

DRAFT

Independent Living Strategy *Summary*





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Foreword

As part of the Council's ongoing commitment to supporting independence, choice and control for people with support and care needs, I am pleased to introduce this Independent Living Strategy, which sets out our priorities for supporting independent living over the next five years.

The last few years have been challenging for us all. Covid-19 has impacted the life of each and every resident – none more so than people with health and social care needs and their carers, who have been disproportionately impacted by the pandemic.

Moving forward, we shall build on good practice and lessons learned from this difficult time and further develop well-established partnerships to continue the delivery of high quality, integrated health and social care services that are shaped and driven by the needs of people who use them.

But supporting independence, choice and control goes beyond providing good care. In our push to improve the lives of people with support and care needs, we must embed the needs of people with disabilities and their carers across service provision – from information and advice to transport, housing and health. This means working together, across sectors and communities to share expertise, knowledge and understanding in our drive for continual improvement.

No-one is better placed to inform the ongoing development and improvement of services than those who use them. Co-production shall sit at the heart of our approach to delivering these priorities, and I look forward to ongoing joint work to maximise opportunities for independence, good health and wellbeing of residents.

1 Introduction

The importance of supporting independence among older people and adults with disabilities sits at the heart of recent local and national health and social care strategy. The Care Act (2014) places responsibility on local authorities to prevent or delay the escalation of support and care needs and sets out the requirement for local areas to work with their communities to provide or arrange services that help keep people **independent and well**.

The Covid-19 pandemic has placed an important spotlight on how areas support local people to live independently. Communities have come together to support those most in need and the importance of enabling people through technology has been brought to the fore. However, as evidence unfolds it has become clear that people with health and social care needs have been disproportionately impacted by the pandemic.

Independent living can mean different things to different people. It's not about expecting people with support and care needs to live on their own, or indeed, to manage their daily lives without support. According to a cross government strategy on Independent Living for disabled People¹ 'independent living' means:

- having **choice and control** over the assistance and/or equipment needed to go about your daily life
- having **equal access** to housing, transport and mobility, health, employment and education and training opportunities.

We've spoken to local people with care and support needs and their carers about what Independent Living means to them.



Views from a Carers Focus Group, 2022

Maximising opportunities for independence **across living environments** was also considered important. Whether a person is living within their own home in the community, a specialist housing scheme or residential care environment, opportunities for increasing independence should be embraced.

For the purpose of this strategy, and in consultation with people with disabilities and their carers, we have defined living independently as: 'living with **personalised choice and control** over how and where one is supported to live their lives, **equal access** to universal services including housing, transport, health, employment, and **equal opportunity** to participate in family and community life'.

¹ <https://webarchive.nationalarchives.gov.uk/20130703133720/http://odi.dwp.gov.uk/docs/wor/ind/ilr-executive-report.pdf>

2 About this strategy

2.1 Purpose and Scope of Strategy

The purpose of this strategy is to set out headline priorities for supporting independent living for young people in transition to adult services, adults and older people with adult social care needs in Enfield over the next five years.

Recognising that barriers to living independently reach beyond adult social care, this this strategy will first consider **universal themes** that can impact a person’s opportunity to live independently

The latter section of this strategy will focus on specific priorities for supporting independent living, according to need. These ‘In Focus’ areas include specific consideration of:

- people with learning disabilities
- people with autism
- people with mental health support needs
- older people with care and support needs
- people with physical and/or sensory impairment
- people with long term conditions
- unpaid carers

The intention of this second section is to provide headline priorities for each area, with an understanding that these may be developed further in future years in the form of service area specific strategies.



3 Our Vision, Our Approach

The importance of supporting independence is embedded within our overarching vision for Adult Social Care:

We aim to delivery good quality, safe, joined up and personalised health and social care services, that support independence, choice and control, and meet the needs of individuals and their carers at the right time and in the best place. Our focus is on prevention, but when care and support is needed, we strive to provide this in a community setting wherever possible.

Our approach to supporting independent living among older adults and adults with disabilities will be driven by co-production, as we place the views of people with care and support needs at the heart of service development, delivery and review. Our approach is reflective of Enfield's Corporate Plan. As a modern Council we will:

- be bold
- make a difference
- show we care

To deliver on these values:

- we take responsibility
- we are open, honest and respectful
- we listen and learn
- we work together to find solutions

We will work within and across organisations to assure service quality and apply strength-based approaches that consider personal, social and community resources to maximise positive outcomes for those requiring support.



4 Our Universal Themes and Priorities

4.1 Information, Advice and Advocacy

“I have the information I need, when I need it and I am able to make my voice heard”

Our Priorities for Future

- Improve the delivery of information and advice that facilitates efficient **self service, makes every contact count**, and reduces the need for multiple unnecessary contacts.
- Increase provision of and access to **basic information about the health and adult social care system** and services including upcoming reforms to the system.
- Improve the **personalisation of information, advice and advocacy** available to support personal choice in how information is received and improve inclusive access.

4.2 The Right Home

“Making every decision about care a decision about housing”

Our Priorities for Future

- **Improve standards** across specialist housing sector through the role out of local expectations in line with national statement of expectations for supported housing.
- Increase **accessible information** about specialist housing options to improve understanding of housing options among professionals, service users and their carers.
- Increase local provision of high quality, flexible and accessible **specialist housing with care options for older people** in the borough across tenure type, in line with borough need.
- Support **carers to continue caring** through appropriate housing options.
- Reflect the housing needs of adults who require support and care are in the development of **new communities. Include home ownership options for older people and adults with disabilities.**
- Support people to **remain living in their own homes** through the provision adaptations and equipment and expand Trusted Assessors to facilitate minor adaptations.

4.3 Training, Employment and Income

Our Priorities for Future

- **Expand our employment support** offer for people with disabilities to increase the number of people with disabilities gaining and sustaining employment, apprenticeships and volunteer opportunities.
- **Reduce the impact of fuel poverty on adults with care and support needs and their carers.**
- Deliver a smooth transition to the introduction of **cap on care costs.**

4.4 The Power of Technology

Our Priorities for Future

- Increase use of Assistive Technology to support independent living through **expansion of the Council's Assistive Technology** offer. Include tele-healthcare solutions to better support people with health conditions, including long terms conditions.
- Increase use of assisted technology within **specialist and mainstream housing** in line with best practice. Explore use of DFGs beyond traditional adaptations, to include the use of digital technology to help support people remain living at home.
- Increase use of technology to **support social connection, reduce isolation** and help keep people independent including Smart Living Enfield initiatives.
- Deliver **shared care records** and use technology to **better share information and data** between health and adult social care to improve service delivery.
- Increase **awareness and understanding** of Assistive Technology across the workforce.
- Increase use of assistive technology among **young people in transition** to support independence when reaching adulthood.

4.5 Active, Connected, Supportive Communities

Keeping Family, Friends and Connections

Our Priorities for Future

- Support use of universal transport systems through **Independent Travel Training, Assistive Technology and use of Personal Travel Budgets**.
- Improve **accessibility of community groups** for people with care and support needs to better support social connection for people with disabilities.
- Improve **accessible travel infrastructure** including design and upkeep of walking routes to enable people with disabilities who wish to travel to do so safely and easily.

4.6 Keeping Safe

Our Priorities for Future

- Prevent abuse
- Protect adults at risk
- Learn from experience
- Improve services

4.7 Keeping Healthy and Well

Our Priorities for Future

- Improve access to local support services to keep people well in the community and avoid hospital admissions.
- Reduce Health Inequalities (through targeted action to increase take up of health check, improve access to Primary Care).
- Ensure high Covid-19 vaccination uptake including booster jab.
- Support people to make healthy lifestyle and behaviour choices.
- Adopt health in all policies approach (HiAP) across all areas, focussing on the three key behaviours that lead to poor health outcomes – smoking, poor diet and lack of physical activity.
- Reduce falls through increased strength and balance activity among those most at risk at falling.

4.8 Flexible Care

“My support, my own way”

Our Priorities for Future

- Develop information, advice, guidance and services to support the **forward planning of care** and smooth transition of care arrangements when life circumstances change.
- Facilitate the market development of services to support individuals in the **management of their personalised budget**.
- **Integrate adult social care and health budgets**.
- Plan and **develop the role and use of direct payments** following the introduction of care cost caps to maximise choice and control when funding arrangements change.

4.9 Joined Up Care

Our Priorities as part of the Enfield Borough Partnership:

- Identifying and addressing health and wellbeing inequalities in BAME communities
- Achieving uptake of screening and immunisations to keep residents healthy and catch physical and mental conditions earlier, including for cancer, giving people the best possible intervention/treatment
- Driving greater focus on improving mental health and wellbeing among residents
- NCL Integrated Care Board strategic aims:
 - Start Well
 - Live Well
 - Age Well
 - Workforce
 - Enablers – Digital Estate and Value for Money

5 Areas 'In Focus'

5.1 People with Learning Disabilities

Our Priorities for Future include:

- Develop a sustainable **and affordable local market for more complex or high risk groups such** as those with challenging behaviour, physical disability and complex health needs.
- Improve **choice of support and accommodation options** for young people in transition to adult services with complex needs.
- **Reduce health inequalities** for people with learning disabilities.
- Increase understanding of out of borough placements and **improve health handover** from placing authorities to ensure health needs met.
- Continue to support timely, planned and safe discharge back to the community from Assessment and Treatment Units through provision of good quality, experienced care and support/interventions in the community.

5.2 Autistic People

Our Priorities for Future (as set out in the Draft Autism Strategy) include:

- Celebrate and value neurodiversity
- Provide needs-based support
- Enable fairer access to education
- Support more autistic people into employment
- Recognise and combat isolation and loneliness
- Provide inclusive mental health and wellbeing support
- Improve support within the criminal and youth justice system

5.3 People Mental Health Support Needs

Our Priorities for Future include:

- Improve opportunities for early intervention through the delivery of **Mental Health and Wellbeing Hub**.
- Improve access to **high quality counselling support** services including services for seldom heard populations living in Enfield.
- Increase **community rehabilitation** options for people with complex mental health needs.
- Support people with mental health support needs into **training, development and employment**.
- Work with service users and their families to identify the causes for higher levels of BAME community in MH and collaboratively identify solutions for **mental wellbeing and safety**.

5.4 Older People

Our Priorities for Future include:

- Increase opportunities for **active, inclusive ageing and community integration**, promoting older person contributions to society to heighten feelings of being valued and
- **Reduce social isolation and loneliness.**
- Increase opportunities for **intergenerational working** (including Homeshare and Shared Lives) whereby young and older people can work together to support wellbeing.
- Ensure older people are **not excluded in our increasingly digitalised society.**
- Review **day opportunities** for older people.

5.5 People with Physical and/or Sensory Impairment

Our Priorities for Future include:

- Reduce avoidable admissions of adults with physical disabilities into residential care by **increasing supported housing options for people with physical disabilities** and complex needs requiring 24-hour on site care.
- Expand service offer to better support people with **sensory impairment to live independently.**

5.6 Unpaid Carers

Our Priorities for Future include:

- Improve the **health and wellbeing** of Carers and reduce **health inequalities.**
- Increase **involvement of Carers** across health settings to improve outcomes for the carer and those being cared for.
- Increase opportunities for Carers to be included and ensure that their **voice is central** in designing, delivering and evaluating support services.
- Increase **early identification** of Carers, including identification through GP referrals. Support **carer re-engagement** of services following Covid pandemic.
- Identify and **reach more Carers of all ages and backgrounds**, including young carers, ensuring that services and access to services is representative of our communities and their needs.
- Support carers to **maximise benefits, manage finances and understand impact of social care reform** on people that they care for.
- Support Carers to have the **support they need, when they need it**, including breaks and respite.

5.7 People with Long Term Conditions

Our Priorities for Future include:

- Improve joint approaches to diagnosing and supporting people with Long Term Conditions in the community.
- Increase targeted interventions to prevent the development of Long Term Conditions amongst adult aged 50-64 at risk.
- Increase information, advice, knowledge and self-management for people with Long Term Conditions.
- Improve joint approaches to timely dementia diagnosis, post diagnosis support, annual reviews and dementia support in care homes.
- For a range of long terms conditions, improve the identification, assessment, treatment, recovery and prevention care for those with co-morbidities.

6 Working Together to Improve

We are committed to working in partnership with older people, adults with disabilities and their carers to progress priorities set out in this strategy, improve lives and increase opportunities for independence, choice and control. Constructive collaboration and co-production will be key to delivery success, and we shall continue our work to place the views of people who require support and care at the heart of positive change.

Acknowledging that this strategy presents a snapshot of a moving picture, we shall work together with people who use services and partners across the sector to identify and progress actions for delivery and review progress against priorities. annually.



