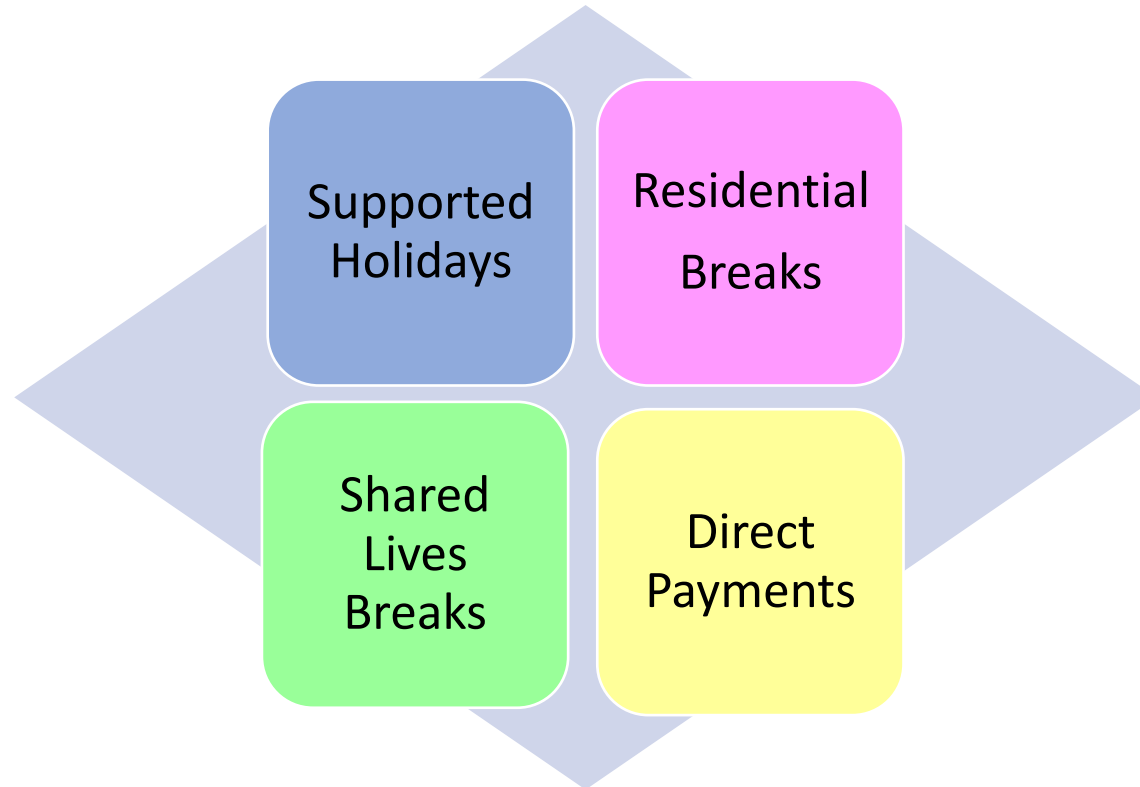


**THE FUTURE DEVELOPMENT OF
THE RESPITE OPPORTUNITIES SERVICE
FOR ADULTS WITH LEARNING DISABILITIES IN MONMOUTHSHIRE**



What is respite?

- A chance for carers to have a break. Providing for the care and support needs of carers is a statutory duty under the Social Services and Wellbeing (Wales) Act 2014.
- At the same time respite should provide enriching opportunities and can help people with learning disabilities to live their own good lives and achieve their personal outcomes.
- Respite should be achieved through positive choices, rather than a one-size fits all approach.
- In Monmouthshire, respite is currently achieved in different ways including short breaks/supported holidays, shared lives placements, direct payments, day support and residential respite.

Why did we do a review?

- Respite opportunities within the Council have been evolving since 2011 when the direction of travel to develop a range of respite options, rather than a single residential option, was initiated. This later aligned with the implementation of the Social Services & Wellbeing Act Wales (2014) with its emphasis on personal wellbeing outcomes, individual choice and control.
- Over this period the demand and type of services being used have changed considerably.
- The changes in demand trends were observable in the period leading up to the start of the pandemic in 2020. Similar changes in demand were occurring in other Local Authority areas too.
- This corresponds with how expectations particularly for younger people with learning disability within the service have changed more generally e.g. around where they want to live.
- More people are choosing short breaks/supported holidays, shared lives and direct payments.
- There has been a corresponding decrease in demand for residential respite resulting in a reduced demand for placements within Budden Crescent (the Council's in-house residential respite provision).
- Budden Crescent was closed temporarily during the pandemic. Instead of opening back up, because of how things had changed leading up to and during the pandemic, we took the opportunity to review the overall respite offer within Monmouthshire and consider options for the best way forward.

Table 1. No. of People Using Respite Options
2017/18

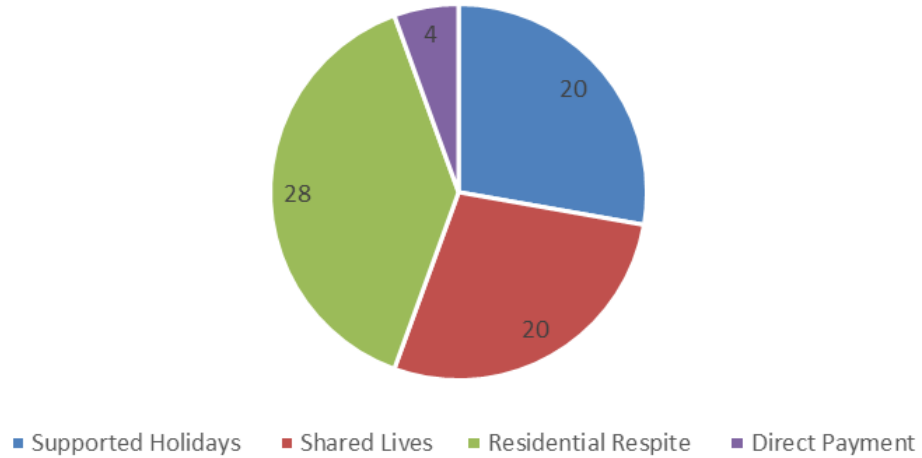
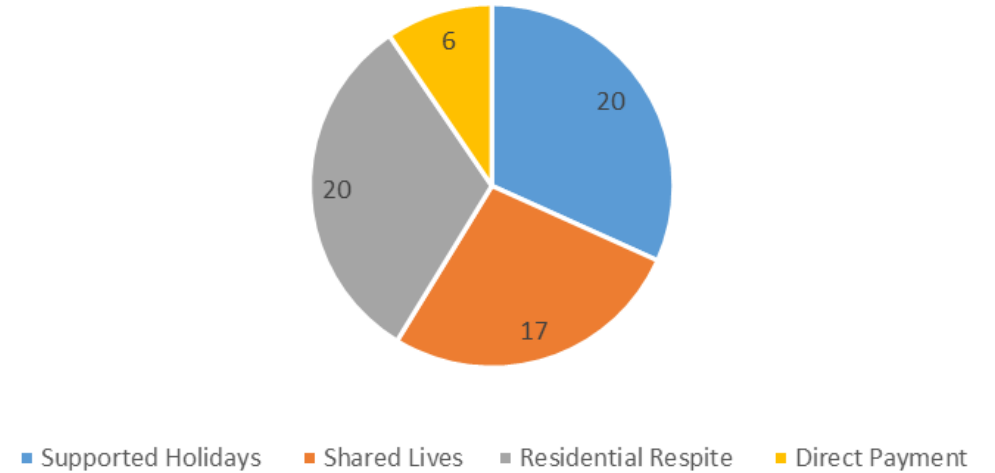
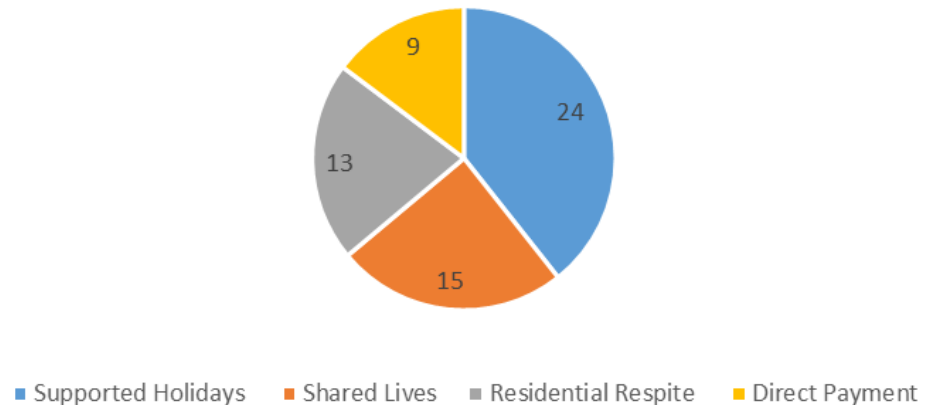


Table 2. No. of People Using Respite Options
2018/19



Charts showing the number of people accessing the different respite support options between 2017/18 and 2019/20

Table 3 No. of People Using Respite Options
2019/20



Undertaking the review

- We used service data to look at patterns of how people were using the range of respite opportunities on offer
- We drafted an initial report and recommendations which we used as a basis to consult with people
- There were 2 consultation periods, using a variety of methods, where we sought the views directly from people who currently use respite services and from young people in transition
- Out of the 42 families, 11 families provided views in phase 1 (November 2022) and 25 families provided views in phase 2 (April / May 2023)
- We also asked the- current workforce of Budden Crescent for their views

What conclusions did we draw from the review?

- The review confirmed the way patterns of use had evolved and highlighted aspects of the respite offer that needed to be developed further.
- On the whole people were positive about their experience of respite and liked the fact that there was a variety of options.
- There was concern that everyone should have a range of opportunities available to them, and that we should work to overcome barriers for wheelchair users and people with more complex needs.
- The review highlighted that Budden Crescent was a well-loved and valued provision, but that people were also enjoying new options and opportunities.
- For a few families Budden Crescent has remained their first choice for residential respite.
- That sometimes there can be a tension between the wishes of the cared for and the wishes of the carers.

The aspiration for our Respite Opportunities Service

- A high quality flexible respite service that offers choice, meets people's respite needs and supports individual outcomes.
- For people to have access to a good range of respite support options based on individual assessments and care planning, recognising that every family situation is different.
- Respite opportunities that combine with and compliment a range of other support services for people with learning disabilities and their families.
- An equitable service recognising that people's strengths, interests and needs are unique to them.
- To achieve this will require us to do some things differently, including ceasing to provide an in-house residential provision and commissioning residential respite from neighbouring councils when it is required.

FOCUS On RESIDENTIAL RESPITE

- Leading up to the pandemic residential respite was largely provided in county via Budden Crescent. This provided a high quality service, with a stable team who knew the people who used the service extremely well.
- Overtime demand has significantly reduced to (at best) 25% capacity (pre-covid) calling into question its financial and operational viability.
- The option of a scaled down provision has been explored but is not recommended because of unit costs and issues with operational viability.
- The option of offering placements to other Local Authorities has been explored and discounted because there is a lack of demand.
- Our recommendation is for a commissioning model. This offers choice and flexibility and is able to provide for people with a wide range of need.

Next Steps for Residential Respite

- Continue to engage and build partnerships with current main providers Centrica Lodge and Augusta House.
- Engage with people on individual basis to work out their specific needs and match with appropriate residential services.
- Centrica Lodge is a 6 bed respite facility commissioned by Newport. It is able to offer a service to people with complex needs and wheelchair users. Our recommendation includes continuing to purchase a bed for a full year.
- Augusta House is a 6 bed provision in Ebbw Vale and specialises in complex learning disability.

“Big thumbs up to Augusta house, level of care is great and W still gets to grow their independence, getting their own drink, and choosing where in the spacious building they want to be. Also lovely trips to shop and out for meals or just a drive. W is so happy there. Staff have built up a good connection.”

South East Wales Shared Lives Service

- Shared Lives offers a real alternative to more traditional types of support and accommodation and is often chosen because it is family based, highly personalised, and provides people with the opportunity to develop and maintain independence, friendships, relationships and connections.
- The person needing respite is matched with a shared lives carers who provides respite at arranged times, and sometimes in an emergency situation too.
- Monmouthshire continues to be part of the shared lives management board
- Shared Lives has recently expanded to include RCT and ABuHB.
- Shared Lives runs proactive campaigns for carers and is currently seeking carers that can accommodate for people with more complex needs.

“Shared lives is a home from home, R is able to attend with their friend. R thoroughly enjoys going. (Carer) expressed that the ability for R to have respite for short breaks is supportive and gives her a chance to have a break from her responsibilities”

Respite through holidays / short breaks

- Short breaks can be used as a respite opportunity for people as part of their care and support plan.
- We also help signpost and support families who may want to access suitable holidays for people with learning disabilities over and above what is in their care and support plans. In other situations people chose to use a Direct Payment to support a holiday.
- Holidays are chosen by the person in keeping with their individual tastes, interests and hobbies. Often a holiday is organised with a friendship group.
- From October 2021 to August 2023 12 people have used a holiday as their respite option. These have included:- Eastbourne; Edinburgh Tatoo; Tenby; Blackpool (Elvis trip); Butlins Minehead; Beatles Tour; Torquay.

“Y has returned a different person since returning since holiday and has made a friend as a result, this is an amazing outcome or us both”. (Y’s parent)

“ I enjoyed drinking mocktails and dancing”. (service user X). Mum is really pleased with the company that have support X on her recent holidays. “They provide photos X has taken part in, so that I can see what X has been doing”

Further developments

- Respite at home
- Emergency Respite
- Direct payments

“Z was extremely excited telling me about her holidays. Z always looks forward to going out with the PA’s (personal assistants) and they get so much enjoyment from activities that they do. Z told the social worker at her review that the PA support is 10/10 !!! DP gives the family the flexibility to book respite when needed and also Z the freedom to choose what their respite arrangement looks like.”

People who have more complex needs

- The review highlighted that there needs to be a particular focus on ensuring that there is a range of options for people with more complex needs and wheelchair users recognising that there are challenges to this.
- Existing offers provide a good level of flexibility and bespoke arrangements for people with complex needs but there is more we want to do.
- For example, targeted recruitment for Shared Lives carers looking into assistance for home adaptation to support this; working proactively to engage with holiday providers to shape and develop the type of holidays available; continuing to work in partnership with neighbouring Local Authorities to shape provision.

Note on Carers

- It is vitally important that family carers are supported and know what they are entitled to.
- The Council has a dedicated Carers Team who are proactive in their engagement with carers and support a well-developed carers network both locally and regionally.
- The team provide information, support and advice to carers and support the completion of formal carers' needs assessments under the SSWBA.
- There is on-going increased demand for carers' services
- The Carers Team commission several voluntary sector services that support carers to have a life of their own and/or continue with their caring role including Age Cymru, Care Collective and Building Bridges.

NOTES ON IMPACT ASSESSMENT

- There are 210 people with learning disability known to the Community Learning Disability Team currently. This is not the overall number of people with learning disability in the county, that figure is not accurately known.
- There is an increasing number of people who have a neuro developmental diagnosis (autism and associated conditions) as part of their learning disability diagnosis
- Currently 51 people have an assessed need for respite
- There are 107 adults with learning disabilities living with families who provide care and support. Their ages are 54 (aged 18-30), 50 people (aged 31-60), 3 people (aged 61-80)
- People with learning disabilities and their carers are also part of the aging demographic
- We know that more females than males take on caring responsibilities