



# Learning Disability Transformation Programme- (My Day, My Way)

Scrutiny Presentation

# The Vision

The work of the Transformation Programme builds upon the Cwm Taf Statement of Strategic Intent.



Modern services that promotes independence.



Helpful and useful services.



Quick and responsive support to prevent crisis.



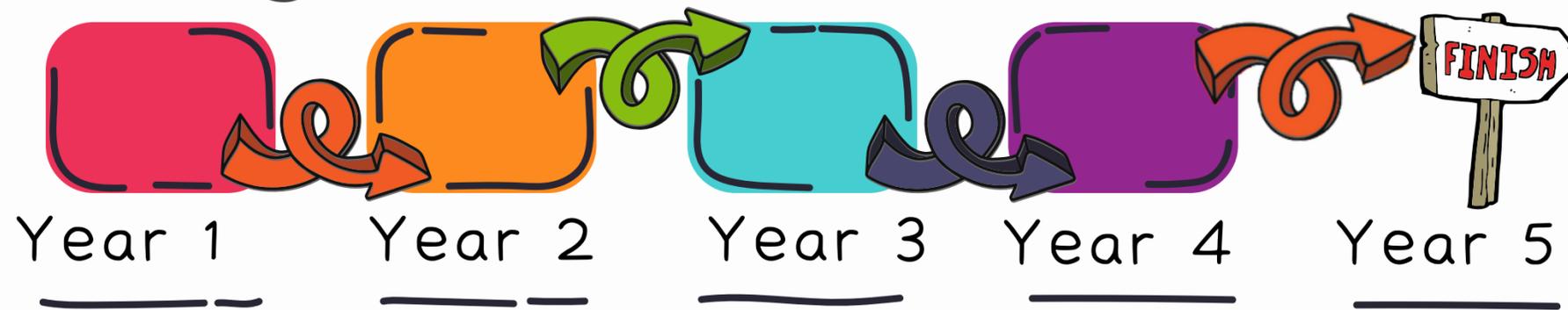
Person-centred outcomes including well-being and choice.

# Mission Statement

The Learning Disability transformation programme will ensure that people aged 16 yrs + with a learning disability, or a learning disability plus autism, will have greater equity, improved life opportunities, health and well-being outcomes and greater choice across their lifetime

# About the Programme

## ● 3-5 year Transformation Programme



## ● Who is involved?

- Partnership Board
- RCT Transformers
- Virtual Transformation Team
- Workstream Leadership Groups



# Workstreams

01 Coproduction



02 Governance and Leadership



03 Communication



04 Commissioning



05 Health and Well-Being



06 Workforce and Culture



07 Finance



08 Transition



# What influences us?



Social Services  
And Wellbeing Act  
(Wales) 2014



Wellbeing of  
Future Generations  
Act 2016



Learning Disability-  
Improving Lives  
Programme



Additional Learning  
Needs Act



Rebalancing Care  
and Support -  
White Paper



'Don't Hold Back'

# Where We Started...





CELEBRATING!

# How it was Received

## Positivity

Some organisations quickly embraced the offer for greater involvement.

## Uncertainty

Others wondered if their role would change if we now wanted to reach more people to hear their voices.

## "Suspicious Minds"

Others were suspicious about our intention and whether it would undermine their position in local partnership arrangements.

## Reflection

Learning together and reflecting on the process of change openly, helped build stronger relationships.



SUSPICIOUS

# What did we do?

## Learning Sets

- Facilitated by IPC
- Opportunity to learn together on how to embed current thinking and models into daily decision-making
- Supported assessors to develop a tool kit to move forward
- Learning sets were then commissioned for daytime opportunities and independent living service managers.

## Stakeholder Engagement

The Transformation Team engaged with a wide range of services and stakeholders to ensure the aims of its engagement helped inform the work of the Transformation Programme and reflected regional strategies and plans.

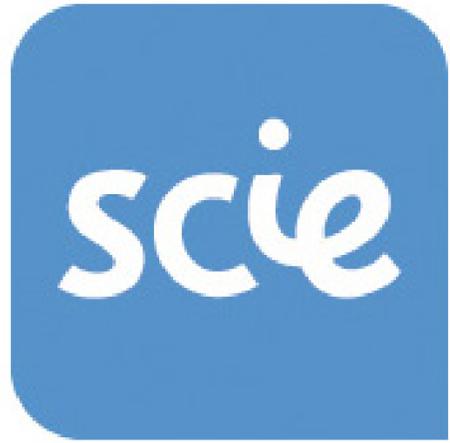


# Coproduction

Co-production is about developing more equal partnerships between people who use services, carers and professionals

Co-production is at the heart of the Learning Disability Transformation Programme

We focus on co-production where it makes the greatest difference to people's lives- by drawing in on the experiences and views of those who use our services across Rhondda Cynon Taff as well as parents, carers, and staff in the sector.



# social care institute for excellence

The Social Care Institute for Excellence recognised the work of the Learning Disability Transformation Programme as an excellent example of Coproduction:

The screenshot shows the SCIE website's navigation menu on the left, with 'Examples of co-pro' selected. The main content area features the article 'Co-producing improved design and delivery in Rhondda Cynon Taf'. The article text states: 'The RCT Learning Disability Transformation Programme is a project within Rhondda Cynon Taf Council. It is aimed at changing and improving the way learning disability and autism services are designed and delivered within the county. The project has a Project Board with representatives from all key local stakeholders, which is led by a learning-disabled person. The Board oversees the work of the various workstreams within the project, one of which is solely focussed on ensuring co-production is embedded throughout the project. The workstreams all have representation from various council departments, third sector organisations, private sector organisations, interest groups and people with lived experience.' A 'News' section on the right highlights 'Co-production week from 4 July 2022' and 'Driving the train: The impact of co-production'.

Co-producing improved design and delivery in Rhondda Cynon Taf- SCIE Article

The screenshot shows a podcast player interface. The title is 'Podcast: What is Co-production? With Rhondda Cynon Taf County Borough Council'. It includes a play button, a progress bar, and a duration of 10:58. The SCIE logo is visible in the bottom left corner of the player. The background features the Rhondda Cynon Taf Council logo, which is a stylized red dragon.

What is Co-production? With Rhondda Cynon Taf County Borough Council- SCIE Podcast

# Changing the Conversation

"No decision about me without me"

What do people want to achieve?

focusing on outcomes

Positive risk taking

moving away from a culture of risk averse

Resilience vs Reliance  
moving away from the local authority always being the answer

Strengths based conversations

focusing on what people can do not what they can't

# Improving Daytime Opportunities Offer

As part of phase 1 of the programme, RCTCBC looked at improving their daytime opportunities offer which would meet the needs and aspirations of people with a learning disability and their families and carers.



July 2021



Aug-Nov 2021



Dec 2021-  
Jun 2022



Coming Soon

Dewch i  
siarad RhCT  
Let's talk  
RCT

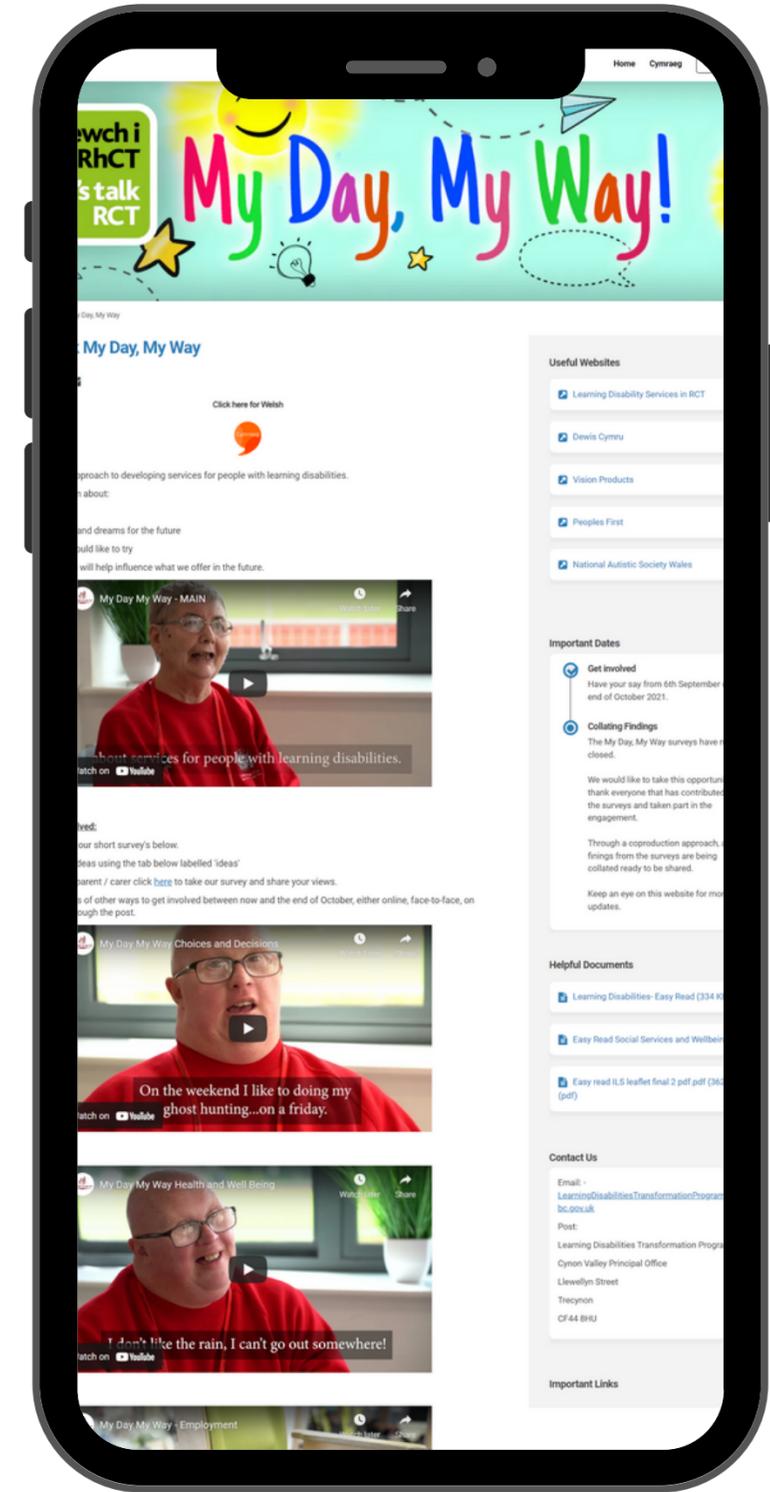


In August 2021, RCTCBC adapted People's First 'My Day My Way' project to find out how people would like to spend their days, evenings and weekends.

Through Coproduction it listened to the views of individuals, staff and their carers.

There were a total of 858 responses.





Accessible Videos were created by people with a lived experience to promote the Engagement & a Easy-Read Website was developed

# What People are Telling Us

## Quotes from Individuals with a Learning Disability:



- I'd like to get out of the house more and get involved in more groups. I like to take lots of opportunities and to try new things. I'd like to meet and get to know more people from different walks of life. I like to make friends and arrange to go out for meals with them. I'd like to try some woodwork.
- I would like to go swimming more often. I would like to join a walking club so I meet new people and get to see more places. I would enjoy going on organized trips more or activity days. I would like to be part of a pub quiz team or darts/pool team. I would enjoy going out for meals with friends more often. I like dancing and singing so would very much enjoy a disco and Karaoke.
- Finding the right job to suit my interest and skills, interview support, job searching support
- Taster sessions with support to begin with. As I'm very shy until I get to know people.
- Get money for the work I do.



- I am perfectly capable of traveling on my own to places that I know. I have completed the travel training course with RCT and I travel alone by bus when I work in Gadlys Day Centre and Aberaman Embroidery Unit. I would need company and support to travel places I've not been before
- I'm fully mobile but have a severe learning disability and autism and am non-verbal so without the help of my parents or carer I could not access transport.
- Meet new people to build more friendships so I have a wider circle of people to socialise with
- More organised group activities in my local area for me and my friends to take part in.
- Have a girlfriend, paid job- security
- To go out for the day anywhere if you have transport. Go to Porthcawl
- Yoga, seeing family, see horses, shopping, swimming. doing puzzles, don't want to go back to centre



# What People are Telling Us

Quotes from Parents/Carers:



- Activities not just physical but sensory and mentally stimulating as well.
- Lack of any plans for people who have severe learning disability, would like him to have access to appropriate activities and opportunities
- She would like to volunteer and be able to work in any environment where she meets the general public within her capabilities
- All activities should underpin 'choice' and help the individual have a voice wherever possible



- We don't have transport to get to evening activities
- I'd like to have a project that is built around the interests of my child
- Our lives are interwoven, and it is difficult for my child to find that independence he needs.
- Social workers need to be better informed - I was once told that nothing would be done until something happens to me!

# What People are Telling Us

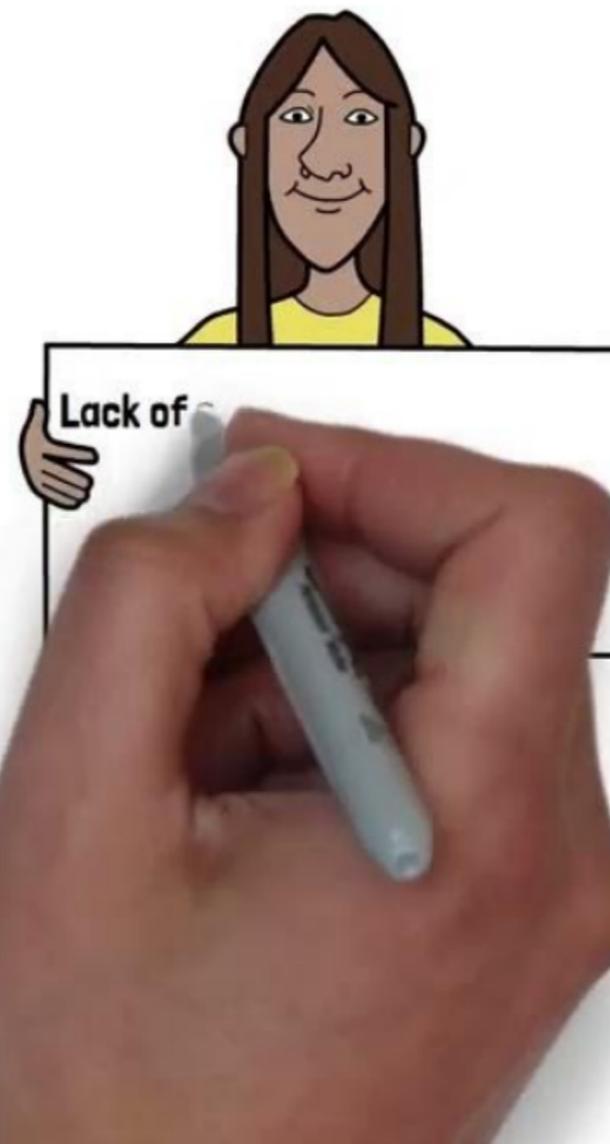
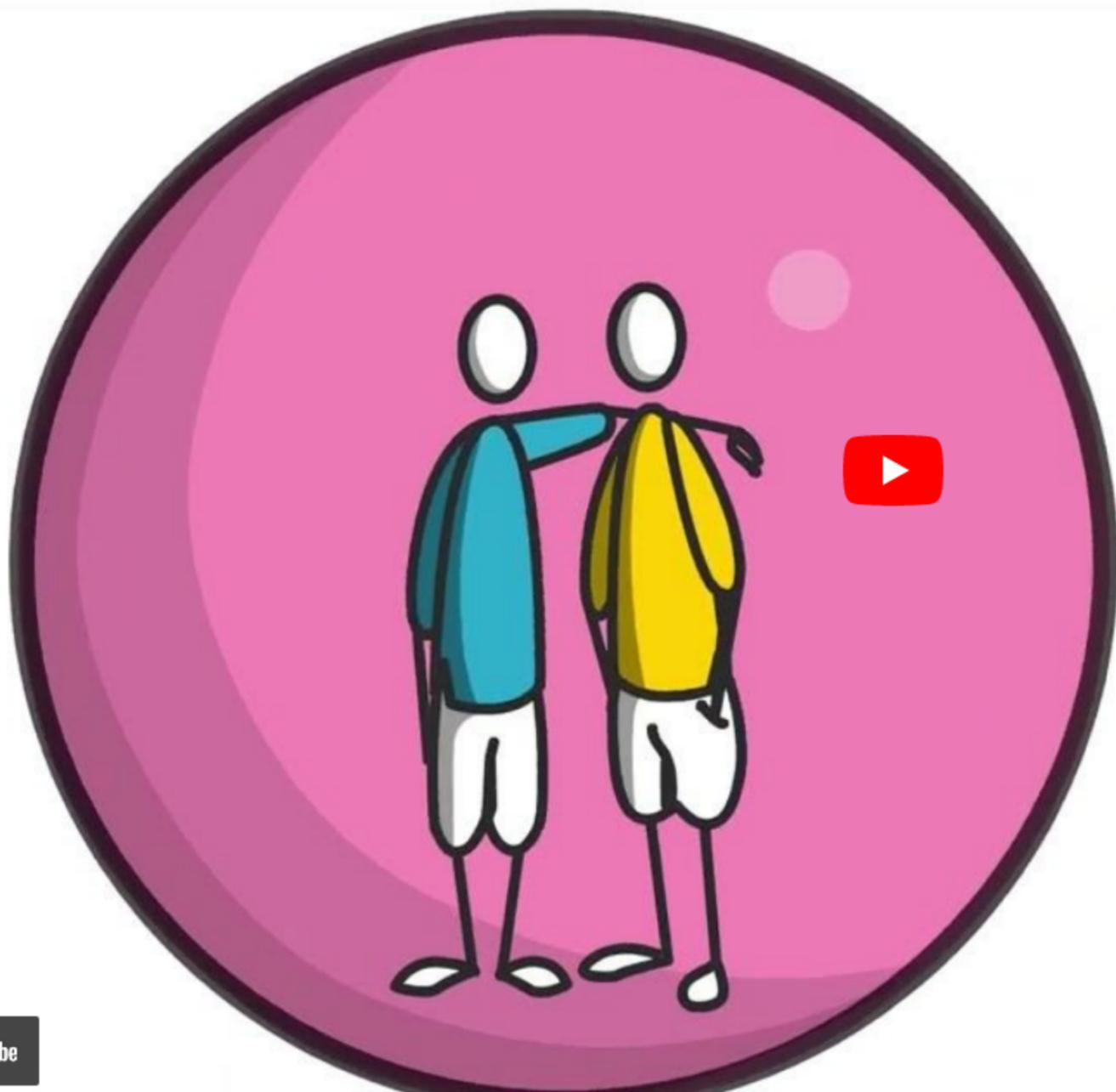
Quotes from Staff in the Sector:



- My idea of how the service should be is where each and every individual has control and choice in what happens in their lives.
- My aspirations as a staff member would be to work together to provide a more community-based service rather than sat in day centres under stimulated
- I don't really have any major concerns regarding the transformation programme as a staff member, I actually think this is well overdue and is a positive step forward for learning disability services.
- To promote, develop, nurture new initiatives, through all media of work, to open up positive opportunities, and to look for positive engagement between all. To be aware that change can be a challenge to some, and to be supportive and to be given support. To mainstream some services, not one service for all, and be given the opportunity to explore new ways of working.
- co-production of individuals should always be paramount.

- We need to hear everyone's voice, including pmla.
- I believe technology could be used to help more individuals to do more for themselves.
- We must ensure these changes have a positive impact on the lives of people with learning disabilities.
- I think the transformation programme is well overdue and needed for individuals, the old ways of working are not suitable for today's lifestyles.
- Not enough training for complex needs, we need communication tools and equipment etc.
- People leading on their own services
- More community opportunities more training/volunteering/workplace opportunities.





Watch on YouTube

[Myday Myway - YouTube](#)



# Day Opportunities Strategy



Throughout July-August 2022 workshops and activities were held for everyone to share their thoughts on the themes, and to give ideas on how Day Opportunities should look for RCT in the future.

This helped to form the proposed strategy and model of daytime opportunities.

**NEXT** ➔

# Recommendations

## Proposed Strategy:

Develop flexible services that meet the needs of those who use them, including during evenings and weekends.



Support people to build friendships & relationships and avoid social isolation.



Skills development- provide suitable support for people to learn new skills to improve their independence.



Ensure people feel safe whilst maintaining their own health & wellbeing.



Provide support that enables the person to access a range of opportunities in the wider, and their own, community.



Develop an information sharing gateway that enables people to access information on services and support.



Provide suitable support for people to gain meaningful paid employment or volunteering.



Provide support to help people make decisions and choices around their accommodation options, including their care and support.



**Key  
Priorities**



# Proposed Model of Daytime Opportunities:

## Community and Employment

- Community networks
- Family and friend networks
- Social Enterprises
- Skill Development
- Travel Support Options
- Training Options

## Maximising Community Connections

- Evening and weekend/ sport and leisure activities
- Building relationships
- Accessible information
- Promote independence
- Health & wellbeing in a safe community
- Outcome & enablement focus
- Community connection

## Council's Offer

- Outcomes focus
- Enablement focus
- Meeting complex needs
- Specialist service
- High care and support e.g., PMLD
- Partnership approach with Health
- Community connection
- Regular review

# Useful Links

[My Day My Way Video](#)



SCAN ME

[Orange Wallet Scheme](#)



SCAN ME

[SCIE Podcast - What is Coproduction with RCT](#)



SCAN ME

[My Day, My Way Website](#)



SCAN ME

Thank  
you!