

# Learning Disability Services

Planning Ahead

Appendix

June 2015

Milton Keynes Council  
Joint Commissioning Team



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## Purpose of the document

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This document provides a brief summary of information about the current Milton Keynes learning disability services.

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## Background The Joint Learning Disability Service

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### Overview & History

“People with a learning disability are people first with the right to lead their lives like any others, with the same opportunities and responsibilities, and to be treated with the same dignity and respect. They and their families and carers are entitled to the same aspirations and life chances as other citizens” *Valuing People Now*.

The Milton Keynes Joint Learning Disability Service is provided jointly through a formal arrangement with Central and North West London NHS Foundation Trust. The Council is the lead commissioning agency and contributes 93.25% of the operational budget with the remainder funded by NHS Milton Keynes clinical commissioning group (MKCCG). A formal partnership under Section 75 of the National Health Service Act has been in place for a number of years and a single multidisciplinary management structure and pooled budgets are in place, with the authority acting as lead agency. The partnership agreement is no longer fit for purpose and is currently in the process of refresh.

The pooled budget utilised for the provision of learning disability services is currently £21.3m. The staffing budget has remained virtually unchanged over recent years, whereas the purchasing budget has increased between 7 and 9% a year to meet the requirements of contractual inflation and growth in demand. There have been increases in NHS purchased services outside the pooled budget, particularly in relation to Continuing Health Care funding.

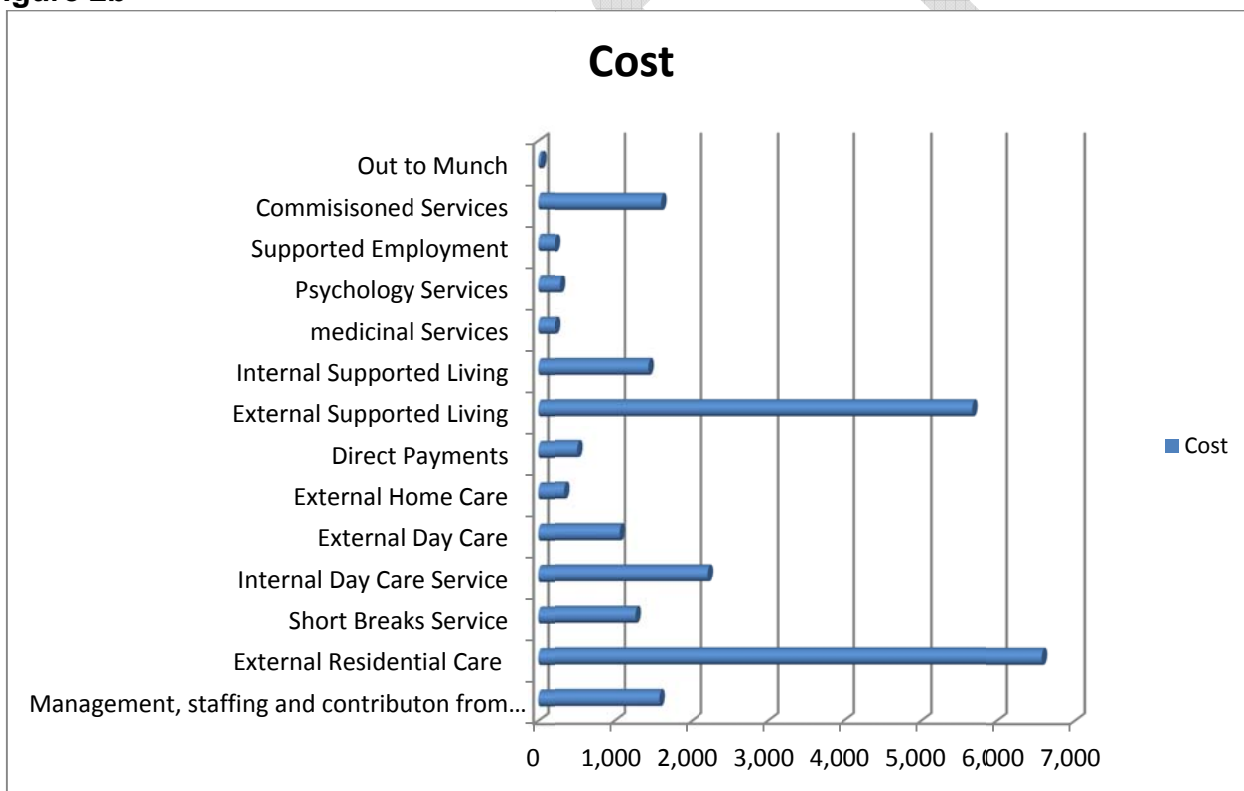
**Figure 1 Historical Pooled Fund contributions**

<b>Historical context</b>	<b>Milton Keynes CCG Contributions</b>	<b>MKC Contributions</b>	<b>Total Pooled Contributions</b>
2012-13	1,186	19,675	20,861
2013-14	1,397	20,067	21,464
Estimate 2014-15	1,434	19,928	21,362

**Figure 2 a and 2b Distribution of pooled fund**

Service	Cost
Management, staffing and contribution from MK CCG	1,571
External Residential Care	6,576
Short Breaks Service	1,262
Internal Day Care Service	2,213
External Day Care	1,058
External Home Care	343
Direct Payments	512
External Supported Living	5,652
Internal Supported Living	1,428
medicinal Services	224
Psychology Services	289
Supported Employment	222
Commissioned Services	1,593
Out to Munch	34
<b>Total Pool</b>	<b>22,977</b>

**Figure 2b**



**Current service usage and age profile**

The number of people accessing social care services for people with a learning disability has increased from 300 in 2001/02 to 551 in 2015.

This growth in demand and cost is reflective of a national trend. The number of people with profound and multiple needs surviving into adulthood and even middle age has increased nationally, as well as the number of people with needs on the autistic spectrum within the younger (under 30) age group. The very young age profile in Milton Keynes has added to this pressure.

New service users come either directly from schools or via the Adult Social Care Access Team (ASCAT). There are between 30 and 40 new people every year. There are on average 12 people per year who leave the service and this is mostly through deaths.

#### Scope of needs to be met:

People with learning disabilities and complex needs - includes people with co-existing conditions (e.g. autism and attention deficit hyperactivity disorder (ADHD)). However, they also include children who have difficulties arising from premature birth, parental substance and alcohol abuse, and/or have rare chromosomal disorders.

Many may also be affected by compounding factors such as multisensory impairment or mental ill-health or require invasive procedures such as supported nutrition and, assisted ventilation.

For other people the complex need may relate to the use of behaviours that challenge (e.g. self-injurious behaviour, aggression towards others) as a form of communication in the absence of full verbal communication skills.

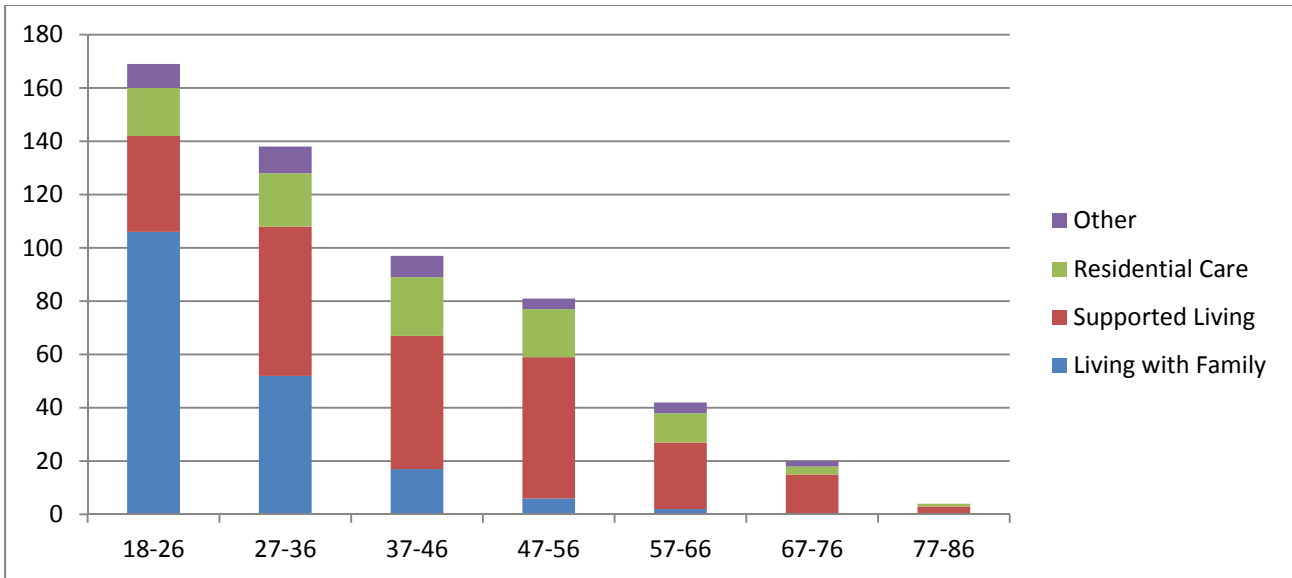
Profound and multiple learning disabilities (PMLD) - is commonly associated with pronounced development delay, often significant physical and sensory impairments. The level of disability is such that the person requires significant levels of support and may have very few, if any, independent living skills.

Autism Spectrum Conditions - are developmental disorders of social interaction, social communication and repetitive and stereotyped behaviours. These are commonly referred to as the "triad of impairments". People with autism may have associated learning disabilities, which may be at any level from mild to profound.

Mental Health and Learning Disabilities - The Mental Health Foundation (2011) considers approximately 12% of people with learning disabilities experience more than one mental disorder. They are three times as likely to develop schizophrenia as the general population. The prevalence of anxiety and depression in people with learning disabilities is the same as the general population. In addition, a significant cohort develops complex behavioural difficulties, often associated with greater degrees of learning difficulty and/or co-morbid diagnosis with autism spectrum conditions, combined with difficulties in communicating verbally.

As at 28 February 2015 there were 551 adults with learning disabilities receiving council funded services in Milton Keynes. 33.5% of these live with their families and 43% are in supported living. Nearly 55% are aged 36 or under.

**Figure 3** Age and residence of people using the service



Transition

Each year a number of people enter into the adult learning disability as a result of transition from children’s services.

Transition describes the move from children’s services to adult services. This can involve leaving school, transferring from children and family services to adult social care services and health services. Family carers and individuals are often concerned about existing care arrangements and the settled pattern that a school environment can provide. It has been recognized for many years that this period of change is not always well coordinated by services and that planning can be poor, or not start soon enough. To ensure a well-coordinated approach Milton Keynes services have an established transition planning group which additionally enables opportunity to plan for future need.

**Figure 4** Number of young people expected to enter the service

Year	Number of young people transitioning
2015	27
2016	26
2017	27
2018	38
2019	29
2020	26

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Current service model

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The Joint Learning Disabilities Service is comprised of a number of teams providing health and social care interventions. The service is managed by the Head of the Joint Learning Disabilities Services.

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## COMMUNITY TEAM FOR ADULTS WITH A LEARNING DISABILITIES (CTALD)

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The team is made up of a range of Health and Social Care professionals. This includes psychiatry, psychology, nurses, social workers and therapists, who assess needs, diagnose and deliver treatments and plan and co-ordinate care.

As well as undertaking Community Care Assessments for new service users, and having responsibility for Community Care Act or Care Programme Approach reviews for all users known to the service, the team undertakes Safeguarding Vulnerable Adults investigations, assessments under the Deprivation of Liberty Safeguards and Continuing Healthcare Assessments.

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## DAY SERVICES

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Day activities and learning opportunities constitute a major resource within the both current internal service, and increasingly with external support packages. As well as offering personalised support, day services can provide an important opportunity for family respite.

Day services provide a wide range of opportunities, many of which are not building based. These include access to mainstream community activities and also to some specialised activities such as the Encompass Theatre Group, Archery, MK Special Dons and one off events.

Services for people with Profound and Multiple Disabilities (PMLD) have remained more building based because their users need health input and specially equipped premises. The needs of this group are increasing. However, this is only one end of a wide spectrum of service, with staff working across elements and in different ratios with users.

The number of people accessing Day services provider market has expanded in recent years and has increased by 90 people to 307 since the 2011 review of services. There are now 15 providers delivering day opportunities across a range of resource offers. Some individuals access more than one day service. Milton Keynes has a comparably large internal day service when compared to other authorities.

Each of the in-house day centres runs a transport resource. This service brings people in to the centres from home and out to activities as required and then home again.

## INTERNAL DAY SERVICES

### Tower Drive

This centre provides a range of services which include:

- one to one sessions for people with high needs around their behaviour, including work outside the building for people who are not able to cope in crowded settings
- group sessions, both within the centre and in the community for people who share an interest in an activity
- a service for people with Profound and Multiple Learning Disabilities (PMLD). In this unit, service users are able to achieve maximum choice by the provision of specialist equipment for communication and personal care
- sensory room and an art room.

### Whaddon Way

The centre provides:

- activities, equipment and support for adults who have profound and multiple disabilities
- an extensive range of sensory equipment and experiences
- a service to people who require a more flexible programme because of their behaviour
- a large accessible kitchen
- a gym where physiotherapists from the CTALD can offer their service to a wider group of users.

### Surrey Road

This centre provides:

- several activity and educational environments
- sensory room
- a range of activities including sport and leisure
- cooking and other domestic skill development
- educational opportunities.
- Office accommodation for the service

### Beanhill

This facility is currently not being utilised during to required estate improvement works and the service users are receiving support at an alternative internal day service. This centre usually provides:

- support for people of mixed age and ability
- support with education, work based activities and community inclusion
- arts and crafts, business, I.T., horticulture and performing arts activities

The Open Gate Society, led by the day service, is a service user led horticultural enterprise, based in Beanhill. Members produce and sell a range of fruits, vegetables and flowers and provide gardening services.

The Encompass Theatre Group, led by the day service, was formed in 2007. Encompass rehearses at Madcap, a local community theatre venue and produces a popular annual theatre production.

**Figure 5 Internal service and occupancy**

Facility	Total attendees	Average attendance per week
Whaddon Way	21	4 days per week
Tower Drive	62	3 days per week
Surrey Road	54	2 days per week
Beanhill	20	1.5 days per week

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## Supported Living

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Supported living is for adults with a learning disability who would like to live in their own home instead of residential care or with family. Service users are tenants in their own homes and receive support and have more choice and control. Community support is provided through an external internal provider or the internal Community support team (CST) which can include:

- Household tasks
- Personal care
- Maintaining a tenancy
- Taking medication
- Money management
- Building links with friends, family and the community
- Social and leisure activity
- Making healthy lifestyle choices

Since 2001 there has been a strategic commitment to Supported Living as the first option for consideration when service users require accommodation away from their family home. This provision allows them to access benefits to fund the costs of daily living while social care and health funding is used to meet assessed needs.

As at 28 February 2015 there were a total of 239 people receiving supported living services. 74 people were using in-house services, and 167 people using purchased services, with 2 of these receiving a combination of in-house and purchased services. This represents a growth of 24 people since 2012. The number of people admitted to residential care has stabilised during the same period.

Supported living packages range from an hour a week to full time support for people with complex needs. Most people are supported by independent providers and a smaller number supported by the in-house team.

### Community Support Team

The Community Support Team works with a number of tenants for a limited number of hours per week. Some of the individuals supported through this aspect of care delivery have a number of complex needs and benefit from a weekly short contact to provide maintenance support in a flexible manner that could be less attractive to an external provider who would seek a minimum number of hours per care package.

The service additionally supports six tenancies in a block of flats for a group of people with a high level of need. The property is owned by a housing association.

The internal supported living service currently works within the wider Joint Learning Disability Service, undertaking statutory duties such as Community Care reviews and contributing to CPA processes. In collaboration with the CTALD the service co-ordinator leads on annual reviews for service users where CST is the only service they receive. The service additionally provides a popular weekly social club opportunity, with up to 60 people attending.



The internal supported living service (Community Support team) expanded following the closure of Oakwood (a six bedded inpatient facility) in 2013 to include an intensive service to support people in crisis. The team consists of nurses and access workers who are employed to work flexible hours (including overnight) to meet the needs of people using the service. There is a view that this has successfully prevented urgent placements or delayed deterioration.

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## Short Breaks

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Supporting families is a key element in providing choice. Short Breaks services can reduce the need for residential care and can provide opportunities to develop independent living skills with the potential to reduce support needs. Most carers' breaks in Milton Keynes are provided by the in-house service and take up of carers breaks provided by domiciliary care agencies is very low.

Family carers can also access direct payments to support them in their caring role. Families are assessed and allocated a number of sessions per year based on level of their need. A session varies but averages at 7.3 hours.

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## Residential and nursing care

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Housing arrangements for people with a learning disability have come a long way since the 1960's, when people were housed in institutions that kept them apart from the rest of society. This is a result of national and government and local authorities working together with people with a learning disability and their families to move forward a system founded on the principle of independent living. (Mencap 2012)

Milton Keynes Council provides no internal residential or nursing learning disability services. It purchases residential and nursing care from a number of organisations for a total of 93 people (as at February 2015). There is evidence that the number of people admitted into residential care has remained consistent in recent years, whilst the number of people accessing supported living arrangements has increased. However, the complex needs of those requiring residential and nursing care is increasing with a number of people developing dementia or multiple health needs.

**Figure 6**

Date	Number of People in Residential Care	Number of People in Milton Keynes funded Supported Living
2006	90	111
2008	79	155
2010	79	166
2011	78	185
2012	84	215
2015	93	239

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## Equality works

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In 2001 Supported Employment was a new service introduced following the restructure of Day Services and Community Support. The driver was to support people in a person centred way to promote social inclusion, citizenship and support people to have their own aspirations for their lives. The current Equality Works scheme provides opportunity for learning disabled people to access work, primarily paid employment, based on their skills, abilities and aspirations.

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## Shared lives

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Shared lives and/or adult placements, where families and others provide support to people with disabilities in their own homes or by including them in mutually interesting activities. These services can involve supported living, short breaks or even day activities. Carers are vetted, trained and supported by an agency which charges a management fee.

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