



south ayrshire  
health & social care  
partnership

# Live Your Best Life

## South Ayrshire Adult Learning Disability Strategy

2022-2027

SUMMARY VERSION



*"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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# League of Champions Message

Hello! We are...



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 our residents 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](mailto:mark.mckinlay@south-ayrshire.gov.uk)



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.**

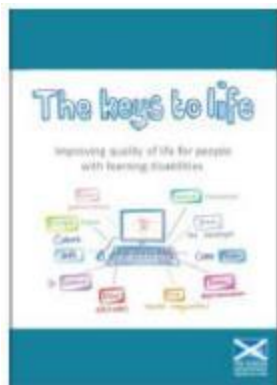


We want South Ayrshire to be a thriving, connected and safe place for people with learning disabilities.



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.

# 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.

I was very much enjoying all activities and interactions, socializing, 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.

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

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.

People with a Learning Disability should be able to meet and socialise with peers and be supported by skilled staff in building based services.

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

I'm not sure what self-directed support is and would like better information about what it is and how to use it

[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.

We opened Core and Cluster in Ayr in late 2020, this provided 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 is there any clubs etc

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

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.

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

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

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

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

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.



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.



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 all the information you need to make choices.



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

## Living Independently



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



We will help teach you 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.



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.

# 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 پر یہ معلومات ناپینا افراد کے لئے ابھرے حروف، بڑے حروف یا آڈیو میں مہیا کی جاسکتی ہے اور اسکا مختلف زبانوں میں ترجمہ بھی کیا جاسکتا ہے۔ رابطہ کی تفصیلات نیچے فراہم کی گئی ہیں۔

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ਇਹ ਜਾਣਕਾਰੀ ਮੰਗ ਕੇ ਬੋਲ, ਵੱਡੇ ਅੱਖਰਾਂ ਅਤੇ ਸਣਨ ਵਾਲੇ ਰਪ ਵਿਚ ਵੀ ਲਈ ਜਾ ਸਕਦੀ ਹੈ, ਅਤੇ ਇਹਦਾ ਤਰਜਮਾ ਹੋਰ ਬੋਲੀਆਂ ਵਿਚ ਵੀ ਕਰਵਾਇਆ ਜਾ ਸਕਦਾ ਹੈ। ਸੰਪਰਕ ਕਰਨ ਲਈ ਜਾਣਕਾਰੀ ਹੇਠਾਂ ਦਿੱਤੀ ਗਈ ਹੈ।

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.

Email: [sahscp.planning@south-ayrshire.gov.uk](mailto:sahscp.planning@south-ayrshire.gov.uk)

Telephone: 01292 612665