

Live Your Best Life

South Ayrshire Adult Learning Disability Strategy

2022-2027



"Live your best life in the way that you choose"



This document can be made available in a range of formats and languages, for more information please see the back page of this document.

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Foreword

We are an ambitious Health and Social Care Partnership and this Strategy demonstrates that. We have a bold five-year vision to ensure people with learning disabilities in South Ayrshire can achieve their full potential.

This strategy was developed in collaboration with people with learning disabilities, carers and our partners. I want to give my special thanks to the League of Champions who have provided guidance throughout the development of the strategy and will continue to hold us to account as we implement the strategy.



We will continue to learn from the challenges and uncertainty brought by the pandemic and will support people to live healthily within their local communities with their families and friends. We will seek to enable people to enjoy the facilities and activities in partnership with local groups and provider organisations from across the sectors.

We will seek to provide support in a way that provides people with choice and control and offers them maximum flexibility to live their lives in ways that they want, and which best meets their personal aspirations.

We will continue to listen to people with learning disabilities, parents and carers and ensure they can play an active role in decision-making.

We hope that this is just the beginning of an ongoing collaboration to improve outcomes for people with learning disabilities.

Tim Eltringham

Director of Health and Social Care

League of Champions Message



And together, we are the League of Champions!

Who are we?

We are a group of people who have come together from across South Ayrshire to champion the rights of people living with a learning disability. We believe that by sharing our lived experiences as service users, providers, parents and carers, we will influence and promote positive changes in services, policies and practices.

What do we do?

We were established to support the development and review the outcomes of this strategy and seek evidence that it is working for the people it was written for. We work in a supportive co-productive way, recognising the importance of relationships as being at the very heart of delivering services.

How do we do this?

By communicating honestly and openly with people, we listen to people's views and share this information with the Health and Social Care Partnership. By engaging with local councillors, service providers, planners, commissioners, heads of services and front-line staff, we will ensure that people with learning disabilities have a greater say in the decisions that affect their lives.

Why are we doing this?

Because we believe in making a positive difference to people's lives. We will seek the truth and we will not back down!

If you would like to know more about what we do, please contact Mark McKinlay on 01292 614914 or by emailing mark.mckinlay@south-ayrshire.gov.uk

Common phrases you might see in this strategy

Active Citizenship

When someone is given the opportunities and support they need to be part of their local community, do the things they enjoy and have their voices heard.

Building-based

When a service or activity happens within a building on a regular basis.

Co-produce

Where everyone works together to achieve the same goal.

Complex care needs

When someone has multiple health and/or behaviour challenges that they require support for.

Core and cluster models

Homes that are grouped together that have staff available to support the people who live there. Some core and clusters have common areas where the people that live there can meet for social activities.

Holistic

Support that looks at a person's physical, emotional, social and spiritual wellbeing.

Homeless accommodation

Where someone has nowhere to live and is supported to live somewhere on a temporary basis.

Health and Social Care Partnership (HSCP)

Also known as the Partnership, where the Council and NHS work together to provide services.

Joint working

Where different services or groups of people work together.

Provider organisations

Organisations who provide a service to people in the community.

Quality Assurance process

Where we work with provider organisations to see it has been carried out in the best way.

Self-directed support

In Scotland people are given choice and control over what kind of support they get which means care can be personalised to individual needs and wishes.

South Ayrshire Lifeline

A website where you can find any activity you're interested in within South Ayrshire.

Support budgets

How the Health and Social Care Partnership pays for the care you need identified through self-directed support.

The Promise

The main report from the Independent Care Review which looked into the care system in Scotland.

Telecare

Any technology that can be used to help people remain as independent as possible. Telecare can be things such as a fall alarm or a buddy system that helps you go out without getting lost.

Third Sector

Organisations, charities and voluntary groups who provide a service to the community.

Thriving Communities

A South Ayrshire Council service which brings together community learning and development, employability community engagement and community safety.

Transition

A significant change, such as when someone goes from being a teenager to an adult. In this strategy transition refers to when someone moves from the support they had as a child to support they need for adulthood.

Trauma-informed

Understanding that people might have experienced difficult things in their life and that they might have physical and mental health challenges because of this.

Our Strategy



South Ayrshire is home to lots of people with learning disabilities.



A learning disability is a lifelong condition that affects development.



Someone with a learning disability might need help to:

- Understand information
- Learn skills
- Be independent
- Stay safe and well



If you have a learning disability and live in South Ayrshire, we want you to be able live your best life in the way that you choose.

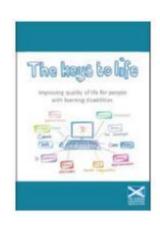


We want South Ayrshire to be a thriving, connected and safe place for people with learning disabilities.



To make sure we do this in the right way we have developed a **strategy**.

A **strategy** is a plan of work.



In Scotland there is a **national strategy** for people with learning disabilities called 'The Keys to Life'.



'The Keys to Life' focuses on people having:

- A healthy life
- Choice and control
- Independence
- Active citizenship



Our strategy is called the South Ayrshire Learning Disability Strategy.



We asked lots of people what we needed in our strategy.



They told us the most important things were:

- Having good health and wellbeing
- Having choice and control
- Living independently
- Being able to be active citizens



We will focus on these four important things in our strategy.

More information on our Strategy

South Ayrshire Health and Social Care Partnership's Adult Learning Disability Strategy for 2022-2027 applies to all adults with learning disabilities, including those aged from 16 onwards who are in transition into adult services.

In South Ayrshire, there are 538 people known to our services who have a learning disability diagnosis. There are slightly more males (52%) than females (48%). The age group with the highest proportion of people with learning disabilities is from 40-64 (43%), followed by 21-39 (35%) then 65-74 (11%). Therefore, this strategy needs to be mindful of the needs of people with learning disabilities as they age.

The Scottish Government defines people with learning disabilities as having 'a significant, lifelong condition that started before adulthood, which affected their development, and which means they need help to understand information; learn skills and cope independently.' (The Keys to Life, 2013)

Policy at both a national and local level aims to ensure that people with learning disabilities have their rights respected, are treated equally and fairly, and are supported to make their own decisions and to live as independently as they choose. There is also a firm commitment to reducing health inequalities for people with learning disabilities by addressing socio-economic, environmental and lifestyle determinants and prioritising early intervention and prevention.

People with a learning disability, their families and carers have the right to be valued as individuals and lead fulfilling lives. They have the right to access and participate in their communities and benefit from a fair and inclusive society as well as contributing to the local economy.

This Strategy builds on the principles of the South Ayrshire Wellbeing Pledge and outlines what we offer to people with learning disabilities in South Ayrshire. The Strategy is informed by and supports delivery of the priorities and requirements set out in South Ayrshire Health and Social Care Partnership's Strategic Plan for 2021-31.

Across our learning disability services, we want to encourage, motivate and support people with learning disabilities to 'live their best life in the way they choose.' This is a philosophy that is embedded into the heart of this plan, to ensure that the personal outcomes of all people with learning disabilities living in South Ayrshire are realised.

The Scottish Government published the next phase of The Keys to Life strategy, which continues in its aim to achieve the kind of society outlined above. The purpose of this South Ayrshire Strategy therefore is to:

- achieve the outcomes contained in The Keys to Life for the people of South Ayrshire;
- ensure people with learning disabilities and their families are involved in the planning, delivery and review of the services they use; and
- ensure that the difference made is evidenced.

The full national and local policy context behind this strategy is available.

We acknowledge that we live in a time where we are recovering from the pandemic, demand is increasing, and the challenge is to meet this demand with the resources available to us. In South Ayrshire we are truly passionate about effecting positive change and we believe this can be achieved by fully utilising existing resources, creative thinking and working closer with our partners. This strategy is an aspirational document aimed at improving the lives of everyone with a learning disability in South Ayrshire.

This Strategy has been produced by the Health and Social Care Partnership's Learning Disability Strategy Development Group and Steering Group, with support from the League of Champions and The Scottish Commission for People with Learning Disabilities (SCLD).



We want to give special thanks to the SCLD for the support provided to the Learning Disability Strategy Development Group, the Steering Group and for their focus on engaging people with learning disabilities in developing the strategy.

We also want to thank the League of Champions for their hard work and commitment to making sure this strategy reflects what people in South Ayrshire want to see in the future.

Who we are

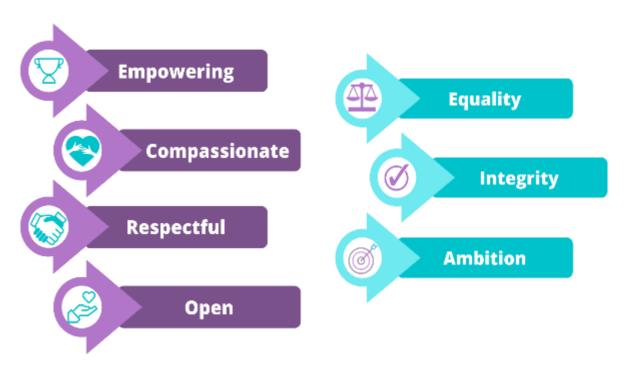
South Ayrshire Health and Social Care Partnership brings together a wide range of community and primary care health and social work services. In South Ayrshire this includes Adult Services, Children's Services and Criminal Justice Services. The Partnership is governed by the Integration Joint Board (IJB).

The IJB is responsible for delivering on the policy priorities set out in its <u>Strategic Plan</u>.



In practice, this means that services will work more closely together to deliver streamlined and effective support to people that need it whilst demonstrating our values and working towards our strategic objectives.

Our values:



Our strategic objectives:



We have developed **South Ayrshire's Wellbeing Pledge** to build on our relationship with the community. The Pledge focuses on how both the HSCP and the community can work together to achieve our objectives.



Listening to you



We created a survey to find out what was important to you.



We also held focus groups across South Ayrshire.



A different survey was sent out to staff that work with people with learning disabilities.



Managers from different services took part in interviews to tell us what was important to them.

There is a full report on all engagement that took place available on the South Ayrshire Health and Social Care Partnership website.



We listened to what everyone told us and have created this strategy based on this.

Here are some of the things you said:

I find it hard to see friends and have a full life during the day due to lack of opportunities... I like my hometown but there is nowhere for me to move to that would support someone with my level of need.

My team of care providers are phenomenal... Caring, friendly, trustworthy. I could not survive without them. Management communication is improving.

I was very much enjoying all activities and interactions, socialising, my bus journey to and from Girvan Day Centre... Everything stopped with my support [due to COVID-19], my mum had to give up work to care for me.

We work
best when
we work
together with
a common
aim.

People with learning disabilities should have a say in who supports them to live independently.

People with learning disabilities should be able to make choices about where they live.

Here are some of the things **families and carers** said:

Support for carers is vital.

Listen to the person who is the main carer as they know what is best for the person and understand their wishes.

We are not aware of what is available or how to access things that are available.

I'm not sure what selfdirected support is and would like better information about what it is and how to use it. People with a Learning
Disability should be able
to meet and socialise with
peers and be supported
by skilled staff in buildingbased services.

[Transitions] is just a change of social worker.

Here are some of the things staff members said:

Useful to have a whole system review of services/celebration event to recognise improvements and establish future ambitions.

My service is good at supporting people to develop the skills and confidence to connect with local services and supports.

We opened Core and Cluster in Ayr in late 2020. This provided a suitable housing model and support and has resulted in a number of young people successfully moving out of their family home enabling them to live their lives.

There needs to be many more learning disabilities focused groups and activities, there isn't much on offer...
Many of the service users I visit ask are there any clubs etc.?

People tell us that they want volunteering opportunities.

Here are some of the things **managers** said:

Enhanced telecare has allowed us to offer support and keep people safe, without staff in each person's home 24/7.

Working in a trauma informed way would help us support people regardless of how they are presenting.

We need to work towards commissioning for outcomes as Feeley recommends, and recognise that eligibility criteria needs to change, because it doesn't meet everyone's needs.

Currently there is good communication, but this could do with being embedded (it's too much down to individuals just now).

There is a high prevalence of people living on their own, with minimal support, and that model can easily lead to loneliness and isolation.

We need to truly engage with people to find out what they want. Parents might want something different. Parents are very important, but we need to focus on what young people themselves are saying.

Health and Wellbeing



We want you to feel well and be healthy.



We want you to have good mental health.



We want you to know what support is available to you and how you can access this.



We want you to get the treatment and support you need from health services.

Health and Wellbeing: a closer look

People with learning disabilities enjoy the highest attainable standard of physical health, mental wellbeing and family life.

What you told us:

- The COVID-19 pandemic has significantly impacted health and wellbeing and caused routine health checks to be put on hold.
- Work is currently carried out to raise awareness of sexual health within the Learning Disability service and people wanted to see more focus and education in this area.



 You wanted more focus on nutrition and support staff to be encouraging healthier choices.

"communities are not always welcoming and accepting"

- People told us they felt lonely and isolated due to not being able to see family and friends; organised activities stopping; support being reduced or removed and building-based services closing to keep people safe from the virus.
- Friends and family were the most important thing to most people.
- Most people said they felt safe in their communities.
- Telecare has helped some people feel safe at home.
- It is important to have access to support and transport to take part in activities at night.
- Some people do not feel safe because antisocial behaviour had increased during the pandemic.
- Some people feel unaccepted or unwelcome in their community.



What we are going to do:

- 1. By December 2022, we will develop a Covid Recovery Plan which will ensure there is restorative action for issues caused by the Covid pandemic such as poor mental health and missed health appointments. The Covid Recovery Plan will investigate innovative support ideas.
- 2. We will continue to offer Dietetic assessment and treatment on one-to-one or group session basis where appropriate.
- 3. We will continue to work with third sector colleagues signposting clients to services available and support education in nutrition to colleagues working in health and social care.
- 4. By December 2022, we will have developed a programme of work with Public Health to promote oral health programmes to people with Learning Disabilities which will be ongoing throughout the strategy.
- 5. By March 2023, we will provide people with a learning disability with a health passport and fast track ID when they go into hospital.
- 6. By March 2024, we will deliver awareness-raising sessions to all new health workers.
- 7. By December 2023, we will support people with learning disabilities to understand and use information about their health to ensure they have an upto-date Anticipatory Care Plan.
- 8. We will continue to make sure people with learning disabilities get the same support as everyone else for sexual health and wellbeing including relationships. The Community Learning Disability Team will provide health focus groups to ensure that people with learning disabilities have their health needs identified and met.
- 9. We will continue to ensure older people with learning disabilities can access the healthcare and support they require, for example: for individuals who are at risk of or where there are concerns around dementia, we will ensue that they have access to appropriate and timely assessments and support following any diagnosis.

- 10. By June 2023, we will utilise the re-ablement service for older clients with learning disabilities to facilitate an effective hospital discharge.
- 11. By March 2023, the Community Learning Disability team will begin to work alongside provider agencies and their staff to offer trauma-informed training and will ensure all health and social care staff are trained in trauma-informed care and practice. This will be ongoing throughout the strategy.
- 12. By March 2023, we will ensure people with learning disabilities and/or their carers have access to supports and interventions to stay mentally well.
- 13. By March 2024, we will work with our partners in Thriving Communities and the Third Sector to provide awareness-raising activities on hate crime and will promote using community hubs as places of safety for people to access support as required.

How will we know we are doing better?

- ❖ There will be an increase in the number of people with a health passport and fast track ID when they go into hospital.
- ❖ There will be an increase in the number of people with an Anticipatory Care Plan.
- There will be an increase in the number of people with a diagnosis of dementia who have access to specialist interventions where required.
- There will be an increase in the number of Health and Social Care staff receiving trauma informed care and practice training.

Choice and Control



We want you to have choice and control over the decisions in your life from the start.



We will listen to you and respect you.



We will make sure you have the information you need to make choices.



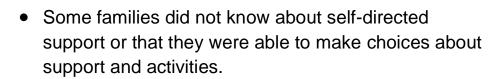
We will work together to give you as much support as possible.

Choice and Control: a closer look

People with learning disabilities are treated with dignity and respect, and protected from neglect, exploitation and abuse.

What you told us:

- Making choices about housing, support and social activities are important to most people.
- People wanted flexibility in their support to try new things, without fear that support would not be reinstated if new ventures do not work out.





 Those who were aware of self-directed support said that there is a lack of choice and access to activities.

• The transition process from child to adult services requires development.

"transitioning is just a change of social worker"

- There was recognition that the pandemic has impacted people's transitions, however, there was little evidence of positive transitions taking place before the pandemic.
- Parents said that their children were often in their mid-20s before transitioning to the adult team which meant they were missing out on planning and vital information around support, funding and activities.
- People who had experienced transition said that they were given limited options after leaving school of either attending college or a day centre.
- Parents with learning disabilities highlighted that they find accessing the right support at the right time challenging and that communication between organisations is poor.



What we are going to do:

- By December 2022, we will co-produce an action plan for improving the delivery of Self-Directed Support to people with learning disabilities. This will address recommendations from the recent Self-Directed Support Scotland report.
- 2. By September 2022, we will create a Transitions Action Plan for young people with learning disabilities based on the Principles of Good Transitions 3. This will include an Improvement Plan based on the Principles into Practice.
- 3. By December 2022, we will agree and implement a process which involves services such as further education, skills development, welfare and housing as part of the transition planning process.
- 4. We will work closely with schools to help them prepare young people for transition to adulthood.
- 5. By December 2023, we will ensure the support provided to parents with learning disabilities demonstrates the ten family support principles set out in The Promise.
- 6. We will continue to support care-experienced young people with learning disabilities to feel loved, safe and respected so they can fulfil their potential.
- 7. By March 2023, we will work with our partners across services to ensure staff are trained in Adult Support and Protection. This work will be ongoing throughout the duration of the strategy.
- 8. By December 2023, we will develop innovative models of care to support people with learning disabilities to remain in or return to South Ayrshire.
- 9. We will continue to ensure people with learning disabilities are involved in local activities and groups, that these groups are varied to meet the needs of those who attend and are promoted on South Ayrshire Lifeline, so people are aware of what is available.
- 10. By December 2022, we will ensure people with learning disabilities have an independent advocate if they want one to support people to have a say in their support.

11. By December 2023, we will ensure carers feel valued and have access to the right support to allow them to continue in their caring role.

How will we know we are doing better?

- ❖ There will be an increase in the number of people accessing Self-Directed Support Options 1 and 2.
- ❖ There will be an increase in the number of people who report they had a say in the way their care or support is being provided.
- There will be an increase in the uptake of Advocacy services.
- ❖ There will be an increase in the number of support plans which include reference to scheduled agreements for transition planning as appropriate.
- There will be an increase in the number of Adult Carers' Support Plans and Young Carers' Statements completed

Living Independently



We will support you to live in a place where you feel safe and included.



We will help you learn the skills you need to be independent.



We will offer housing that suits your needs.



We will use technology to support you to live independently.

Living Independently: a closer look

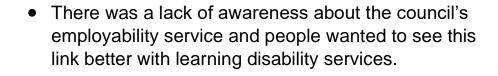
People with learning disabilities are able to live independently in the community with equal access to all aspects of society.

What you told us:

- Most people are happy with where they live and the support they have.
- Parents and carers are concerned that there is not enough suitable housing for those who want to move out but still require a high level of support.
- Sheltered and Care Home styles of housing were preferrable for those with higher or more complex support needs.
- Flat sharing and Core and Cluster models were preferable for those who desired to be independent but not live alone.
- Telecare was seen as being useful in supporting.

"I like my support staff, I can do what I want now. I have more freedom"

- Being in employment or education was important to most people.
- Most people said that there are not enough opportunities for employment for people with learning disabilities.
- Large organisations, like the HSCP, have off-putting and complicated application processes.



- Employment and education programmes are usually only aimed at young adults under 30 years.
- Volunteering was viewed as a positive way of helping people gain independence, skills and work experience.



What we are going to do:

- 1. By March 2023, we will publish a 'Market Position Statement' on the housing we need for people with learning disabilities. This will look at a range of housing models and support for people living in their own tenancy and in homeless accommodation as well as improving the data we collect to identify housing needs in the future. The 'Market Position Statement' will also include training requirements for housing and social work staff.
- 2. By December 2023, we will explore and deliver solutions for enhanced telecare to ensure people can live as independently as possible.
- 3. By June 2023, we will develop an action plan with our partners in Thriving Communities and Ayrshire College to improve people's experiences of learning and employment. This will consider how people over the age of 30 can receive support into employment, review the recruitment practices of South Ayrshire Council and NHS Ayrshire and Arran to ensure these are appropriate for people with learning disabilities and ensure there is a broader range of learning opportunities which also link to employability.
- 4. We will continue to work alongside provider organisations to embed our Quality Assurance process ensuring the views of those receiving support and their carers are considered.
- 5. By December 2023, we will update our Commissioning Plan for Adults with Learning Disabilities to reflect the priorities set out in the strategy.
- 6. We will provide individual communication support depending on the needs of the person.
- 7. We will utilise the Community Connector role to develop asset-based approaches to community inclusion and meaningful volunteering opportunities.
- 8. Budgeting support will continue to be provided to people with learning disabilities as and when appropriate.

How will we know we are doing better?

❖ There will be an increase in the number of training sessions with housing staff.

- ❖ There will be an increase in the range of accommodation models for people with learning disabilities.
- ❖ There will be an increase in employment opportunities for people with learning disabilities (particularly in the over 30 age group).
- There will be an increase in the number of people utilising Technology Enabled Care.
- ❖ There will be an increase in the number of training and awareness sessions delivered to front-line staff by Technology Enabled Care staff.
- There will be an increase in the number of people with learning disabilities and carers whose views are considered in the Quality Assurance process with provider organisations.
- There will be an increase in the number of people who report they have been supported to live as independently as possible.

Active Citizenship



We will give you opportunities to make decisions.



We will create more opportunities for you to participate in.



We will improve support to allow you to participate in the things you want to do.



We will work in partnership to create better links to the community.

Active Citizenship: a closer look

People with learning disabilities are able to participate in all aspects of community and society.

What you told us:

- There is a lack of meaningful activity and opportunity for people to spend time with peers.
- People with learning disabilities, families and workers said that they were unaware of what opportunities were available for things like socialising, exercising and learning.
- Many people felt that spending time with support workers rather than peers was not the best way for social interaction to take place.
- Some people said they had little or no interaction with friends from school or college and others said they had little opportunity to interact with people other than family or paid staff.



- Most people wanted flexible support that would allow for activities and socialising in the evenings and weekends.
- Parents and carers wanted to see a building-based service, particularly for those who had more complex needs.
- Current activities that people enjoy include Hansel's group activities, theatre groups, sports clubs and educational activities.
- Transport was cited as a barrier, particularly for people accessing activities outwith South Ayrshire.
- Travel was also a problem where families had to provide this as they were not benefiting from the respite the activity could provide.
- Families felt that support being provided at home limited social interaction and opportunities for new things, as well as limiting respite for the family.
- Some families said they felt unwelcome in the own home when paid support was present.

What we are going to do:

We value what people with learning disabilities tell us and we will listen.

- 1. By December 2022, we will develop, with people with learning disabilities, a range of support options including a building-based service that meets the needs and aspirations of people across the learning disability spectrum and will encourage people to spend time with their peers.
- 2. By March 2023, we will develop a range of support options for people without a diagnosis of a learning disability.
- 3. By June 2023, we will support people with learning disabilities to use digital equipment to reduce isolation and increase opportunities for online interaction with friends and family.
- 4. We will increase participation of the League of Champions in decision-making by ensuring they are involved in meaningful discussions and are listened to.
- 5. By June 2023, we will improve how we are delivering our services and support by engaging with people with learning disabilities at least once a year by doing an annual survey.
- 6. By May 2027, we will work alongside the League of Champions to ensure that our paperwork is easy to understand.

How will we know we are doing better?

- There will be an increase in the number of people who are satisfied with the opportunities for social interaction.
- There will be an increase in the range of opportunities and alternatives to traditional day care.
- The League of Champions will feel that they are able to influence decisionmaking in South Ayrshire.
- There will be an increase in the number of people with learning disabilities who feel that our paperwork is easy to understand.

What happens next



We have made a plan of things that we need to do.



We will call this our action plan.



We need everyone to help us with the action plan.





We will work together to make things better in South Ayrshire over the next 5 years. This information can be made available, on request, in braille, large print or audio formats and can be translated into a range of languages. Contact details are provided below.

درخواست کرنے پریہ معلومات نابیناا فراد کے لئے اُبھرے حروف، بڑے حروف یا آڈیو میں مہیا کی جاسکتی ہے اور اسکامختلف زبانوں میں ترجمہ بھی کیا جاسکتا ہے۔ رابطہ کی تفصیلات نیچے فراہم کی گئرہیں۔

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Niniejsze informacje mogą zostać udostępnione na życzenie, w alfabecie Braille'a, w druku powiększonym lub w formacie audio oraz mogą zostać przetłumaczone na wiele języków obcych. Dane kontaktowe znajdują się poniżej.

Faodar am fiosrachadh seo fhaighinn, le iarrtas, ann am braille, clò mòr no clàr fuaim agus tha e comasach eadar-theangachadh gu grunn chànanan. Tha fiosrachadh gu h-ìosal mu bhith a' cur fios a-steach.

To request alternative formats or for more information on the strategy, please contact South Ayrshire Health and Social Care Partnership's Planning and Performance Team.

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