

# Independent Living Strategy



## EASY READ Summary



### What do we mean by 'Independent Living'?



A Government Strategy says Independent Living means -



- Having Choice and Control over your support



- Having equal access to -



- Housing



- Transport and Mobility



- Health



- Employment



- Education and Training



- Equal opportunities to community and family life



We also spoke to people with Learning Disabilities and their carers in Enfield.

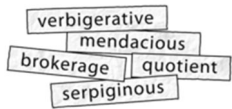
They told us Independent Living means -



- Help to achieve our choices and dreams



- Keeping 'Personalisation' at the heart of Independent Living



- Throw out the Jargon!



## About this Strategy



This Strategy will set out the priorities for supporting Independent Living in Enfield over the next 5 years



It is for everyone that needs help to live independently



The Strategy will set out priorities under certain 'Universal Themes'



## **Theme One – Information Advice and Advocacy**

Enfield's Priorities -



Make it easier for people to get information themselves



If someone needs to ask for information, they should not have to ask more than once



Make more information available about Health and Social Care Services



Make more Personalised Information, Advice and Advocacy available



Support people's personal choices about how they get information



## Theme Two – The Right Home

Enfield's Priorities



Better standards in Specialist Housing



More Accessible Information about Specialist Housing



Support Carers to continue caring with the right housing



Make sure new housing developments include housing for people who need help to live independently



Help adapt people's homes so they can stay if their needs change



## Theme Three – Training, Employment, and Income

Enfield's Priorities



Employment support to help people -



- Get a job



- Join apprenticeship schemes



- Volunteer



Help people manage high costs of energy



Manage a smooth transition to the new cap on care costs



## Theme Four - Technology

Enfield's Priorities



Offer more assistive technology



Use technology in people's homes to help them stay if their needs change



Use technology to help people connect with communities and be less lonely



Better information sharing between Health and Social Care



Make Council workers more aware of what Assistive Technology can do.



Use more technology to support young people in transition to adult services to be more independent



## Theme Five – Connected Communities

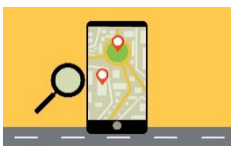
Enfield's Priorities



Help people get out and about by -



- Independent Trave Training



- Assistive Technology





- Personal Travel Budgets



Help community groups be more accessible



Better designed transport, that is more accessible



## Theme Six – Keeping Safe

Enfield's Priorities



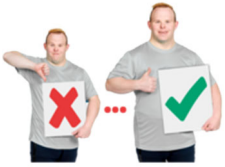
Prevent Abuse



Protect people at risk



Learn from experience



Improve services



## Theme Seven – Keeping Healthy and Well

Enfield's Priorities -



Help people use community services and avoid going to hospital



Reduce Health Inequalities



Help more people get vaccinated



Help people make healthier lifestyle choices



Think about 'Health in all policies', looking at the three most risky behaviours -



- Smoking



- Poor Diet



- Lack of exercise



Support people at risk of falling

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**Theme Eight – Flexible Care**  
Enfield's Priorities -



Help people to plan ahead for when their needs might change



Help more people manage their own Personal Budget



Integrate Health and Social Care Budgets



Use Direct Payments more, especially around the new cap on care costs

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## Theme Nine – Joined Up Care

Enfield's Priorities



- Reduce health inequalities in Black Asian and Minority Ethnic communities



- Help more people do their health screening (like for Cancer)



- Give people the best possible treatments when they need it



- Help people improve their Mental Health and Wellbeing



- Work with our NHS partners, especially the North Central London Integrated Care Board

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### **Areas in Focus.**

**We also ask user groups what their specific priorities are**



**People with Learning Disabilities and their Carers**



More choices of support providers when people have complex needs, like -



- Complex Health Needs



- Physical Disabilities



- Behaviours that can be Challenging



Have more accommodation options for young people with complex needs in transition to adult services



Reduce health inequalities for people with learning disabilities



Improve the handover of health issues when people move to Enfield from other boroughs



Help people move out of Assessment and Treatment Units and back into their community

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**Autistic People**



Celebrate and value neurodiversity





Provide needs-based support



Enable fairer access to education



Support more autistic people into employment



Recognise and combat isolation and loneliness



Provide inclusive mental health and wellbeing support



Improve support within the criminal and youth justice system



**People with Mental Health Support Needs**



Improve early intervention through a Mental Health & Wellbeing Hub



Improve access to counselling support, especially for seldom heard populations living in Enfield.



Increase community rehabilitation options for people with complex mental health needs



support people with mental health support needs into training, development, and employment.



Work with service users and their families to understand why a higher proportion of people from Black Asian and Minority Ethnic Backgrounds use Mental Health Services and build appropriate support.

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## Older People



Increase opportunities for active, inclusive ageing in the community



Promoting older people's contributions to society



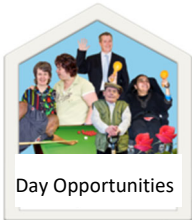
Reduce loneliness



Engage partners so young and older people can work together to support wellbeing



ensure older people are not excluded in our increasingly digitalised society



Review day opportunities for older people



**People with Physical Disabilities and/or Sensory Impairment**



Help more people stay in supported housing (and reduce residential placements)



Expand services to support people with sensory impairment to live independently

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**Unpaid Carers**



Improve the health and wellbeing of Carers and reduce health inequalities



Increase involvement of Carers across to improve health outcomes for carer's and cared for.



Increase Carers voice in designing, delivering and evaluating support services.



Identify more Carers, including through GP referrals.



Support carers to back to services after the pandemic



Identify more Carers, across all communities and all needs



Support carers to maximise benefits,



manage finances and



understand impact of social care reform



Support Carers to have the support they need, (including breaks and respite)

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**People with Long Term Conditions**



Improve support of people with Long Term Conditions in the community



Help prevent the development of Long-Term Conditions in adults aged 50-64



Increase information, advice, and self-management for people with Long Term Conditions



Improve dementia diagnosis, post diagnosis support, and annual reviews



Improve the identification, assessment, treatment, recovery and prevention for those with more than one long term condition

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