



Action on the big plan

What we want to do in 2019 - 2020



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Introduction



Hertfordshire County Council has made a big plan.

The big plan explains how we want to improve services for people with learning disabilities over the next 5 years: 2019 - 2024.



This document explains the things we want to do in the first year: 2019-2020.



This action plan is split into 3 areas:

1. Being healthy



2. Living locally



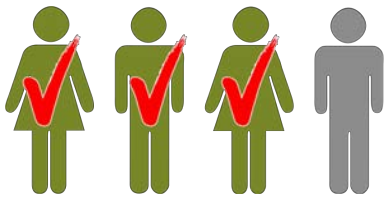
3. Involvement in our local communities

Being healthy



Health checks every year

We want all people with learning disabilities over age 14 to have a health check every year.



This year we want to make sure 3 out of 4 people on the **learning disability register** have a health check.



The **learning disability register** is a list of all people with a learning disability in Hertfordshire.



The health checks will help us to learn more about the health of people with a learning disability.



We are asking the organisations that support people to help to arrange health checks.

The learning disability register



We want all people with learning disabilities in Hertfordshire to be on the learning disability register.



This year we expect to get many more people onto the register.

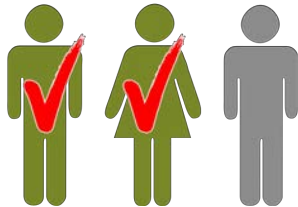


We are asking children's health services to put children with a learning disability on the register.

The same health checks and jabs as everyone else



We want people with a learning disability to get the same health checks and jabs as everyone else.



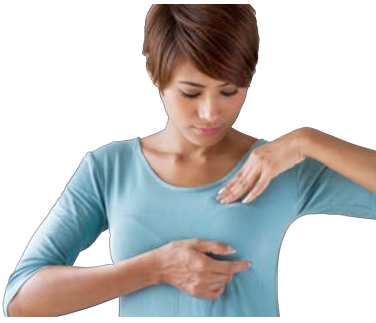
This year we want to make sure that 2 out of every 3 people with a learning disability gets a **flu jab**.



A **flu jab** is an injection which helps you not to get flu.



We want fewer people with a learning disability to die early.



We are helping people with a learning disability to look for signs that they might be getting cancer.

We are working so that fewer people suffer from health problems caused by:



- Having sex without a condom



- Being overweight

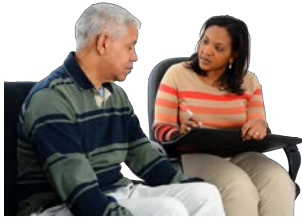


- Taking drugs



- Drinking alcohol

Getting the same mental health services as everyone else



We want people with a learning disability to get the same mental health service as everyone else.



This year we are working to get more support in the local communities so people don't have to go into hospital.



We are already making it easier for people to get **talking treatments**.



Talking treatments are where you get better by talking about your problems with a professional.



The **New Leaf Recovery College** is looking at how to help people with a learning disability.



The **New Leaf Recovery College** runs courses around Hertfordshire that help people cope with their emotions and feelings.

Getting the right support in hospital



This year we want more people to use the Health Liaison Team.



They help adults with a learning disability to use health services.

You can contact them by:



Email:

healthliaisonteam.referrals@hertfordshire.gov.uk



Telephone: **01438 845372**



The Health Liaison Team is checking that doctors and other health professionals are working with people with learning disabilities properly.

Support to keep healthy



We want organisations that support people with a learning disability and carers to help people keep healthy.



This year we want more staff to get training about how to keep people healthy.



We want support organisations to have plans to improve the health of the people they support.



Already more organisations are using the purple folder.



We are making it easy to get more information online.



We are checking that health professionals know about the support that the Health Liaison Team can give to people with learning disabilities.

Living locally

Information about housing and support



We want people to get good information about housing and support options.



This year we plan to make this information easy for people to understand in the best way for them.



Already we have some good information online and printed on paper for people.

Better places to live



We want new homes for people with learning disabilities to be right for their needs.



We want there to be lots of different sorts of places to live and get support.

We want people to have a good choice.



Already we are looking at giving more choice to the families of children with a learning disability.



We want people with a learning disability to have the right to have a say in where they live.

More choice and control in where to live



We want people to have control over how they choose where to live and how they are supported.



This year we are writing new rules about how staff help people to find somewhere to live.



We are working with people with learning disabilities to do this.



People will be able to choose to live in their local community, close to people and places they know.

Better trained staff



This year we will choose new staff who can support people better.



We will train staff better.



We have written plans about how we are going to find and train good support workers.

Involvement in our local communities



Better information about the local community

We want people to have better information about what is happening in their local community.



We want the information to be easy to understand.



We are putting lots of good information online on the Hertfordshire Directory.

Choosing support services



We want people to be able to choose the best support service for them.



We want people with higher needs to get involved in community groups and make friends with people.



This year we are thinking about what support people will need.



This year we are also helping organisations to change so they give the right type of support.



We want people to have a choice from lots of different sorts of support.



Getting a job

We want more people to be able to volunteer and get a job.



We are making web pages that help people to get a job.



We are making new ways to give people training so they are ready for a job.



Travel independently

We want more people to be able to travel independently.



We also want people to have the right support to help them get where they want to go.



We want people to use the same public transport as everyone else.



This year we are starting new training to help people to travel independently.



We are looking at new ways to use community transport.



Speaking up

We want more people to know how to get their voice heard.



We want more people to feel confident to speak up.



We are involving people with learning disabilities in making our plans.

For more information



If you need more information please contact us at:



Email:

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