

Learning Disabilities and Autism

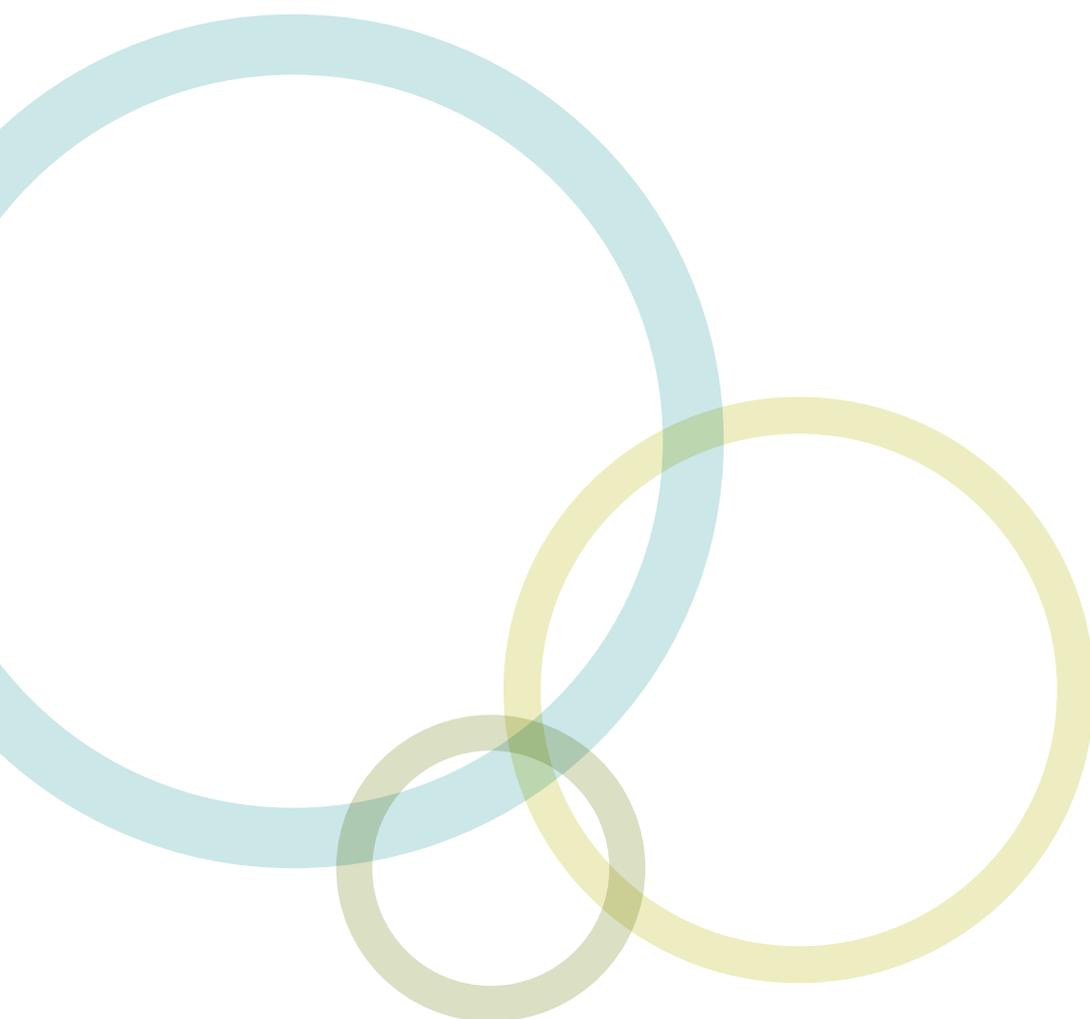
Residential, Supported Living, Help to Live at Home and Day Opportunities

The next five years

Version 1 June 2018

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Message to our providers

People who have learning disabilities and/or autism have consistently told us that having their own front door and the right support are the most important outcomes for them. During the next commissioning cycle, Hampshire County Council will continue to promote supported living for everyone who is eligible.

We are taking this approach not just because this is what people have told us they want, but because evidence shows that moving away from traditional residential care improves wellbeing as it is more person centred. We will reduce the use of residential care by 75 per cent over the next five years and continue to invest in increasing the number of supportive living places.

- We will work in positive collaboration with the learning disabilities provider market, sharing our plans and developing strategies for the future
- We continue to operate in a challenging financial environment, which will influence our approaches to the provision of adult social care
- The application of the 'Strengths Based Approach' is likely to mean the County Council directly commissions services for fewer people
- Residential care will be reserved for those with the most complex needs and increasingly on a time-limited basis
- We will commission new forms of accommodation and support to reduce the reliance on residential care
- We will work closely with Hampshire Clinical Commissioning Groups and West Hampshire CCG's Vulnerable Adults Team

We invite you to join with us at this exciting time in the provision of social care services for younger adults who have learning disabilities and/or autism in Hampshire

In this document the County Council will:

- Set out our plans and priorities for the coming five years
- Ask providers to think about how we can work together to deliver outcomes for people in a sustainable way
- Ask providers to be prepared to engage with the County Council, because although it is not anticipated that the direction of travel will change, we will want to revisit aspects of our plans as circumstances dictate. It is also recognised that both the Authority and its providers need reasonable time and support to make any planned changes successfully.

Details about how Hampshire's learning disabilities population is predicted to change and the features relevant to the learning disabilities and autism market are contained in the Appendix.

Commissioning priorities: A five-year look ahead

Over the next five years Hampshire County Council aims to focus on the following priorities in its commissioning of residential care, supported living, help to live at home and day opportunities for adults aged over 18 who have learning disabilities and/or autism in the county.

We will commission all our services in line with the **Strengths Based Approach**. This draws on the individual's personal skills, strengths and assets to maximise what they are able to achieve. The aim is that the individual is as independent as possible and socially connected whilst eligible social care needs are met in the most enabling way possible by the provision of inclusive and accessible services that are in line with the Equality Act (2010) and least restrictive practice.

We will continue to move people from long-term residential care placements into supported living. Residential care placements will increasingly be reserved for those in crisis for short time periods. We will require a robust, progressive and vibrant help to live at home provider base, with the appropriate specialist skills to support this objective.

We will increase the accessibility of universal, community based services to reduce the reliance on funded day opportunities. We will commission outcomes focused services that demonstrate a commitment to service user progression.

The key features of what we want to achieve are:

Supported Living

- Supported living is where people live with support in a domestic setting in their local communities. This will often mean sharing accommodation and/or support to some extent. We will develop more supported living places. This may involve the development of new schemes and helping providers to de-register residential care homes into supported living units. We will continue to support moves from residential placements to supported living wherever possible
- There are approximately 650 people with a learning disability and/or autism, funded by the County Council, living in residential care homes in Hampshire (including short-stay placements). We have helped over 100 adults who have learning disabilities and/or autism into supported living from residential care home placements over 2017/18. We will move a further 250 adults with learning disabilities into supported living by 2020
- For people (including those coming through transition from Children's Services) who are assessed as requiring longer term settled accommodation and support, people having their own tenancy will be the default provision
- We will directly commission specialist supported living services where they are required. This will be through a new procurement platform Hampshire Accommodation and Support Options Model (HADSOM) that went live in April 2018
- We will continue the application of the Strengths Based Approach and positive risk taking to determine the correct level of support for people. There will be an increasing focus on shared support and care technology
- We will bring 'out of area' residential care placements back into supported living placements in Hampshire where this is appropriate for the individuals concerned
- **Extra Care** is a form of supported living. The County Council will continue to invest in this model, expanding specialist provision for adults who have learning disabilities and autism spectrum conditions, increasing access into generic older people's Extra Care

where appropriate. A more detailed document for Extra Care providers will be produced in the near future

- **Shared Lives** is another form of supported living. This is where the service user lives with a family in their home. We want to expand this service, increasing placements by thirty over the next three years
- The County Council will continue to develop Shared Lives services for short term or respite placements and long term homes for people
- We will continue to develop and commission other models of community support, substantially increasing the use of volunteers and supporting people to develop real community support networks
- We will work with other statutory, third sector and private agencies to maintain and increase the range of accommodation models available to people who have learning disabilities and/or autism, including public and private sector rentals and shared ownership

Help to Live at Home

- We will continue to support people to live at home with their family for as long as possible, by providing support to enable carers to continue their caring role
- We will apply a Strengths Based Approach. This will enable people to do more for themselves. Appropriate review processes will ensure that the correct amount of support is provided for the person's circumstances
- We will commission short-term support with a clear progression focus. We will be realistic about the tasks that people can complete for themselves. We will commission or organise alternatives to direct support from paid staff where appropriate
- There will be an increasing emphasis on access to universal community services, shared services and care technology, in place of 1:1 support

- We will work with partners providing universal services to increase the access for people who currently are unable to use their services, for example people with Asperger's

Residential Care

- We will continue to monitor the cost of care and ensure the County Council pays a fair price for residential care, through transparent commissioning and contracting arrangements
- Residential care provision will become increasingly focused on those people with the most complex and urgent needs. We will commission outcomes focused, time limited placements, co-produced with all stakeholders to enable the person to move into supported living
- We will bring people who are living outside the county in residential placements back to Hampshire
- We will work with residential care providers to ensure that people are as independent as possible. This will mean actively addressing the communication, environmental and interpersonal issues that may trigger behaviours that challenge, through the application of Positive Behaviour Support and similar approaches to reduce the levels of restrictive care and support
- We will take a positive approach to risk management, supporting providers to offer enabling models of support whilst meeting their registration requirements
- We will continue to implement care technology in residential and nursing homes to understand the effectiveness of current support provision
- We will work with residential care providers to de-register their services where this is appropriate. The Hampshire De-registration Partnership Register (HDPR) will continue to facilitate this work
- We will share information about providers with other stakeholders, where our contractual arrangements allow for this

Day Opportunities

- We will continue to monitor the cost of care and ensure the County Council pays a fair price for day opportunities through transparent commissioning and contracting arrangements
- We will continue to procure through the Hampshire Disabilities Day Opportunities Model (HDDOM). We will increasingly focus commissioning on HDDOM members
- We will aim to reduce the amount spent on transport for people accessing our services
- Long-term day care placements will become increasingly focused on those people with the most complex needs
- We will work with independent and in-house day opportunity providers to ensure people receive outcomes focused services, with a move toward time limited placements
- People who have the potential to gain paid employment or volunteering opportunities will be supported to achieve this goal and move on from funded services
- We will continue to build and develop access into universal, community based services and support people to build their own sustainable natural networks, rather than attend services

Increased choice and control Personal Budgets including Direct Payments and Individual Service Funds (Third Party Personal Budgets)

- As part of Integrated Personal Commissioning (My Life My Way) and following the Strengths Based Approach, people may choose to organise and fund their social care and health care through a Direct Payment or Personal Health Budget (a budget that also includes an element of NHS funding). We intend to encourage the growth of these options which will reduce the need for Adults' Health and Care to directly commission services
- We will encourage the growth in the personal assistant market to respond to increasing numbers of people receiving Direct Payments
- We will roll out the Personalised Care and Support planning model developed by Think Local Act Personal (TLAP)
- We will develop other deployment methods for Personal Budgets which still facilitate choice and control for people who don't want a Direct Payment, including Individual Service Funds

Resources

Hampshire County Council will continue to face unprecedented financial and workforce challenges over the next five years that will impact on the resources available to meet the growing needs, especially as service demand – ageing population, people living longer and complexity, remains on the increase.

Financial

The County Council's available budget to meet growing adult social care needs will reduce further between now and the end of the decade, with the downward pressure on public sector finances set to continue into the next decade. That said, the budget for 2018/19 for adult social care still amounts to £343m and throughout a typical year will be sufficient to support on-going care services for circa 17,000 clients across a range of different care groups.

Although there have been some recent high profile increases in funding, such as the Social Care Precept and the Integration and Better Care Fund, these are significantly more than offset by overall reductions in County Council funding that in turn will affect the social care budget. The adult social care budget is set to further reduce by a net £34million over the next two year period.

Net Budget Reduction



Adult Social Care Cumulative Net Budget Reduction since 2015

Workforce

The estimated number of adult social care jobs in the Hampshire area in 2015/16 was 35,000. The requirement is predicted to rise by between 18per cent and 20per cent over the next five years due to the increase in the number of older people, higher demand for mental health services and increasing numbers of younger adults with learning and physical disabilities. The County Council is very aware that growing the workforce to this level will be difficult to impossible to achieve. We also recognise that the National Living Wage, other changes to employment law and the uncertainty surrounding BREXIT have all made workforce issues even more challenging.

As part of our strategy for meeting this challenge the Authority will provide strategic leadership around workforce planning and workforce development, to support providers as employers to meet their workforce challenges, including recruitment and retention. Partnership and Care Training (PaCT) activity and work programmes will facilitate partnership working with and between care providers, training providers, NHS partners and other key stakeholders to help develop a workforce with the capacity and capability to meet the future care and support needs of the people of Hampshire.

There will also be a focus on delivering training in Positive Behavioural Support and other Least Restrictive Practices to providers who are meeting the needs of those with most complex needs.

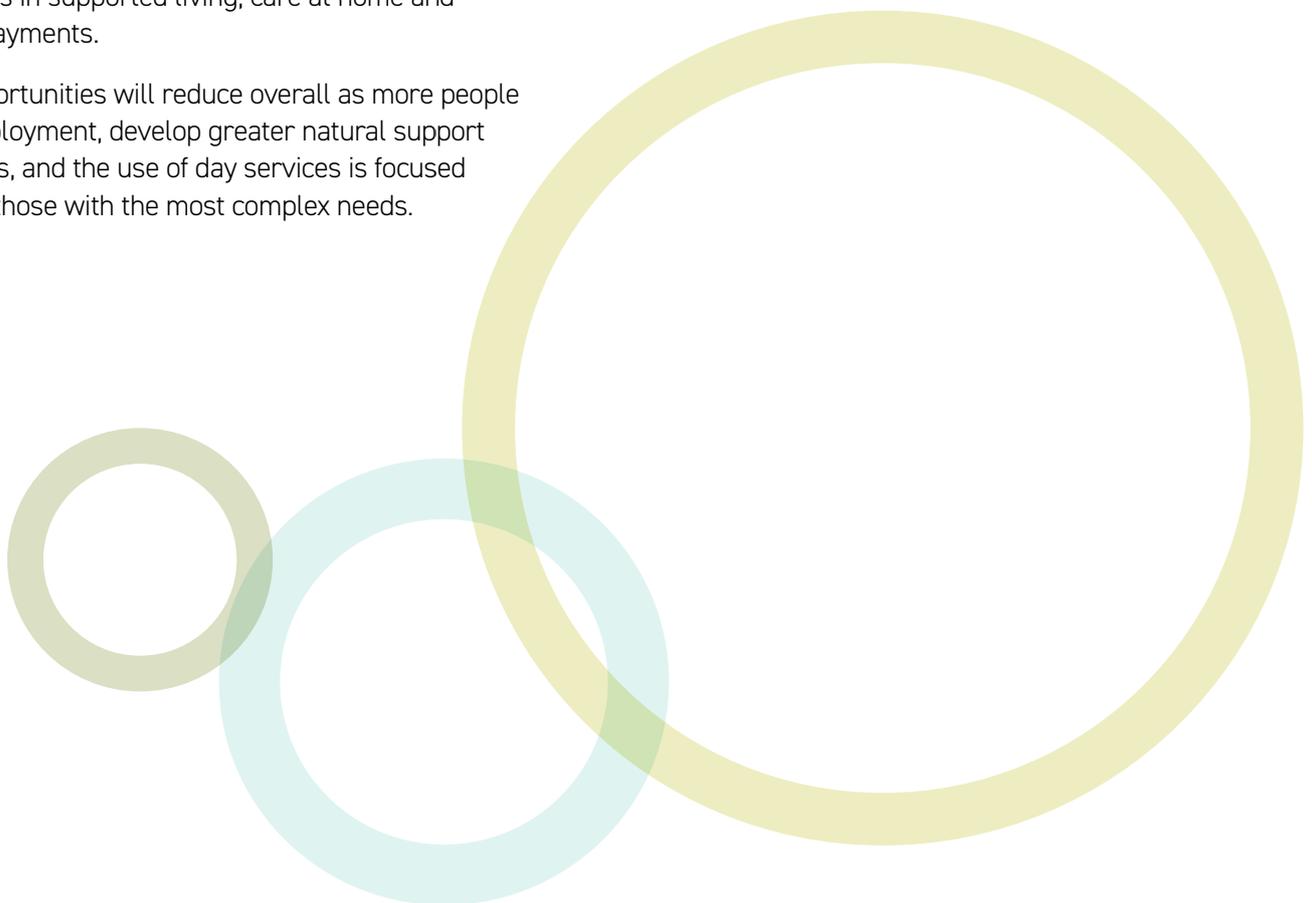
Adults who have learning disabilities and autism provision and predicted future requirement

Client group places/provision	Now	Future
Residential and nursing care	650	200
Supported living and care at home	850	1,400
Day opportunities	800	500
Direct Payments	900	1,050

Over the next five years we will see an increase in Hampshire's learning disability and autism population. The overall numbers of people receiving services is likely to remain the same or reduce slightly as there is a greater focus on universal and community based services.

We will see an overall reduction in the amount of people living in residential and nursing care with increases in supported living, care at home and Direct Payments.

Day opportunities will reduce overall as more people find employment, develop greater natural support networks, and the use of day services is focused only on those with the most complex needs.



What this means for providers

- We expect that the overall number of people receiving a funded service to reduce, as more people are supported to access universal, community based services, build natural networks and access employment and volunteering opportunities
- Funded services will increasingly be focused on people with more complex needs and where appropriate will be time limited

Residential Care

- Overall, the volume of residential care that we purchase will decrease as more people stay at home with parents for longer, move to supported living or Shared Lives
- Residential care will remain a time limited option (typically up to two years) for people with more complex and urgent needs, as part of a progression pathway to supported living
- We will need residential care providers to consider how they can support this approach. Alongside a progressive social care approach to supporting individuals, this should include how they can enable the individual to move on
- We will explore commissioning and contracting approaches that recognise the commercial needs of providers and reward success in moving individuals through to supported living
- We will commission residential services to meet particular needs such as crisis support for people who have complex needs
- We will need providers to work with us to deliver holistic Positive Behavioural Support approaches to all residents and especially those with complex needs, to reduce the level of behaviours that challenge and reduce the risk of hospital admission
- We will need providers to respond positively to the use of care technology
- We will need providers to support an open book approach to price and cost and to demonstrate best value in all circumstances

- For older people with learning disabilities, we will improve access into older people's residential care and nursing homes so that people are in the most appropriate placement to meet their needs

Supported Living

- We will need providers to apply a Strengths Based Approach, ensuring those accessing services receive just enough support to meet their assessed eligible social care needs, whilst making maximum use of peer support, volunteers, family, universal options and other community networks
- We will need providers to engage positively with care technology solutions, as an approach to reduce restrictive direct support for people
- We will need to increase our supported living capacity across Hampshire to support our strategy to move people out of commissioned residential care placements
- We will need a robust provider market that is able to respond to the requirement for long-term supported living services and short-term enablement and respite services
- We will need to accommodate and support service users brought back in to Hampshire from out of county residential placements
- We will need providers who are able to deliver specialist supported living services, for example step down from in-patient hospital placements and people with a forensic need
- We need to increase learning disability and autism Shared Lives places over the next three years
- We will commission other forms of supported living such as Community Living Networks
- We have commissioned our new procurement vehicle HADSOM which will support the objectives described in this document

Help to Live at Home

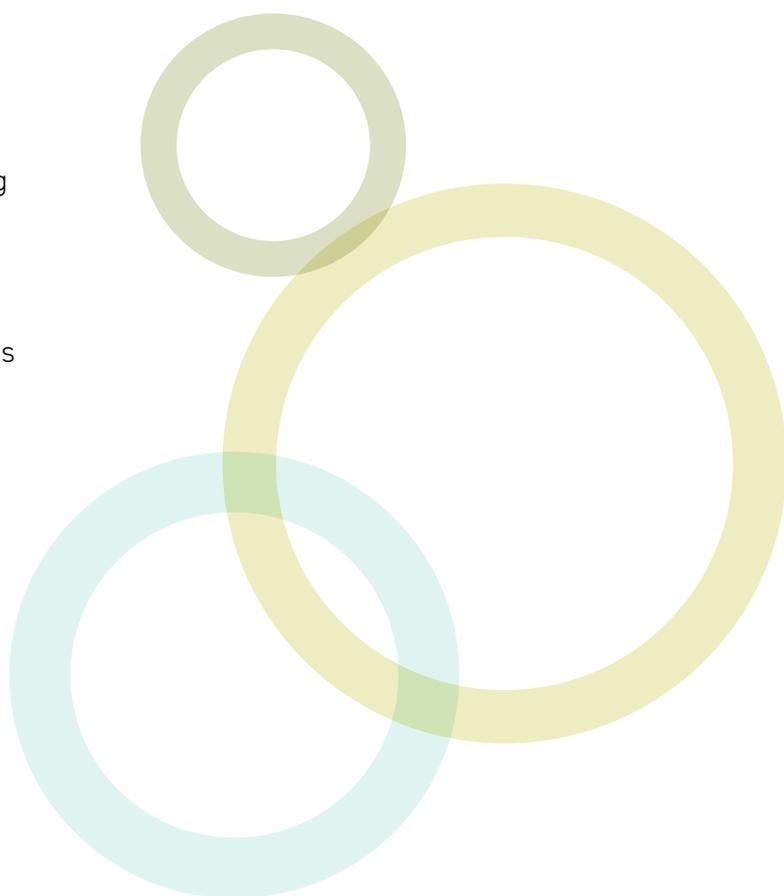
- We will need fewer providers to deliver lower-level home care support
- We will work to break down artificial barriers between client groups and gain economy of scale where generic activities, such as personal care, are required
- We will work in a co-productive way with providers to address pressures such as non-contact time and mileage costs
- We need providers to maintain capacity for new referrals and to meet the requirements of those currently accessing services
- We envisage reductions in the volume of lower-level home care support as the market for personal assistants is developed

Day Opportunities

- There will be an ongoing requirement for day opportunity services for people with more complex needs who live at home with families
- Providers who deliver services to more able people will need to consider how they demonstrate successful move-on for the people attending their services
- There will be an obligation on providers to raise the aspiration levels of the people using their services and move them toward paid employment and volunteering opportunities
- We will support providers to examine their business models and explore funding streams outside of adult social care
- If required, we will work in partnership with providers to de-commission services

Increased choice and control Personal Budgets including Direct Payments and Individual Service Funds (Third Party Personal Budgets)

- Providers will be asked to review their care and support planning models to ensure they are in line with the Personalised Care and Support Planning Model
- Providers will be asked to deliver services in more person centred ways including via the use of an Individual Service Fund
- We will support providers with the offer of workshops/training on Individual Service Funds



Our promise to you

Hampshire County Council makes eight commitments to providers that work with us in the provision of services for people who have learning disabilities and/or autism in Hampshire. These are:

1

Greater certainty:

by sharing plans for the next five years

2

Payment of realistic rates:

offering flexibility in the awarding of contracts and taking account of the impact of the national living wage on costs

3

Payment on time:

correct invoices will be paid electronically within 30 days and issues resolved efficiently and effectively

4

Simplified processes:

including procurement processes and improvements in information and communication technology

5

Better communication:

improved relationship management around your contract through your named contact at Hampshire County Council and on general provider matters, for example through our provider newsletter

6

Improved engagement:

closer working and improved recognition of the contribution of the independent market to the delivery of care for adults who have learning disabilities and/or autism in Hampshire

7

Support in key areas:

such as workforce development and training to promote care as a career, recognising the vital nature of the role and promote the professional nature of care. Additionally the use of technology and safeguarding responsibilities

8

Working together:

collaborating with key providers to develop a programme of knowledge sharing, access to technology and training to help build the resilience of service provision in Hampshire

The way forward: outline timetable

We plan to tender 18 to 64 adults who have learning disabilities and/or autism contracts for residential care, supported living, help to live at home and day opportunities as follows:

Date	Actions
Ongoing	Programme of de-registration of residential care homes through HDPR
Ongoing	Call off for care and support contracts for new supported living and extra care services in development
Ongoing	Use of South East Region Cost Model for residential care costs
Summer 2018	Hampshire's Accommodation Development and Support Options Model (HADSOM) framework commissioned for both support and accommodation to further support our move away from residential care.
Autumn 2018	Hampshire Disabilities Day Opportunities Model (HDDOM) fully embedded and move toward contracting with HDDOM providers only
January 2020 onwards	48 current LD Framework contracts will need to be re-tendered in 2021/22 if all available extension options are taken up

Appendix

Population prediction for learning disability and autism spectrum conditions

	2017	2018	2019	2020	2021	2022
Total population	1,366,922	1,382,578	1,399,824	1,415,094	1,427,637	1,438,977
18–64 population	786,873	792,836	799,436	804,452	807,573	809,875
Learning disability (18–64)	19,234	19,437	19,629	19,821	20,013	20,205
Autism (18–64)	7,859	7,946	8,024	8,102	8,180	8,258

- **Hampshire's population is rising.** It is predicted to grow by five per cent over the next five years
- **The population who have learning disabilities and autism will grow proportionately.** The prevalence of these conditions, (the percentage of the population who have them), is predicted to remain approximately the same at 2.4 per cent of adults who have learning disabilities and 1.0 per cent with autism. In fact it may reduce very slightly
- The effect of any reduction in prevalence will be offset by the rising overall population. Numbers of people with these conditions will rise, peaking in 2020. The numbers involved are relatively small: an increase of 10 or less per year
- **Learning disabilities and autism disproportionately affect men.** Both genders are affected by the conditions, but there is a moderate imbalance for learning disabilities. Approximately 60 per cent of people currently receiving a funded service from the County Council for a learning disability are male
- Among autism, the gender imbalance is more pronounced. The baseline estimate for the population is that 90 per cent of people with a clinical diagnosis of autism are male

