



NORFOLK LEARNING
DISABILITY PARTNERSHIP



Our plan about making life better for people with a learning disability and their carers in Norfolk



this plan is about our work from 2023 to 2028

Norfolk **Adults** Learning Disability Plan 2023 – 2028

About this Plan (1)



We are the Norfolk Adults Learning Disability Partnership, and this includes Norfolk County Council and the NHS Norfolk and Waveney Integrated Care Board and all those providers who we work with.



This plan is about how we will work together to make life better for adults with a learning disability, and their carers, in Norfolk.



All people with a learning disability should have a good, safe and healthy life.

About this Plan (2)



From April 2023 to November 2023, people living in Norfolk with a learning disability and their carers helped make this plan.



More than 201 people across Norfolk with a learning disability and 63 unpaid carers shared their ideas for the new plan.

About this Plan (3)



97 professionals and people from the voluntary sector also shared their ideas for the new plan.



There were other people with a learning disability who shared their ideas with someone who supports them. These ideas were then shared for the plan, but we do not know how many people did this.

About this Plan (4)



People shared their ideas in face to face meetings across Norfolk or through the easy read and online survey.

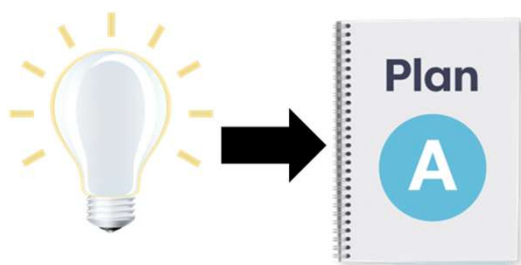


This was shared through social media and the Learning Disability Partnership website.

About this Plan (5)



People also sent their easy read questionnaires to us by post *and* other people sent us their ideas by email.



All the ideas and things people had said or written were put together into a first version of the new Learning Disability Plan.

About this Plan (6)



This draft plan was then shared with people to check that it included what people had said and that it made sense.



There were 5 main things people told us were important to support people with a learning disability living in Norfolk.



We have used the words of people with a learning disability and their carers to describe what is important to them in each section.

About this Plan (7)



There are different organisations and charities who support people with a learning disability and their carers.



This easy read plan will describe the main things that the different organisations will do to help.

1. Choices about where I live



I want to move somewhere that will let me have a dog

I want to move nearer the town so that I can be near my friends



I would like to be able to move somewhere that I can cook my own meals instead of these being made for me

I want help to stay living in my own home



I want to be able to choose who I live with



1. The main things we will do



Adult Services and Norfolk County Council Housing Services will share information about the different types of housing for people with a learning disability and what new supported housing is being built.



Members of the Learning Disability Partnership and other providers will share information about the housing support they help people with.

1. The main things we will do



Adult Services and other providers will support people with a learning disability to live independently.



Adult Services will provide equipment or other changes to support a person in the home and to help keep them safe.

2. Being healthy

I want support with my mental health



I want help to get to exercise



I would like to be sent a text to remind me about my health appointment



I want advice about sex and relationships



I want support with health and dentist appointments



I would like help with losing weight



I want help in choosing a healthy diet



2. The main things we will do



Primary Health teams will help people to register with a local doctor and to have an annual health check and health action plan.



Health and learning disability providers will help people register with a local dentist.



Health staff will provide extra support to people with learning disabilities to help them be able to attend hospital and other medical appointments.

2. The main things we will do



Health will provide information about the named learning disability nurse at hospital and how to get help from them.



Specialist learning disability nurses and care providers will support people with information and training about sex and relationships.



Members of the Learning Disability Partnership will share information about the different groups and activities going on in the local area to support better health.

3. Help to be as independent as possible

I would like to feel safe in my own home and when I am out and about



I want help with getting a job



I would like help learning to cook



I want help with managing my money and paying my bills on time



I would like to know about the different things there are for me to do in my neighbourhood



I want to know about what is on in the evenings and weekends that I could join



3. The main things we will do



Members of the Learning Disability Partnership, other providers and professionals will work together to find out about the different activities in each area and agree the best way to tell people about these.



Adult Services and learning disability providers will help people with a learning disability into a paid job or other work experience and volunteering opportunities.

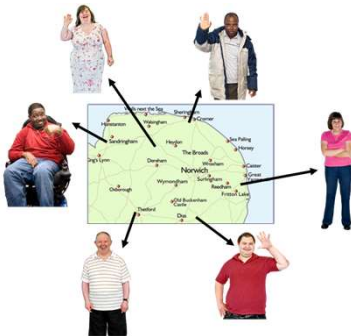
3. The main things we will do



Norfolk County Council and learning disability providers to tell people about the help for people to manage their money.



Members of the Learning Disability Partnership will tell people about the different groups and activities going on in the local area to help a person feel more independent.



Learning Disability Partnership to develop a wider network of members to develop support available across Norfolk.

4. Getting out and about



I want there to be more public transport where I live



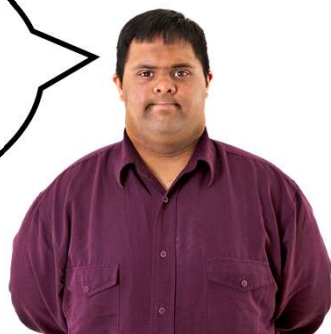
I would like there to be a festival for adults with a learning disability

I would like there to be training for people who provide transport for people with a learning disability



I would like to feel safe when I am out and about

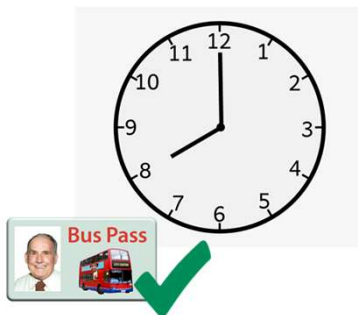
I would like more people to be able to use accessible toilets



4. The main things we will do



Adult Services and learning disability providers to help people with travel training.



Learning Disability Partnership members to look at ways to help people to use their bus pass to travel to work before 09:30.

4. The main things we will do




Members of the Learning Disability Partnership will work together to find out how 'Safe places' can be re-started to help people feel safe when they are out and about.




Adult Services, Health partners and other Learning Disability Partnership members to link with About with Friends to see what training is available for taxi drivers to support people with learning disabilities.


5. Support for unpaid carers




I want to know what help is out there to support me as a carer




I want to know what will happen when I am too old to continue in my role




I want to be able to contact someone when things are getting more difficult for me as a carer



I would like to be able to join a carers support group



I need regular breaks to support me to keep on being a carer



It is not clear to me how I can get help

5. The main things we will do



Adult Services, including Business Lead for Carers and Norfolk Carers Matter will make it clearer what support carers can get and how they can get this.



Adult Services and Norfolk Carers Matter will provide contact information for carers to use for when things are changing or getting harder for them.



Members of the Learning Disability Partnership will collect and share information about what support is available nearby for carers, such as carer support groups.

How we will check whether the plan is working or not (1)

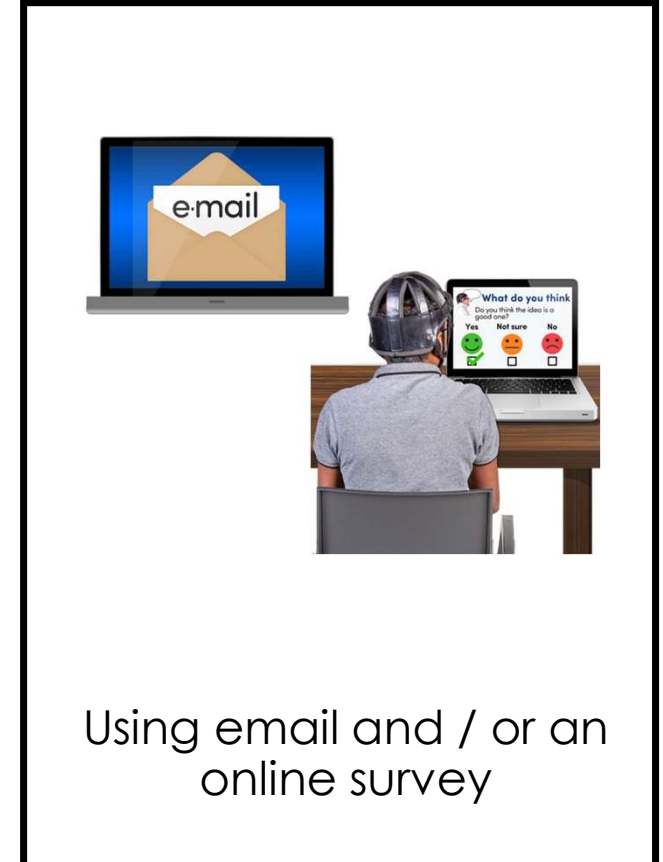
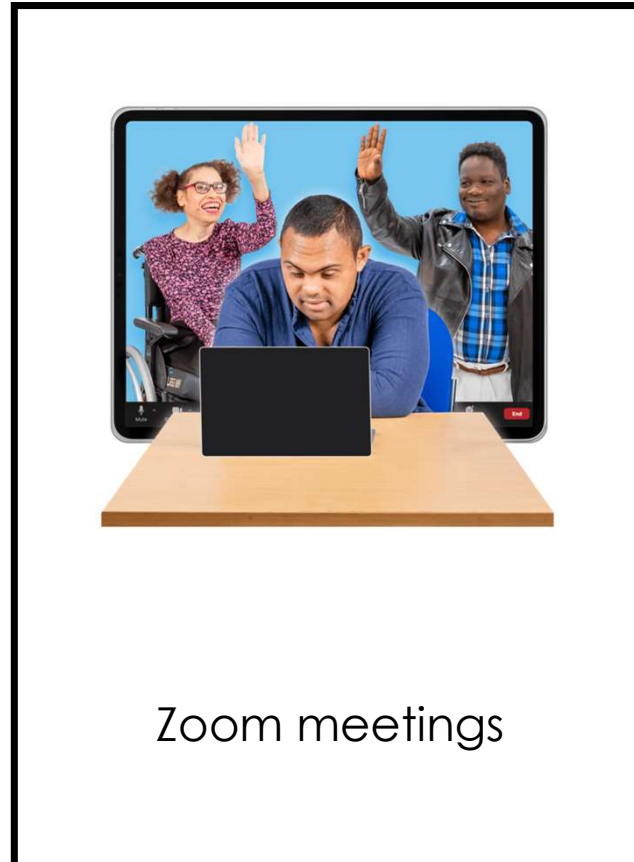


As part of putting this plan together, people with learning disabilities, carers and other professionals and providers shared their ideas for how they can provide feedback on whether the new plan is working or not.

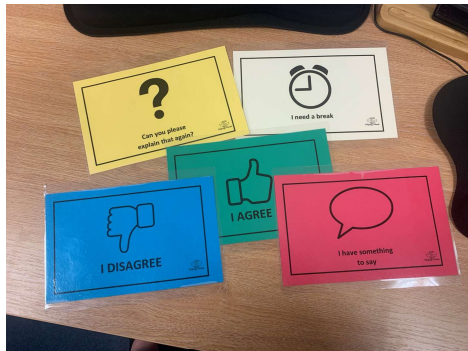


It was agreed that people will be helped to share their ideas in different ways, and to make sure their ideas are at the centre.

How we will collect feedback (1):



How we will collect feedback (2):



Using games or tools that help people who do not want to speak, to share their ideas

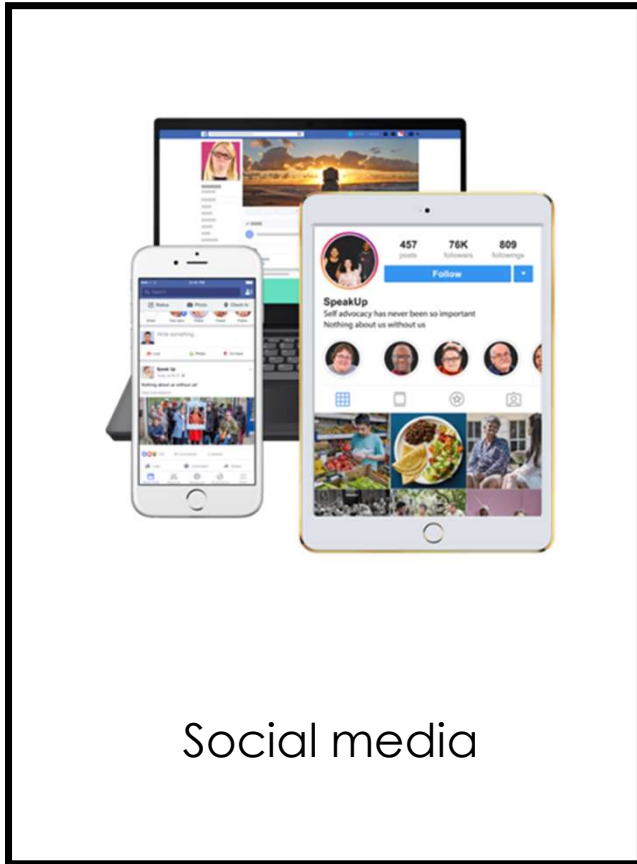


Having audio or video recordings of the Plan available

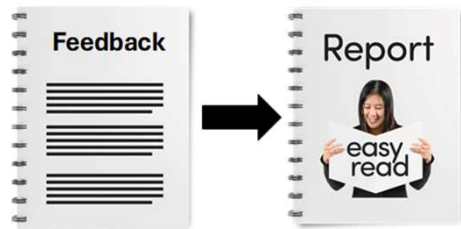


Sharing your ideas with someone else who can speak for you

How we will collect feedback (3):



How we will check whether the plan is working or not (2)



Every 6 months, members of the Learning Disability Partnership Board will gather together all the feedback from as many people as possible and put this into a report.

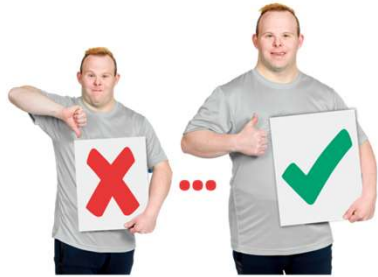


The Learning Disability Partnership Board will share this report with the Norfolk and Waveney Learning Disability and Autism Programme Board every 6 months.



This Programme Board includes people from the NHS, Norfolk County Council and organisations they work with.

How we will check whether the plan is working or not (3)



The Programme Board are responsible for checking whether the Learning Disability Plan is working or not and looking at what changes are needed to make it better.



Members of the Learning Disability Partnership will share information to let people know how the plan is working.



This information will be shared in different ways so that as many people as possible can hear how the Learning Disability Plan is working, or what changes are being made.