

Opportunities Trust News

Do you know what is involved in 'Creating a Self-Directed Support Plan'

If you are coming to our **Training Day** on 9th March, you will emerge with a good understanding of the process. The day has been designed for service providers, and will be held at Papworth Trust's head office in Papworth Everard.

Participants will:

- ◆ Understand the principles of the 7 outcomes of self-directed support
- ◆ Learn creative ways of working with person-centred planning tools
- ◆ Create a self-directed support plan
- ◆ Understand how self-directed support, risk and management are built in



Members who are service providers are attending for £25, including lunch and refreshments. Non-members would have been able to attend at £50, but our members (who are given priority notice of our events) have reserved all but two of the available places.

To book those last two places, or for information about future dates and how to become a member, please email christine.fraser@opportunitiestrust.org.uk.

Presented by Mark Briggs, Opportunities Trust Vice-Chair & Community Development Manager, Disability Services at Cambridgeshire County Council.

STOP PRESS.. Providers interested in marketing their services in Peterborough should read the pdf which accompanies this newsletter, or go to this link.
<http://www.peterborough.nhs.uk/default.asp?id=852>

Opportunities Trust member benefits include:

- ◆ support for providers in a changing market
- ◆ marketing opportunities
- ◆ bi-monthly newsletter
- ◆ knowledge sharing
- ◆ evidencing quality
- ◆ subsidised training events
- ◆ preferential bookings
- ◆ exclusive area on website

Visit www.opportunitiestrust.org.uk for more info.

Events coming up?

We're setting up a calendar on the web for events in Cambridgeshire. If you're hosting something, tell us and we'll put it on our calendar.

The AGM

We held our first AGM on 30th January and elected our first official executive board, so we are now fully fledged and champing at the bit to get on with our agenda.

We were once again pleased with the turnout. Our thanks to you if you were there to share your ideas with us.

The Past...

Co-chair of the Opportunities Trust, Helena Harris, presented the Chair's Report, which included the story of how we arrived at this point, and where we are going next.

You can download the full report from our website, on the Information page. www.opportunitiestrust.org.uk

We are convinced that the Opportunities Trust provides a unique opportunity for organisations to truly work together to provide better choice for people with disabilities. We have made a good start and we look forward to the year ahead.

Helena Harris - Papworth Trust

Our New Board

Papworth Trust - Helena Harris & Red2Green - Samantha Sherratt (Co-Chairs)

Cambs County Council - Mark Briggs (Vice Chair/Treasurer)

Cam Sight - Anne Streater (Co. Sec.)

Headway Cambs - Andrew Gardner
Supporting People – Steve Cheetham
O.W.L. - Gill Riley

The Future... We have a lot of work to do over the next year but as a starting point we would like to:

- ✦ Agree with members the priorities and focus of the Opportunities Trust for the next 12 months.
- ✦ Continue our partnership working with the ULO to explore working together to best serve people with disabilities
- ✦ Map current services and opportunities to identify any gaps and work with members to fill them equitably, so that opportunities are available for individuals across the whole county
- ✦ Establish an effective marketing strategy for promoting members' services for people with disabilities across the county, including further development of our website
- ✦ Continue to develop our mark of quality through the establishment of quality standards that all members can commit to and deliver. This badge of quality will give reassurance to our customers that what they are purchasing is of a high and consistent quality.

Cambridge Housing Society - Antony Cullup
Hunts Mind – Sarah Hughes
Cambs County Council - Roy Pegram/Fred Yeulett (shared)
Speaking Up - Linda Anstee
CIAS - Robert McGuire

Michelle Mansfield, Matthew Darkin & Ian Broughall (service users)
Jennie Cross & Kadie Chapman (carers)

A Brighter Future for Jamie on his Personal Budget

Background: Jamie has profound and multiple disabilities, and lives with his parents. His family became aware of the option to have a Personal Budget. Their existing package was not meeting Jamie's needs, nor those of his carers'. Significant epilepsy meant Jamie's mum having repeated night disturbances. There was a risk of severe health complications if his epilepsy was not closely monitored and response made. No respite was being provided.

Process

Person-Centred Planning was undertaken to identify Jamie's needs and wishes, and those of his family. His circle of support was established, including family members and existing support staff. Assistive technology was put in immediately to enable Jamie's family to monitor his epilepsy, day and night.

Self assessment was the process used with the Individual Budget questionnaire to identify likely Resource Allocation. Jamie's support plan worked to include:

- ✦ Small amount of commissioned day service attendance for specific activities, to include swimming session.
- ✦ Jamie employs his own staff to provide daily support to meet personal care and support him in accessing social and recreational activities.
- ✦ Maintains informal family support at night for sleeping, using assistive technology to monitor.
- ✦ Additional support to enable in overnight support to provide short breaks for the family.
- ✦ Friend helps with admin.

Jamie's family want to retain some involvement and responsibility and feel that now this is achievable. "It means we can have the extra support to come with us, so we can have family holidays too."

KEY OUTCOMES

It is a more personalised approach to meeting needs. Jamie is able to remain in his family home, where the building meets his

"It feels as if we have won the lottery"

"So much more flexibility"

needs and his local community knows him. His family are able to maintain contact and provide a level of informality. Anxiety about the future is removed, and breakdown prevented.



Jamie's website

www.jamieincontrol.co.uk

Current List of Members*

209radio on 105 FM
Advantage Healthcare
Age Concern Cambridgeshire
Arts and Minds
Askham Care Homes
Boxtree Cottage Residential Home
Branching Out
Burwell Community Print Centre
Cam Sight
Cambridge Housing Society
Cambridgeshire Mencap
CIAS
Darwin Nurseries
Darwin Workshops
FACET
Granta Housing Society
Headway Cambridgeshire
Hope Social Enterprises
Huntingdon Mencap
Hunts MIND
ILN East
Leonard Cheshire Disability

Opportunities Without Limits (O.W.L.)
Papworth Trust
Peterborough & Fenland Mind
Prospects Trust
Red2Green
Richmond Fellowship
Rowan Humberstone
Scope (Orchard Manor Transitions)
SimonsAble
Speaking Up
Supporting People
TACT East
Thera Trust
Voyage Care
West Anglia Crossroads

** Service providers only.*

Useful Links..

In Control

www.in-control.org.uk

Valuing People

www.valuingpeople.org.uk

Cambridgeshire County Council

www.cambridgeshire.gov.uk

User Led Organisation (ULO)

www.cambsulo.org.uk

Putting People First

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndguidance/DH_081118

Opportunities Trust

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Centre

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Self-Directed Support

Service users and families welcome new approach to social care

This is an abridged version of an article provided to us by Cambridgeshire County Council's 'in Control Total' project. The full version can be downloaded from the Opportunities Trust website at www.opportunitiestrust.org.uk. You will find it on the Information page.

Self-Directed Support is a way that adults assessed as eligible for social care support can choose to manage their own support. It involves identifying a Personal Budget to meet their social care needs and then planning how to use it, with help if needed.

A two-month consultation on the introduction of Self-Directed Support across adult social care services in Cambridgeshire took place between September and November last year.

The consultation principally targeted service users and family carers, although anyone was free to respond. Through the consultation process, the aim was to reach a wide spread of people across Cambridgeshire to raise awareness about Self-Directed Support, as well as capturing initial responses to the proposals for change.

A report on the consultation was presented to Cambridgeshire County Council's Cabinet in December and agreement was received to implement Self-Directed Support for eligible adults living in Cambridgeshire.

A phased roll-out of the new approach to social care will begin in Cambridgeshire from April, implemented through the 'in Control Total' Project.

For more information, or to add your details to the list of people to be kept involved in the development and implementation of Self-Directed Support, please contact Amanda Davies, 'in Control Total' Communications Officer on 01223 699650 or at in.controltotal@cambridgeshire.gov.uk

For anyone interested a copy of the full report of the consultation presented to Cabinet is available on the Council's website www.cambridgeshire.gov.uk

✦ **61% of service users and carers agreed that the introduction of Self-Directed Support will give them more choice and control over their support needs**

✦ **30% said they were unsure and needed more information**

✦ **8.7% disagreed with the proposed changes**