



Learning Disability Strategy

What we are going to do from 2024 to 2029



This document was written by the **West Glamorgan Regional Partnership**. It is an easy read version of 'Learning Disability Strategy 2024 - 2029'.

January 2024

How to use this booklet



This is an easy read document. But you may still need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand. You can check what the words in blue mean on **page 31**.



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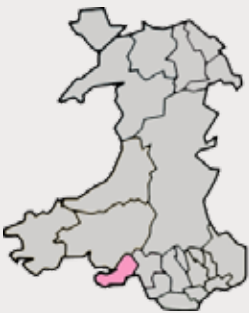
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About us and this booklet



We are the **West Glamorgan Regional Partnership (WGRP)**.



We are from **Swansea, Neath, and Port Talbot**.



We look into health and well-being issues in these areas.

We are a group of people and professionals working together from:

- Swansea and Neath Port Talbot councils
- The health board
- Charities
- People with lived experience





We set up the **Well-being and Learning Disability Programme Board** in 2021.



The aim of the Board is to improve learning disability services in our area.



The Board is made up of:

- People with lived experience
- Professionals from the health board, social services, and education
- Charities



The Board have put together a **5 year plan**.

The plan looks at:



- The needs of adults with a learning disability.



- What services need to do to meet those needs over the next 5 years.



We believe people with learning disabilities should have the right support to make their own choices.



They should be able to achieve a happy and healthy life.



They should have the chances to learn and to work.



This booklet is all about the 5 year plan.



Your Voice Advocacy worked with people with learning disabilities to find out what they think was important to include in this 5 year plan.



Following **Your Voice Advocacy's engagement events**, we had a regional learning disability event.



The event was on 4 May 2023 called **May Your Voice Be with You**.



Over 100 people attended the event. This included people with a learning disability, carers, parents and professionals.

The aim of the event was to:



- Develop the 7 main areas we want to focus on. These areas were based on what people have said is important to them.



- Develop the 5 year plan. Planning how and when each theme will be worked on.



The event launched a forum called the **Regional Learning Disability Liaison Forum** for adults and children and young people.



The **Learning Disability Liaison Forum** will work with the **Wellbeing and Learning Disability Programme Board**.

Members of the forum also helped in developing:



- the 5 year plan
- priorities
- action plan
- examples of how we could do things better for each theme.

About people with learning disabilities



We have used the **social model of disability** definitions in our plan.



The social model says there is a difference between **impairment** and **disability**.



An **impairment** is an injury, illness or condition that affects the way your body or mind works.



People are not disabled by their **impairment**. They are disabled by **barriers** in society.

Barriers can be things like:



- Attitudes about what you can and cannot do, just because of your **impairment**.

- The way things are organised. For example, a form you must fill in that is hard to understand.



- Buildings that are designed only for people who can walk.



Society needs to think about **everyone**. Not just able-bodied people.



The medical model says that People are disabled by their **impairment**.



Lots of other things can affect people with learning disabilities.

For example:



- People with learning disabilities are more likely to have health problems
- They are less likely to have a job or enough money



- Housing
- Loneliness, Social Isolation and Covid 19



- Not being able to use internet, computers and phones to get information
- Transport



- Education
- Advocacy. Advocacy is when someone helps you and speaks up for you to



- Transition into Adulthood. Transition is a time of big change like starting or leaving school



We think there are around 2000 adults with a learning disability in our area. But it could be much higher.

Some figures suggest it might be more like 7000.



Mencap say that many people with learning disabilities are not known to services. So the number could be much higher again.

Services in Swansea, Neath and Port Talbot



People with learning disabilities use lots of services in our area.

For example, services to do with:

- Day services
- Supported living
- Jobs and training
- Health and well-being
- **Respite** care



Respite is having a break from doing something which can be difficult or tiring. A short break is something like respite and can be a holiday.

- Direct payment
- Transport



Services are run by different organisations. Like council, health board, charities, private services.

What people have said is important



Our 5 year plan is based on what people have said is important to them.



These are the 7 main areas we want to focus on over the next 5 years:

1. Transport

What people have told us

People said they want transport to be:



- safer
- easier to use
- and run more often.



People think buses and trains are hard to use. For example, timetables are hard to understand.

What we will do



We are going to work with transport companies.

We want to help them understand more about people with learning disabilities. And talk about making things into easy read.



We will try to find low-cost transport for people with learning disabilities.



We will be doing these things between January and June 2024.

2. Getting the right care and support

What people have told us



People said they want more flexible care and support.

This means care and support that can easily change to meet your needs.



People want to have more say over their care from health and social services.



People said they have had bad experiences of health and social care.



They feel that services are not organised around their needs.



There are not enough services. And staff have not had enough training.



There is not enough health and well-being support.



People have found it hard to get mental health support.



People had other issues too.

What we will do



We are going to get more information about people with learning disabilities in our area. And find out what they need.



We will involve people in their support plans. And try to have support plans to focus on their strengths.



We will work towards joining up health and social care services better.



We will have information in easy read.



We will help people with learning disabilities find out more about **annual health checks**.



Annual health checks are health checks people with learning disabilities can get every year. They are free. They help people with a learning disability look after their health.



We will help people with learning disabilities to find mental health support.



We will look for chances to improve a healthy lifestyle in the area.



We will make plans about support with people.



We will check what **advocacy** services there are in the area.

Advocacy is when someone speaks up on your behalf. Or supports you to share your views.



We will be doing these things between June 2024 and July 2025.

3. My community

What people have told us



People want to be part of their community and feel safe.



People with learning disabilities said they often felt separate from their community.



They often cannot access different activities.

What we will do



We are going to look at services and where the gaps are. We will then see how we can fill these gaps.

We will look at having funding to set up:



- social groups
- and **peer support** groups.



Peer support is when people with similar experiences support each other.

We will see how we can support people to use **Direct Payments**.



Direct Payments is when you get money instead of a service. You use the money to choose and pay for your own care and support.



We will be doing these things between July 2025 and June 2026.

4. Lifelong learning

What people have told us

People want more chances to learn and train.



What we will do

We will look into training for things like:



- cookery



- computer skills



- money management

- and other things.



We will work with learning organisations. We will find more information about learning for people with learning disabilities.



We will be doing these things between July 2026 and June 2027.

5. Jobs and volunteering

What people have told us



People want more chances and support to find a job.



People feel there are not enough opportunities for them.



They feel that people only see their disability.

What we will do



We will look into opportunities for work and volunteering for people with learning disabilities.



We will look into organisations that provide support in the area.



We will ask people with learning disabilities to get involved with plans about volunteering.



We will be doing these things between July 2027 and June 2028.

6. My home

What people have told us



People said they want more choice about where they live.



They want to feel safe, independent, and close to support.



There are not many housing options close to home. And there are long waiting lists.

What we will do



We will work with housing providers. We will look into more housing that meets people's needs.



We will look into staff training about:

- learning disabilities
- mental health
- and other issues.



We will make plans with people about housing.



We will be doing these things between July 2028 and June 2029.

7. Making my own decisions and having my say

What people have told us



People want:

- to be told what is happening
- to have a say
- and make choices about their lives.



People with learning disabilities feel they do not have:

- enough choice about their lives
- or the support to make choices.

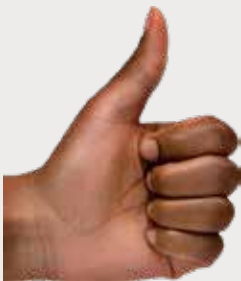


What we will do

We will work at making changes so:



- People with learning disabilities have a say in the issues that affect them.



- There are more chances for people to work equally on issues that affect them.

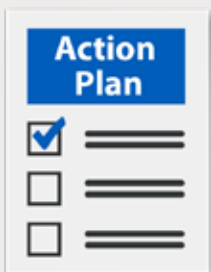


We will be doing this work throughout the 5 year plan.

How we will achieve our goals



We will work with people with learning disabilities, parents and carers on action plans.



There will be an action plan for each of the 7 areas in this plan.



This plan is for our work over the next 5 years. We will check how things are going often.



We want everyone with a learning disability to have equal access to good services in the area.

How will we know we are making a difference?



We will find out what people think. For example, through surveys and groups.



Every year we will speak to the **Learning Disability Liaison Forum** to find out what they think.



We will know we have made a difference when people with learning disabilities say their lives have improved.

Hard words

Advocacy

Advocacy is when someone speaks up on your behalf. Or supports you to share your views.

Annual health checks

Annual health checks are health checks people with learning disabilities can get every year. They are free. They help people with a learning disability look after their health.

Direct Payments

Direct Payments is when you get money instead of a service. You use the money to choose and pay for your own care and support.

Peer support

Peer support is when people with similar experiences support each other.

Respite

Respite is having a break from doing something which can be difficult or tiring. A short break is something like respite and can be a holiday.

