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|  | **This easy read tells you about:** |
|  | **Nottinghamshire Day Opportunities Strategy (Plan) 2021 to 2026** |
|  | **This is our plan to help people be part of their communities to live ordinary lives.**  We want leisure and employment to be accessible to everyone including people who access services and support. |
|  | It tells you how we want to support people to do different things in different places during the day, evenings and weekends. |
|  | If you need help to understand the information please ask someone who supports you. |

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|  | **What are Day Opportunities?** |
|  | Day Opportunities can be about lots of different activities including: |
|  | * Employment * Voluntary work * Day services * Being in the community * Hobbies and interests * Making new friendships * Learning new skills |

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|  | Most people use services that are based in buildings. |
|  | Some people do choose other options including: |
|  | * Having a personal assistant using a direct payment * Shared Lives for daytime support * Supported employment * Volunteering * Lunch clubs * Other activity-based clubs and services |

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|  | **What we know** |
|  | People with care and support needs can find it hard to be part of their community. |
|  | They can find it hard take part in activities in their community. |
|  | They can find they are not treated equally and don’t get the same opportunities as others. |
|  | People with care and support needs have less access to services and employment |
|  | Nottinghamshire County Council want to help reduce these inequalities by supporting adults to live as independently as they can. |
|  | We want to help people: |
|  | * To build on their skills |
|  | * To have a good standard of health and wellbeing |
|  | * To be able to use services and activities in their local communities |
|  | Day opportunities can help people: |
|  | * To have a good life |
|  | * To learn new skills |
|  | * To have more time for their hobbies and interests |
|  | * To make friends and relationships |
|  | * To use their friends for support |

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|  | **Finding out about people’s experiences** |
|  | We have been talking to people about their experiences of day opportunities. |
|  | We have asked people what they want to do during the day, evenings and weekends and what they would like to achieve |
|  | The day opportunities plan looks at the best ways for people to get the support they need and to do the activities they want. |

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|  | **The Covid-19 pandemic**  The covid-19 pandemic meant big changes to what people could do. |
|  | Covid-19 is going to be with us for a long time and could continue to be a risk. |
|  | We had to make changes to the services we could offer so they were as safe as possible for people to attend. |
|  | Some of these changes will have to continue to keep people as safe as possible. |
|  | Services will have to be able to change and work differently if there are new outbreaks of the virus. |
|  | People with disabilities were affected more by covid-19 than people who do not have disabilities.  Covid-19 had a bigger effect on: |
|  | * Health |
|  | * Access to health services (not to do with covid-19) |
|  | * Getting food |
|  | * Getting medication |
|  | People with disabilities also found their wellbeing was more affected by covid-19 than people who do not have a disability.  People said it: |
|  | * Made their mental health worse |
|  | * Made them more stressed and anxious |
|  | * Made people feel lonelier |

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|  | **Support during the day** |
|  | Most people who have day support use services based in buildings. |
|  | These services support people with Learning Disabilities, physical disabilities, autism, mental health and older people. |
|  | We know for some people building based support is the right place to meet their needs. |
|  | There are other options for day support including: |
|  | * Having a personal assistant |
|  | * Using Shared Lives for daytime support |
|  | * Supported employment |
|  | * Voluntary work |
|  | * Activities in the community |
|  | Support services based in buildings might offer people less choice for activities they can do. |

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|  | **What carers said** |
|  | Access to day opportunities is very important for carers.  These services are important to carers because it helps them to be able to: |
|  | * Have respite (a break for a few hours) |
|  | * Go to their paid employment |
|  | * Go for their own medical appointments |

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|  | **The Day Opportunities Strategy (Plan)** |
|  | **The important things we want this plan to help us do.** |
|  | * Think about the person, their strengths, choices, and goals through doing person centred planning. |
|  | * Focus on the outcomes that people who use services and carers want to achieve. |
|  | * Work with the whole family so that the support people get works for the person and their carers |
|  | * Support people to build relationships and make friends so they do not become lonely or isolated. |
|  | * Support people to use different day opportunities in their communities just like everyone else does. |
|  | * Make welcoming communities that understand the needs of the people who do things in them. |
|  | * Help people learn new skills and to improve the skills they already have. |
|  | * Help people to learn and improve their independence in daily living skills such as, travel training, employment and education. |
|  | * Help more people to use personal budgets or direct payments to get support or to join activities. Including employing Personal Assistants (PAs). |
|  | * Make sure people have choices about when, where and how they are supported and take part in activities. |
|  | * Provide services that can help meet people’s needs in the evening and the weekend. |
|  | * Have services that can meet people’s needs and goals over a length of time that works best for the individual. |
|  | * Support carers to continue in their caring role and to look after their own health and wellbeing and to work. |
|  | * Support people through their life.   Making sure the right support is there at the right time but understanding that needs may change as people get older, become ill or become more independent. |
|  | * Make sure that people feel safe |

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|  | **Why do we need to change?** |
|  | We need a plan to say how we can start to take away the things that stop or make it hard for people to use services and do activities in the community. |
|  | Care and support should help people meet their outcomes and aims that people have included in their support plans. |
|  | For some people the best place for them to meet their outcomes and aims is at a building-based service. |
|  | However, other people could benefit from more opportunities to: |
|  | * Learn new skills |
|  | * Take part in different hobbies and interests |
|  | * Be in the community |
|  | * Make friendships |
|  | * Have good support networks |
|  | When we checked our services we found that people: |
|  | * Could be more independent by changing their support such as using the ‘enablement’ service. |
|  | * Could get better outcomes when care packages match people’s needs, skills and what the things they want to achieve |
|  | * Already benefit from care and support at the right level that helps them live as independently as they can |

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|  | **The Day Opportunities Review** |
|  | We wanted to find out more about the day opportunities people already had and what day opportunities they would like in the future. |
|  | To find out this information we did a Day Opportunities Review to ask what people thought about the new plan.  Below you will see what we did and what we found out. |

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|  | **Stage 1 Engagement** |
|  | **We asked people about:**  **Day Services and Covid-19** |
|  | In June 2020 we asked people what their experience of day services was during the covid-19 pandemic. |
|  | **What people told us** |
|  | Most people said they would come back to day services as soon as they could. |
|  | What people missed most was meeting their friends in a safe place and getting help with activities. |
|  | Carers said that they needed support to get breaks and to set up a support network for themselves. |

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|  | **Stage 2 Engagement** |
|  | **We asked people:**  **What is a meaningful day?**  In November 2020 we asked people what a ‘meaningful day’ meant to them. |
|  | People said the most important things were: |
|  | * Seeing family, friends and staff |
|  | * Being with other people (Socialising) |
|  | * Doing art, crafts and cookery |
|  | * Exercise and sport activities |
|  | * Doing things in their local area such as going to a café or pubs |
|  | * Day trips |
|  | **The things important to carers** |
|  | * The people they care for being able to go to a day service |
|  | * The people they care for being with other people |
|  | * Being able to do their caring role |
|  | * Getting breaks |
|  | * Being able to do their own hobbies and leisure activities |

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|  | **Stage 3 Engagement** |
|  | **We asked people:**  **Where would you like to do the things you have told us about?**  In March 2021 we asked people where they would like to do things. |
|  | **The places people said the most were:** |
|  | * Café or the pub |
|  | * Day centres |
|  | * Their local area with friends or staff |
|  | * Going to the shops |
|  | **Carers said:** |
|  | * Doing things out in the local area would be good for the people they care for. |
|  | * Doing things on different days and at different times would be good. |
|  | * Some carers were worried about people getting to places and whether it might not work for their family. |

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|  | **What we think new day opportunities should offer people.** | |
|  | We looked at all the things people told us they wanted from day opportunities and we talked to some people who use services. | |
|  | The people who use service said they want to be able to say: | |
|  | | * I am treated as an individual |
|  | | * I am able to keep in touch with the people I want to see |
|  | | * I feel safe |
|  | | * I am asked about the things I can already do |
|  | | * I am asked about the things I want to do in the future |
|  | | * I am asked about what I want to achieve (what my goals are and what things I would like to learn) and how I can be supported |
|  | | * I am asked about what my family’s and carer’s needs are |
|  | | * I get the support that is right for me and this might change over time |
|  | | * I am helped to use support I already have like my friends and family |
|  | | * I am part of my local community and the area where I live |
|  | | * I know the community I am part of are welcoming and understand my needs |
|  | | * I am able to be as independent as possible |
|  | | * I can get a personal budget or direct payment so that I can buy my own support and services and have more choice and independence |
|  | | * I can do the activities I want to do and wherever possible I can choose where I do them |
|  | | * I can access services and activities at evenings and weekends |
|  | | * I am supported for as long as I need to be |
|  | | * I can learn new things |

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|  | **What next?** |
|  | Our social work teams and services will work with people in a strength-based way. |
|  | We will do this through regular reviews so we know what support people need and the best options to meet those needs. |
|  | For lots of people that will mean using services and joining activities in the community. |
|  | Where there is not the right support or activity, we will try our best to work with service providers to fill those gaps. |
|  | We will work with local communities to make sure they are accessible to everyone. |
|  | We will work together with the people affected by any changes to make sure what we do will meet people’s needs. |
|  | It will take time to make the changes so things will not happen all at once. |
|  | For some people the services they already have will still be the best one to meet their needs. |
|  | We know changes to services can be worrying.  We hope by working together we can help people not to worry. |

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|  | **If you have any questions please speak to the people supporting you or**  **email Adult Social Care at** [**Dayoppsconsultation@nottscc.gov.uk**](mailto:Dayoppsconsultation@nottscc.gov.uk)  **call our Customer Services Centre on 0300 500 8080** |