The Future of Adult Social Care in Rutland
Foreword

Over the next 20 years, the percentage of people over 65 will double in Rutland, which means there will be more people with complex health needs requiring both health and social care.

To respond to growing and changing needs, the Council has been changing its own approach to organising care and working ever more closely with health partners to better integrate and coordinate health and social care services. This is so that people can be provided with the right combination of care, in the right place at the right time, in ways that will be sustainable going forward. This work has been underpinned by changes to national legislation governing social care, notably the introduction of the Care Act 2014, and has been driven forward locally and with neighbouring areas through a number of strategies, some of them partnership based and some focussed on Rutland County Council.

The latest of these is the Council’s new Adult Social Care strategy. This document sets out the Council’s ambitions for social care for the next five years – right up to 2020. It sits alongside a number of complementary strategies, notably the Leicester, Leicestershire and Rutland Better Care Together programme and Rutland’s Better Care Fund plan, which are working to integrate social care with health services to help people to remain well and independent for longer.

Social care is an important issue for everyone, regardless of age, health or personal circumstances. Please take some time to read on and learn more about how we plan to support and care for you in future.

Councillor Richard Clifton

Portfolio Holder for health and Social Care,
Rutland County Council
Introduction

Our overriding aim is to enable and encourage people and communities to live healthier, more active, independent lives and to do this in a way that people have to rely on us less. The number of people needing care and support across Rutland has been increasing steadily over time and will continue to do so as the population grows. This Strategy sets out our approach to successfully meet this challenge in the context of increased demand, rising expectations about the quality of care we want for ourselves and our family and the need to provide more choice as to how needs are met. All this requires a radical shift in the way that Rutland County Council delivers Adult Social Care and a refocusing of available resources.

Rutland’s Changing Population

As our population grows older and young people with disabilities live longer there will be additional challenges to keeping Rutland a healthy place to live. The County’s changing age profile will have the single biggest impact on the development of local services. By 2033 the total population of Rutland is expected to reach 46.4 thousand – an increase of more than 20% from 2008.

For Rutland, the greatest projected percentage change is the 65 and over age range, which will see its population double. People aged 65 and over currently make up a small percentage of the population but in future years over a third of the population will fall into this category. Around 1,700 people aged over 75 in Rutland were predicted to live alone in 2010 but this number is predicted to rise to 3,800 by 2030 (a 120% increase). Furthermore, the total number of people aged 65 and over who have a significant health problem is now predicted to double between 2010 and 2030.
People First review

In April 2014, the People First review was launched to help Rutland County Council plan for:

- Demographic pressures posed by an ageing population with a high incidence of dementia
- Major changes in national policy with the introduction of the Care Act 2014
- An unprecedented financial environment in which the Council needs to deliver significant savings
- The need for a collaborative approach with health partners, to develop more seamless care and support through the Better Care Fund and Better Care Together programme

The review recommended a way forward for services that would meet the needs of individuals, families and our communities. Taking into account your views, it set the vision for the future and committed Rutland to:

- Enable individuals and families within our community to achieve their full potential and be safe from harm
- Target services at the most vulnerable and those in greatest need
- Integrate services more closely with the Health and Voluntary, Community and Faith (VCF) Sectors in a way that supports independent living
- Be clearer about what individuals, families and our community can expect
- Focus on finding different ways to do things rather than reduce or remove services
- Adopt an early help and prevention approach.
Our shared vision
Healthy and Independent Lives - A Sustainable Future

As part of the People First Review, you told us that people living in Rutland wanted to live independent, healthy and fulfilling lives. Given this, we want everybody to have the opportunity to enjoy the best health and well-being throughout their life, and access the right support and information to help manage, reduce, prevent or delay the need for care and support.

From what you told us, we believe that health and well-being is best promoted in people’s own homes and from within the community. By empowering people in Rutland to have choice and control over their lives we aim to maximise their well-being and independence, preventing and postponing the need for care and support.

When care is required, our approach will emphasise the need for preventative and coordinated support focusing on well-being, personalisation, and an integrated whole-system approach working across health, housing, social care and any other relevant sectors. Our role will no longer be about just providing; it will be about continuing to understand the needs, wants and aspirations of our residents and communities and commissioning services to meet their needs. Also, working with partners to ensure universal services and preventative services are available across Rutland.

Integrated Rutland Health and Social Care System

Safeguarding

While we will seek to help people plan their care and take control over decisions, we will always intervene to keep people safe when we have reasonable cause to believe there is a significant risk of harm or neglect by others, or an individual is unable to protect him or herself.
Peggy’s Story

Peggy was referred to the Council’s Reablement team under Crisis Response, following a fall at home. It was thought that Peggy had broken her left hand but the Reablement Team, which helps to prevent unnecessary hospital admissions, was able to make sure she could be treated at home – where she wanted to be.

Prior to her fall, Peggy was very independent but needed help with washing, dressing and preparing meals while her hand healed. With short term assistance from reablement support workers, a physiotherapist and an occupational therapist, Peggy was soon able to regain her independence and get back to her normal routine.

Our occupational therapist provided special equipment so that Peggy could move around her kitchen with ease and dress without needing to bend, preserving her independence at home.

The physiotherapist practiced mobility with Peggy to increase her confidence following the fall, providing a resting splint and exercises to strengthen her wrist. Peggy was also put in contact with a special Falls Clinic for ongoing support.

Peggy was very keen to get back to her normal routine and re-join friends at her favourite community groups, which she could not do due to her injury. With help from the Reablement Team, she was able to recover quickly at home, avoiding a stressful and potentially debilitating stay in hospital.

Peggy says:

“The Reablement Team have been so helpful and I’m very grateful. They visited me every morning and every evening after my accident and I couldn’t have managed without them. I’m grateful to the hospital for everything they did but I was so glad to get home.”
Key themes

Healthy Rutland

Healthy lifestyles are important for everyone, from those with pre-existing health conditions or disabilities to those without. A healthy lifestyle will help prevent or delay the onset of long-term, life-limiting illnesses. It will also prevent the recurrence of problems and reduce further deterioration and the likelihood of intensive or long-term health and social care need. In this respect, supporting people to eat healthily, manage their weight, stop smoking, increase their physical activity and reduce alcohol consumption is particularly important.

Alongside this, good Information, advice and guidance means people have the help they need to resolve their concerns at an early stage. The offer of universal advice and information services to all local people is key to promoting their independence and well-being. People will then be better able to make choices and decisions that are best for them.

Independent Rutland

We recognise that an individual’s needs sit within a wider network of personal and social relationships in the community. Connecting individuals with family, friends and community support networks is important for people’s well-being and to prevent or postpone the need for funded care and support services. We want to promote personal responsibility and for people to have opportunities to become a greater part of their community through increased opportunities for socialising, gaining personal recognition and building relationships, while remaining in their own homes for as long as possible.

Prevention is increasingly seen as a means of tackling progressive illnesses or disabilities and thereby reducing the costs of care and support. By focusing prevention and early intervention services at people who are at risk of losing their independence we want to avoid or delay the need for long term care. Also, by offering people rehabilitation and reablement after illness we want to enable them to return to independent living.

We want people to have more choice and control over the support to meet their social care needs. Each person should be treated as an individual, whether as a person using our services or as a carer: While ensuring that individuals, not institutions, take control of their care, they should be provided with tailored support when they need it.
A Sustainable Future

We want to collaborate more closely with health and other partners so that we can deliver truly integrated services to improve health and social care for people. Delivering an integrated health and social care system will ensure services are best suited to local needs and circumstances, helping people to enjoy good health and well-being at home, living as independently as possible.

We want people’s needs to be matched by a diverse range of services, with a variety of high quality service providers focused on preventing, delaying or reducing the need for care and support. We want to promote competition to make sure providers are responsive to individuals’ requirements and, at the same time, ensure that the quality of the service is maintained. We want more services, including traditional health and social care services, to be delivered by community-led organisations.

We also want to work in a whole-systems way to ensure we maximise opportunities to reduce waste, reduce duplication, work efficiently and pool resources across organisations to achieve our goals and use tax payers’ money wisely.
Making our plans a reality

**Healthy Rutland**

**Information, Advice and Guidance**
There is effective, accessible and transparent information available that can support service users and their families.

To deliver this we will:
- Develop a fully integrated information service for the residents of Rutland
- Change how we use different channels for service users in a planned way over time.

**Public Health**
There is an effective Rutland Public Health offer delivered through and alongside Voluntary, Community and Faith (VCF) sector and primary healthcare providers.

To deliver this we will:
- Review all contracts for public health services
- Commission a new Public Health service for Rutland through and alongside VCF sector and primary healthcare providers.

**Independent Rutland**

**Community Support**
There is effective community-based provision for vulnerable people that promotes the role of the whole community in increasing people’s potential for independent living.

To deliver this we will:
- Review the demand for services and, where appropriate, how support can be provided differently
- Develop a network of community agents in Rutland that we will specify, commission and procure from the private / VCF Sector
- Encourage and enable charities, voluntary organisations, user-led organisations, social enterprises and user-led organisations to deliver personalised services, building capacity in the VCF sector.

**Prevention**
Support targets individuals at risk of losing their independence, reducing or delaying their need for long term support.

To deliver this we will:
- Encourage use of modern technology and enable people to do more for themselves and remain independent
- Develop an enhanced Short Term Support (reablement) service.
**Personalisation**

Individuals have a choice and services that are tailored to their specific needs.

*To deliver this we will:*
- Enable and promote the use of personal budgets / direct payments
- Develop a workforce across all organisations which empowers people to live independently, to shape their own lives and the services they receive.

**A Sustainable Future**

**Integrated care and support**

There are innovative models of delivery in collaboration with health and other partners, to ensure quality services are designed around people and local communities.

*To deliver this we will:*
- Integrate with health including shared posts, co-located services, multi-skilled teams and shared pathways
- Explore the opportunities that the Rutland Memorial Hospital (RMH) provides for a Health and Social Care Hub to support new ways of working in Rutland.

**Commissioning services**

There is reduced demand for institutional care and the need for long term care in the community through jointly commissioned services with health that support independence. Providing cost effective care and support to those in the greatest need.

*To deliver this we will:*
- Work to develop the market in the private and voluntary, community and faith sectors to introduce competition in the provision of services
- Explore integrating the commissioning of public health, primary health care, community health and Social care services
- Work with health and other partners to pool and align funding.

**Financial Planning**

The overall spend on Adult Social Care in Rutland is £9.2m which is 28% of an overall council budget £32m. Rutland County Council managed to plan and deliver adults services within budget in 2014/15; however this will be an extremely difficult position to maintain.

The Council’s five year projections set out in the Medium Term Financial Plan (MTFP) at budget time show that the Council has a significant financial challenge. Whilst the Council plans to save at least £1.1m by 2018/19, the MTFP continues to show that by this time the Council spending plans exceed available resources by £1.5m.

Failure to affect how and when we support people within a growing population would leave the council with a much greater gap to address. If the current allocation of care types and spend were maintained, alongside the estimated growth of the population, especially those with significant health needs, then spend on adult social care would more than double by 2030, becoming two thirds of all the Council’s spend. It is therefore extremely important for the future of the overall Rutland service offer that this strategy delivers its vision of Healthy and Independent Lives: Through Sustainable Future Support.
Olivia’s Story

Olivia is 29 and has lived with cerebral palsy since birth. A lifelong Rutland resident, she is a wheelchair user and needs help with a variety of daily tasks.

Olivia began receiving support from the Council’s Long Term Care Team in 2011. At the time, she was living in residential care in Peterborough with lots of other people who had similar needs. This meant a lack of personalised care and lots of traveling to and from the city.

Over time, social care workers supported Olivia to move out of this residential setting and in December 2012 she returned home to live with her parents. With help from social care, Olivia gradually reduced the amount of time she spent in Peterborough accessing day care services and respite. In December 2015 Olivia left residential care completely and is now fully supported at home in Rutland.

In place of residential care, Olivia now receives a direct payment which supports her with daily living tasks and allows her to get out and socialise. Supported by a personal assistant, Olivia enjoys shopping, trips to the cinema and going to watch her favourite football team.

Ongoing physiotherapy support is provided within Olivia’s home, while support from an Inclusion Development Worker has led to Olivia volunteering at a local primary school, where she reads to children.

Now that Olivia is supported entirely at home she enjoys much more independence. As well as improving Olivia’s quality of life, the changes brought about by the Long Term Care Team have also helped the Council to save money as residential care is far more costly than providing the support required to help people live independently.

Olivia says:

“The move out of residential care has completely changed my life. Having Personal Assistants to support me at home and when I go out has opened up a whole new world for me and I feel really positive. Personal Assistants don’t get enough praise for the work they do and I value my relationship with them so much.”
Thank you for taking the time to read our new Adult Social Care Strategy for Rutland. If you have any questions, feedback or would like additional information regarding our plans, please contact us:

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