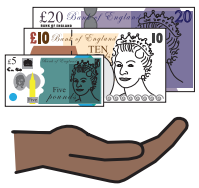




being safe







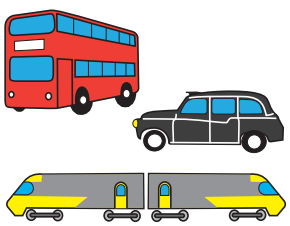


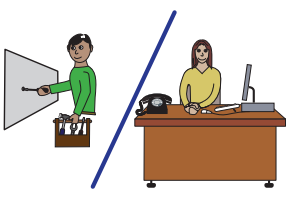
being conected

social travel employment

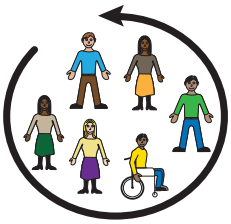








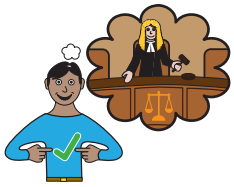
Important principles



- I am an equal citizen of Leeds



- I am an individual and should be treated as an individual



- I have the right to make choices and live my life the way I choose



- I have up to date information that is easy to understand and helps me make choices



- I am as independent as possible

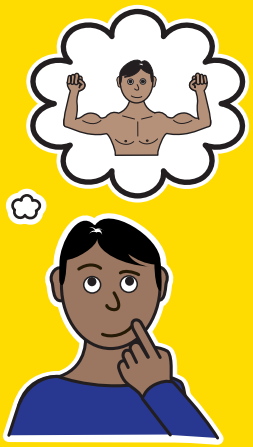


- I am part of a strong community



- I have strengths and I am supported to use them
- I receive good support when I need it

Important principles



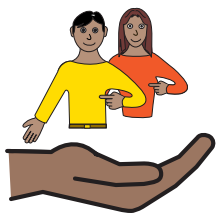
What's strong (not what's wrong!)

All of our principles use a strengths-based approach. This is a new way of thinking and working to support people.





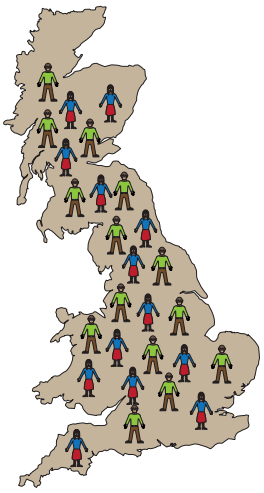




It is about:

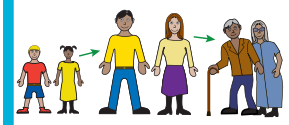
- looking at what people can do, not what they can't do
- linking people in with their local communities and neighbourhoods
- helping people to take control of their lives
- supporting people to be the best they can be

What we know

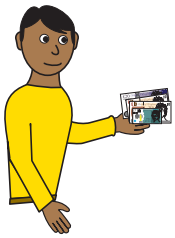


There are about 1.4 million people with learning disabilities in the United Kingdom.

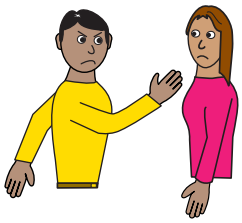
Here are some facts about what life is like for them:



- People with learning disabilities do not live as long people as people who don't have a learning disability and lots of these early deaths could be prevented. (NHS Digital, 2017)



- 65 of every 100 people with learning disabilities would like a paid job, but only 6 have one. (NHS Digital, 2016)



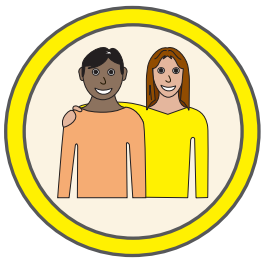
- Over 7 in 10 people with learning disabilities have experienced some kind of hate crime in the United Kingdom. (Dimensions UK Autism and Learning Disability hate crime survey, 2016)

Achievements

We have worked very hard over the last 3 years on our last Being Me strategy



Here are some of our biggest achievements:



Safe Places

We have signed up over 200 places to become Safe Places including hospitals, chemists, shops and banks. We also have a new Safe Places mobile phone app.



Good Lives Leaders

There are now 17 people with learning disabilities and family carers who visit people living in nursing, supported living and residential services to check that people with learning disabilities have a good life there. So far, the Good Lives Leaders have visited over 80 services and 24 providers.



Independent Travel Training

The Independent Travel Training scheme for adults has been running for over 2 years. Between 2016 and 2017, 41 adults with learning disabilities were successfully trained. People with learning disabilities can also receive travel training from some of our voluntary sector providers.

Achievements

We have worked very hard over the last 3 years on our last Being Me strategy


Get me? Get Me Better!

NHS

Hospital Passport

My name is.....

I like to be called.....

I am an individual, please think about any **reasonable adjustments** that are needed to support me. The information in this document will help you to know all about me.

Please keep this document in the end of bed folder with the Get Me Better magnet and any other appropriate magnets displayed.

There is more information about me in the nursing and medical files. I may also have further information like an 'All About My Health' or similar document.
There is also useful information provided in the pack with the hospital passport which might be useful during my stay.

Hospital Passports

Lots of people with learning disabilities have filled out a hospital passport. In accommodation services, 94% of people with learning disabilities filled out their hospital passport in 2017.



The Being Me Project

In 2017, adult social care started Stage 1 of the Being Me Project which focuses on people's strengths. The project looks at how to better support people with learning disabilities who are new referrals, moving into adulthood or are in crisis.

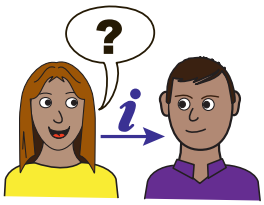




Priorities







I am supported to have good health

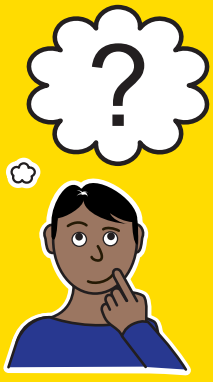
- I am able to exercise regularly and I have choice about the activities I do to keep fit
- I have the right support and information I need to eat healthily

I am supported to access the right services to keep me healthy

- I receive a good quality annual health check and health action plan
- I attend the right national screening programmes
- I know about cancer and how to check myself
- I am confident visiting health services like the doctors, chemist, dentist, optician and podiatrist when I need to

I have good communication with health experts and I receive reasonable adjustments when I need them

- I am always listened to
- the information they give me is easy for me to understand



What are reasonable adjustments?
Reasonable adjustments are changes that have been made to a service so that people with learning disabilities can use them like anyone else. This may mean having a longer appointment time, easy to understand information or other changes that mean services are easier to use.

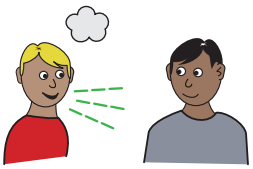
How will we do this?



Health Promotion

We will have more information available around staying healthy that is easy to understand. We will explore how new technology can help us with this.





More Support for Providers

We will make sure that Adults and Health and voluntary sector providers have the information they need to support people with learning disabilities stay healthy. We want providers to:

- sign up to the Health Charter
- know how to support people to access different screening programmes and know about cancer and how to check themselves



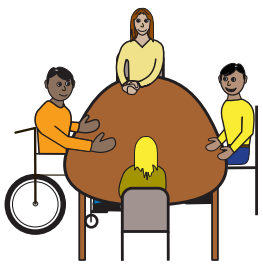
What is the Health Charter?

This is a paper made by Public Health England that social care staff can sign up to. By signing up, social care providers promise to do things to support people with learning disabilities to be as healthy as possible.



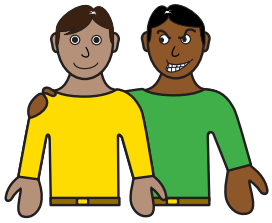
Signposting

We will make sure that more people with learning disabilities know about the different health services available to them.

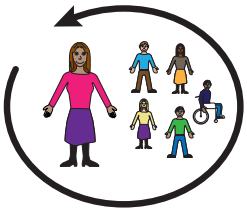


Reviewing Health Services

More people with learning disabilities and their families will be involved in saying if a health service is doing well and where they need to improve to better support people with learning disabilities.







I am protected against all forms of **hate and mate crime**

I know what to do if I feel unsafe, especially:

- in the evening
- on public transport
- online

I am more involved in checking if the different services I use are good enough and saying how to make them better, they include:

- residential services
- day services
- community groups and voluntary sector providers

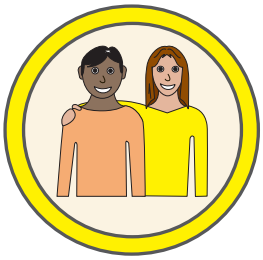


How will we do this?



Good Lives Leaders

We will expand the successful Good Lives Leaders scheme so that more residential and day services are checked by people with learning disabilities and their families.



Safe Places

We will promote the Safe Places scheme and support people to use the Safe Places app.
We will sign up more places to be Safe Places especially places open in the evening.



Personal Safety Training

We will continue to make more personal safety training available to people with learning disabilities.

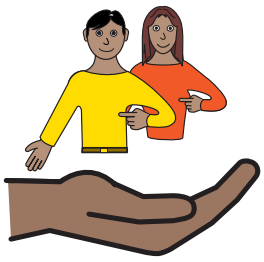
The training will include things like:

- how to deal with hate and mate crime
- staying safe on public transport
- staying safe on the internet
- staying safe when meeting people
- being in safe relationships
- keeping your money safe
- how to report a crime

being conected

Social Priorities

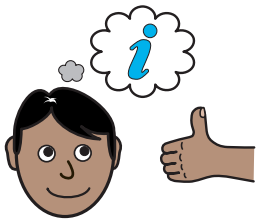




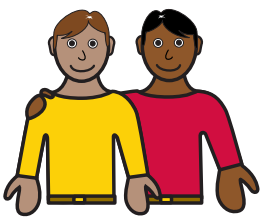
I receive good support



I have an active social life which includes the evenings and weekends



I have the information I need to get involved in the activities on offer in Leeds

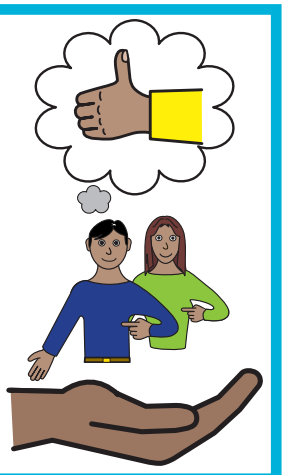


I am supported to make and keep friends and have relationships



I am supported to explore my sexuality and gender identity

How will we do this?



Good Support

We will explore what good support looks like in more detail. People with learning disabilities will check that good support is happening.

Adults and Health will start Stage 2 of the Being Me Project and it will focus on a number of things to help achieve good support.



Flexible Support

We will explore new and creative ways to support people out of normal support hours so they can get involved in more activities in the evening and at weekends.

We will support people to find more flexible support options through

- personal budgets
- individual service funds
- providers working together
- possible shared support



Peer Support

We will help people with learning disabilities set up more peer support groups in their local community. This will help people be more independent and have more choice over:

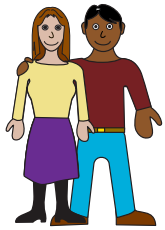
- what activities they do
- when they do them
- who they do them with

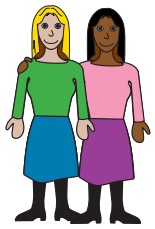


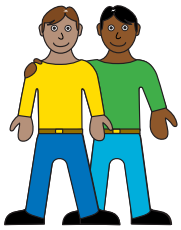
Signposting

We will share more information that is easy to understand about the activities that are already on offer in Leeds. This information will be shared:

- in public places
- in the local community
- on social media







Relationships

We will make sure that all people with learning disabilities are supported to have relationships including sexual ones if they want to. We will remove the things that stop people getting support around their gender identity and sexuality by:

- having more open conversations and sharing accessible information around LGBT+ and sex in general
- supporting services who work with LGBT+ people
- developing stronger links with existing LGBT+ groups in the city

LGBT+ stands for lesbian, gay, bisexual and <u>transgender</u>

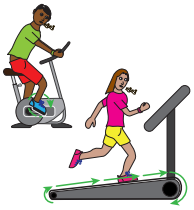


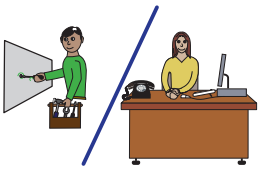
Social Task Group

We will set up a task group that will include people with learning disabilities, family carers and voluntary sector partners.
They will share information and make sure that we are doing what we said we would.









I feel confident getting around on my own on foot or using public transport so I can:

- visit my family and friends
- go to the doctors or hospital
- go to the gym or leisure centre
- get involved in different activities
- go to work





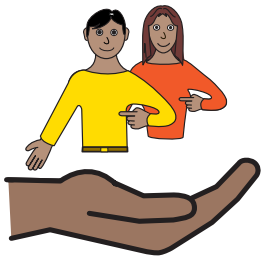
How will we do this?

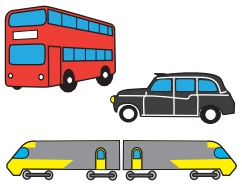


Independent Travel Training
We will continue to promote independent travel training schemes.
We will make sure that transport services and their staff (like bus and taxi drivers) know how to better support people with learning disabilities.



Technology
We will explore how travel apps can support people with learning disabilities get around in Leeds. We will also train people on how to use them.





Travel Ambassadors
We will set up a group of travel champions who can support other people with learning disabilities to travel on their own.

The travel champions will also work with transport services to help them improve travel for people with learning disabilities in Leeds.







I have lots of opportunities to experience the world of work

I am supported to get involved in things like:

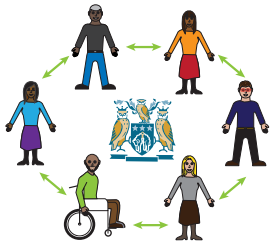
- volunteering
- work placements
- paid employment
- starting a business

I have the skills I need to help me find a job and keep it

I feel valued by local employers and they appreciate my individual skills and strengths



How will we do this?

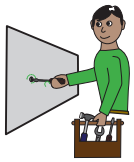


Better Connected to Local Employers
We will look into developing a group of inclusive employers who can support people with learning disabilities to find employment.
We will expand and better coordinate the employment marketplace event so local employers and people with learning disabilities can meet and learn from each other



The Being Me Project: Stage 2
Adults and Health will start Stage 2 of the Being Me Project. It will look at what Adults and Health can do to support people with learning disabilities find employment opportunities







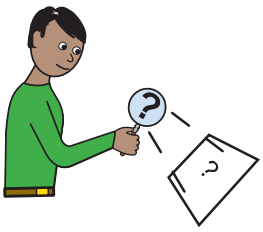
Skills for Work
We will give people with learning disabilities more training so they can find the right job for them and keep it.

Training will include things like:

- how to find a job
- how to write about what you are good at
- what to say at interviews

How will we do this?

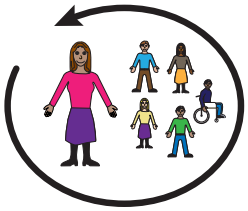


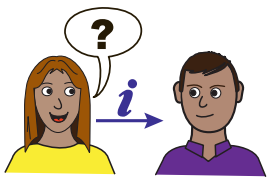


Experts by Experience

We will ask more people with learning disabilities to share their experiences of the world of work. This will help services and employers understand how to better support people with learning disabilities find the right job and keep it.

Some people with learning disabilities who have a job could also give advice and support to others who want to get a job.





Employment Task Group

We will bring together people with learning disabilities, family carers, local employers and other important organisations in Leeds to help makes things happen.

It will be a good place to share information, build partnerships and coordinate our efforts in the City.



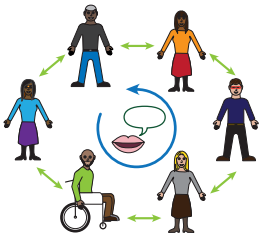




How will we check things are happening?



- We will create action plans for each theme that will have more information about what we will do, who will do it and when



- Each theme will have a theme lead and co-chair (someone with learning disabilities). They will have lots of experience in this area of work and help make things happen



- We will have a special Learning Disability Partnership Board meeting at the end of the year to share our progress with all the members



- We will make sure that our strategy links in with other Council and health plans across Leeds

Contact us



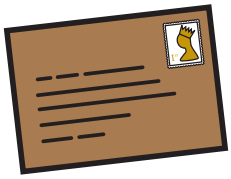
If you want to tell us something about the Being Me strategy or you would like to get involved you can contact us:



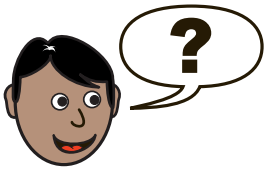
By email
learningdisabilitypartnershipboard@leeds.gov.uk



By phone
0113 2703233



By letter
Learning Disability Partnership Board
Joint Commissioning Service for Adults with Learning Disabilities
Leeds City Council
5th Floor Merrion House
Merrion Way
Leeds
LS2 8BB



You can use the contacts above to ask for a paper copy of the strategy.

The making of the strategy

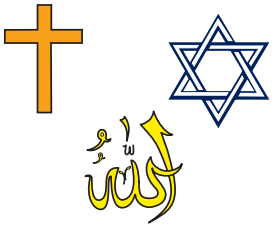


People with learning disabilities have been involved at every stage in the making of the strategy including its design. In February 2018, we organised a co-design workshop to decide how the strategy should look.

A special thank you to the Being Me co-design team: Daniel, Leanne, Em, David, Janet, Kalwant and Annette



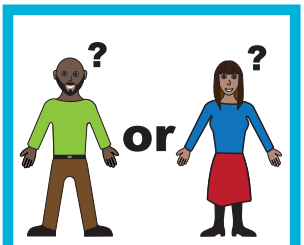
What the most difficult words mean



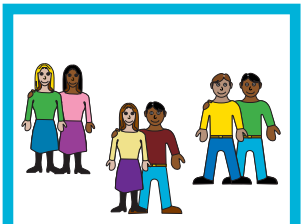
Religion
What someone believes in for example Islam or Christianity



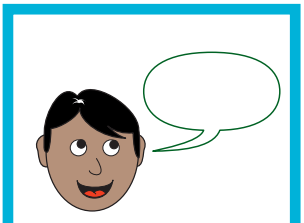
Ethnicity
A group of people who share things in common like the same culture, race or religion



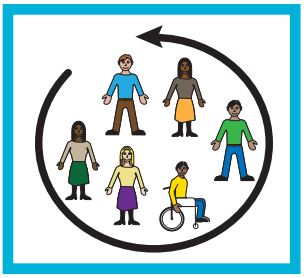
Gender Identity
A word that describes if someone feels male or female, both male and female or neither



Sexuality
The way we feel about our own body and what makes us feel good. It's about whether we fancy men or women, or both

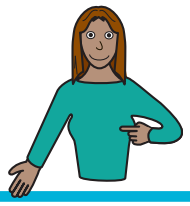


Advocate
They are people who support you to speak up and they might speak up on your behalf if needed

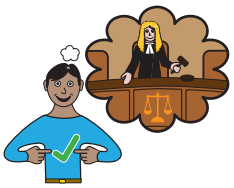


Equal
Being equal means making sure everyone gets the help they need to have the same chances to do what they can

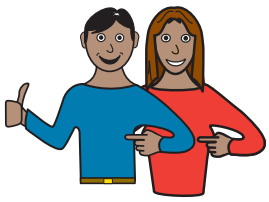
What the most difficult words mean



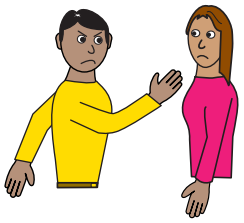
Individuality
All the things that make someone different from everybody else



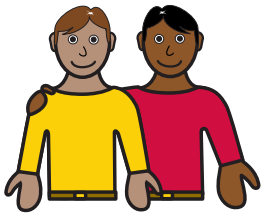
Rights
Being treated in a good and fair way. All people with learning disabilities have the same rights as everybody else



Independence
Being able to make your own choices and not being controlled by anyone



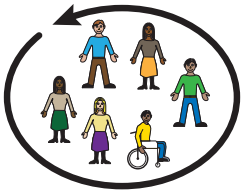
Hate Crime
When someone does something to hurt someone because of who they are such as because of their race, sexuality or disability



Mate Crime
When someone says they are your friend, but they do things that take advantage of you, like ask you for money a lot



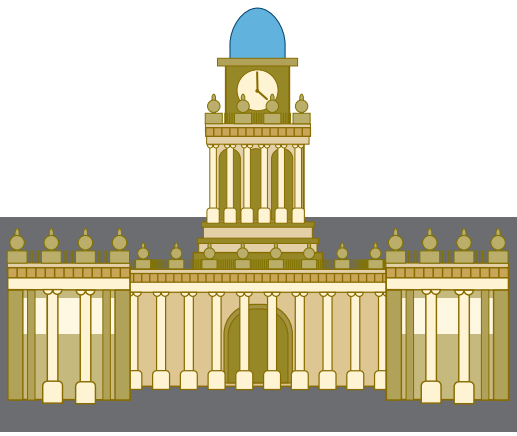
Transgender
People who want to change their gender



Inclusive
Describes a group that is welcoming of all different kinds of people from different backgrounds

Being Me





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