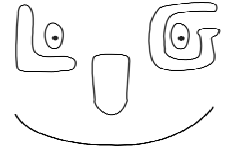




Same As You
Inverness



34

Note next venue is at the Shirlie
[Our next meeting is 7pm on Thursday 1st September 2011](#)

The Ed says sorry for all the errors in newsletter 33, they have put their scary head away and will be back to normal editing mode this month so welcome to SAY Inverness newsletter number 34!

please see discussion item in 'our news' – on 'coming back to highland' services

DLA consultation on the change to PIP – a group of us input to this consultation on the change from DLA to PIP 'personalised income payment'. we asked strongly that the mobility payment stays with 'experts' even if they are in residential or group living as it worked against individualisation and growth of people's PCP into adult learning or socialisation. we raised the need to have real expertise or OT or ergonomists on their scoring plans as basic needs were missing from daily living lists such as help needed to get up or to organise finances or a social life. a great deal was said about hidden mobility problems, mental health and small aids and adaptations needed to access independence on buses as an example. we also raised the vulnerability of 'experts' who are enabled or supported well and who would score low because of this. to add your worries, stories and views contact sasha.mcdougall@sdef.org.uk

Other SDEF event bullet points by Sasha included

- The proposed reforms within the Personal Independence Plan are focusing on survival not living,
- Access to services are an integral to individuals living in rural communities and should be factored in the assessment.

- Ensuring vulnerability, safety and security were factored into the categories, alongside socialisation and financial management.
- The descriptor criteria were not an accurate representation of the impact impairment has on someone's life, and the binary checklist should be replaced with anecdotal evidence.
- Support and independent advocacy have an essential role within the assessment process, and such services should not be funded by the individual, but instead invested in by the state.
- Assessing aids and adaptations as part of the benefit will have a negative impact, reducing independence as individuals may opt to restrict their mobility and dignity in favour of payment.
- Increasing the required period for qualification will lead to increased debt, having a negative impact on health does not protect those with deteriorating conditions. Benefits should be ring fenced for individuals returning to work and for terminal illness and the sudden onset of conditions.
- The assessment process should not be subcontracted to organisations who receive financial incentives for reducing or removing individuals' benefits instead should be undertaken by specialists.
- These changes should be about ensuring disabled people have a right to live full lives, not just about survival.

ward forums – find out where and when your nearest ward forum is and go and be recognised as an expert citizen. ward forums are needing 'experts' help to raise awareness of learning disability and/or autism and how to meet the needs of all 'experts' in every day planning and life in the community

modernising day services – 'experts' and staffs feel they are not being asked enough about the future. we carried out two small discussions on what we thought at first were unrelated subjects. college courses and health information. what came out was that 'experts' were very dependent on staff knowledge on available easy read health info and community info. 'experts' who were living with carers, family or independent with support workers were not getting good information or help with reading information if it got sent home from other places. However we found that 'experts' who attended day centres like the Corbett did not loose out if they lived independently and did not loose out if they did not go to college. independently supported 'experts' found it hard to get on college courses but if they had access to a good day centre, learnt just as much as those going to college and had access to health courses the same as those in residential or group care. day centres will change, young 'experts' may not want centres but we do need to capture these good points in the modernisation.

‘experts’ in the future will want access to life and good life learning. the ‘experts’ already in the system still need to have a good chosen life but we are hearing choice can be increasingly group led or care only led. reviews are best when all aspects are on the table and not just dose and care.

other discussions – ‘experts’ said transport to and from hospitals was not clear and wanted it to be clearer – was it only to raigmore, only to some departments, what of dental treatment at the RNI. the learning disability network are to follow this up though we have heard the highland council contact who was leading in transport research, access and integrated change has a new post. so we hope her hard work has been saved

Research Items from the learning disabilities portal knowledge network being launched august 17th with web training on site use to follow

ADHD and LD – [symptoms of Attention Deficit Hyperactivity Disorder in Children and Adults with Intellectual Disability: A Review](#), Reilly, C & Holland, N, in Journal of Applied Research in Intellectual Disabilities, 24: 291–309.

Weight gain and LD and/or autism – [why research on the pharmacogenetics of atypical antipsychotic-induced weight gain in individuals with intellectual disabilities is warranted](#), Sleister H & Valdovinos M in Journal of Mental Health Research in Intellectual Disabilities, 4, 2, 65-78

staff values and staff burnout – [Values and Psychological Acceptance as Correlates of Burnout in Support Staff Working With Adults With Intellectual Disabilities](#), Noone S & Hastings, R in Journal of Mental Health Research in Intellectual Disabilities, 4, 2, 79-89

organisation support and staff burnout – [Stress, depression, workplace and social supports and burnout in intellectual disability support staff](#), Mutkins E et al., in Journal of Intellectual Disability Research, 55: 500–510

is your ‘expert’ a carer? – ‘experts’ are becoming carers as everyone is living longer

<http://www.learningdisabilities.org.uk/content/assets/pdf/publications/being-a-carer-and-having-a-carers-assessment.pdf>

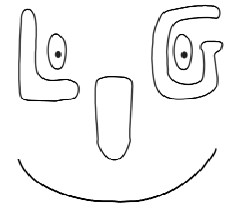
do your ‘experts’ or carers want a fire safety check? - Patricia at NAS kindly put information around. if you want to learn more or want the brigades help to talk to ‘experts’ groups then contact

David.McDiarmid@hifrs.org or contact www.hifrs.org or call 08000 12 13 12

the disability learning network asked about issues around health information and now want to hear from you about safety and harm and 'experts', families and staffs needs around this subject. send it to jonathan.gray@nhs.net if you want to see SAY inverness ideas around these topics so far, please get in touch

OUR NEWS

D – went to Glasgow to meet a TV channel project and hopes to bring them to Inverness to see what 'experts' have to offer them up here. we will fully support the 'experts' in this 'experts' venture and wish them well



N – some 'experts' have joined weight watchers and told us you learn about food and healthy living and you can look for weightwatchers in the shops. some of the 'experts' had been on an NHS healthy eating course with the help of their supporters so the 'experts' going are very proud to be carrying on their healthy lifestyle and have target weights to reach

I – was going to Badaguish with a group of 'experts' to experience canoeing, climbing, cycling and walking. they said they had tried this before with the Corbett centre and liked it but then left to try for a job so could not go back there. they were happy now and had good support to try other things

E + the Falcon – the 'experts' all have praise for Merkinch Centre and Elsie's groups. with the Falcon they are doing different types of dancing, country, singing, and discos with raffles. one 'expert' wins all the time and another has not won ever. they are now all rehearsing for the Falcon xmas pantomime which they think will be the 'sound of music'. again 'experts' will be doing all the acting and stage design and music. so save up everyone and keep a xmas clear

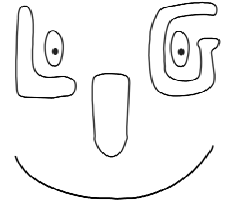
I – their whole living group is going to the 'Jesus Christ superstar' show. everyone is looking forward to it especially those who took part in the Falcon stage shows. they now

know what goes on behind the stage and how hard it is to work on stage

e – set us all talking about services in highland and are they like the Glasgow or Edinburgh services and why not if they are better. we all knew of ‘experts’ trying to come back to highland or being told to plan for coming back. it was difficult we agreed for the first ones to come back but they had to, to be trail blazers for services that highland deserves to have. if the ‘experts’ away did not want to leave better services away then they needed to set out a list of minimum requirements acceptable to them to be in place before they would come back. even though we knew money was short and seemed to be taken from already vulnerable services it should not mean that carers and experts should demand less and we all thought highland deserved to have the same service quality that can be available in the central belt and push for it. we were told highland council was the biggest organisation and employer so deserved it self to have the best facility up here. it was not just the individuals that suffered but families and networks and the greater community. also a point was that not every ‘expert’ coming back wanted an individual service. some with complex physical needs found it hard to get out but loved company and wanted to house share for company as activities quite frequently were only a couple of times a week or for short bursts thus leaving a lot of ‘lonely’ time. some ‘experts’ away by the virtue of the central belt having a lot more opportunity to visit a wide range of places could spend whole day out for very little money, something that some elderly people avoiding older people’s services had found out too. one older lady frequently uses the Aberdeen return bus to meet strangers and new stories and places to stop off at. we have in the past highlighted the new Beechwood build and the opportunity to have attached hands on ‘experts’ educational and care services. the best that students can have learning access to, the best that complex ‘experts’ can have while helping others, the best that ‘experts’ themselves can input to as well as learn in, a sort of integrated super Corbett to either be continually in for complex needs with value added or to graduate from. It has not been built yet and business community and enterprise promotion can go further. so we all say come on highland trailblazers hitch up the central belt!

e – Told us of ‘experts’ regular outings to the Innes bar. The photos were great and some got behind the bar to pose as proprietors, e looked the perfect bar mam! a very good night to be had fortnightly so go along if you want Expert Company, all well behaved of course!

EVENTS



- Link - Advocacy Matters Conference 23rd September 2011 in Inverness info@advocacy-highland.org.uk
- ‘experts’ carers, past patients, supporters welcome to join the university of Stirling’s network to help nurses learn about patient or ‘experts’ journeys through health 14 september at centre of health science eabl@stir.ac.uk
- Link - Highland lgbt forum newsletter www.gay-ness.org.uk/newsletter.html
- Link - plans the government have to change DLA (disability living allowance) to PIP (personal independence payment) <http://www.siaa.org.uk/images/disability%20living%20allowance%20reform%20-%20february%202011.pdf>
- link on the SREN website at www.scvo.org.uk/srenonline/ News & Hot Topics Events & Training
- Link - <http://www.epilepsyscotland.org.uk/information/news/>
- link [Scotland's Inclusion Institute](http://www.inspiringinclusion.com) Seamill Hydro, Seamill, Ayrshire 20 September 2011 to 22 September 2011 Nicola Sturgeon, Deputy First Minister for Scotland will be opening the event jaynie@inspiringinclusion.com During the 3 days of this event we will be bringing together a unique group of thinkers and ‘doers’ to create a learning community. There will be daily keynote presentations, workshops led by the presenters and facilitators and time in the evenings for reflection, networking and more learning. Community and Relationships to include community connections, advocacy, circles of

support, these are not exclusive topics, but Tuesday will have an emphasis on these topics. Children and young People, including Education, Family Support and Circles in Schools, these are not exclusive topics, but Wednesday will have an emphasis on these topics. Co-Production, Deep Democracy and being In control, these are not exclusive topics, but Thursday will have an emphasis on these topics

- Long term conditions and social care. 13 September Edinburgh event@ltcas.org.uk

- navigating Carer Support Plans a.m. and navigating Self Directed Support p.m. 31st August tmorrow@hccf.org.uk

- women's convention road show, calling all female 'experts' to talk about poverty, jobs, childcare, are female 'experts' getting better care than male 'experts'? 22nd august waterside hotel 5.30
deborah.ruddy@scottishwomensconvention.org

- Talking Mental Health helps you communicate difficult mental health and legal information with service users and carers. The website is designed to help frontline staff working in a variety of mental health settings and particularly those working with an interpreter. Learning Disability is also covered in their discussion templates for people with learning disability and mental health issues. Use it to create customised mental health information sheets
<http://www.talkingmentalhealth.net/>

- DISABILITY SCOOP FOR SCOTLAND New Online Disability Database Launch UPDATE- Disability Information Scotland is proud to announce the launch of their new online pan-disability database for Scotland (SCOOP). Released in conjunction with their new website (www.update.org.uk), SCOOP provides a one stop shop for disability related information in Scotland. Designed primarily for information workers, SCOOP holds 1000's of records on topics such as local and national disability groups, local authority contacts, accessible holidays, disability equipment suppliers, legislation, equality, and travel and welfare rights. SCOOP also allows organisations to use the database structure to create their own local database of disability records, specific to their location or organisation, which can be managed by the organisation for their own purposes, a feature that can add greatly to the information they can provide for their own service users.

- Course for carers – navigating the carer support plan 31st august Smithton Culloden Free Church REvans@hccf.org.uk

- link <http://breakingnews.heraldscotland.com/breaking-news/?mode=article&site=et&id=N0497851310641888512A> dentist service for people with learning disability and/or autism to help allay early fears and better later dental health and use of dental services

- Glasgow peer recovery to mental health 6th September
karen@workingtorecovery.co.uk and www.workingtorecovery.co.uk

- getting in, staying in and getting on – disability employment support fit for the future, a report <http://www.dwp.gov.uk/docs/sayce-report.pdf> employment in roles in any sector

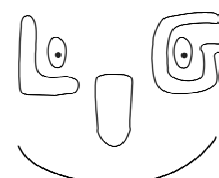
- [Say here newsletter](#) – put your community news items to sayhere@hotmail.co.uk, our media ‘expert’ DJ is the editor of this new community newsletter.

SAY LIG Dates for 2011 are

6th October

3rd November

3rd December to be confirmed



www.highland.gov.uk/socialwork/learningdisability/ligs

Most meetings will be at the Shirlie 01463 716179

Or contact rona.mem@hotmail.co.uk

[Below is the Alliance newsletter from Ian hood office@ldascotland.org](#)

ALLIANCE NEWS

MAKING SURE VOICES ARE HEARD

Issue 33 - July 2011



Will Local Authorities be a Barrier to Self Directed Support?

The Scottish Government views Self Directed Support as the main way to overcome the barriers to individual empowerment.

Having more control over their own lives has the potential to transform the experience of disabled people fundamentally. Support could do what each individuals wanted, not what they had always done in the past but instead be more open, flexible and dynamic.

There is a problem. Local Councils are dominant in all aspects of social care in Scotland

In the 80s, to get support and care for people with learning disabilities or other social care groups was a complicated process of support from councils, the NHS and government. As it all grew bigger there were calls for the system to be reformed.

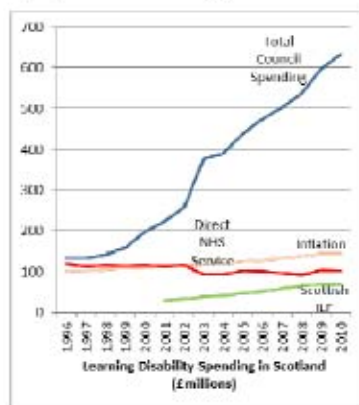
The solution which was adopted was to make the local authorities holders of all community care budgets and to be responsible for the placement of individuals in appropriate support services. Finance was transferred to councils from most other sources.

The graph shows the three main source of funding for learning disability services in Scotland.

Spending on NHS directly provided services has fallen below inflation since 1996 as people moved out of hospital and councils took on responsibility.

The Scottish share of ILF while important has never risen beyond inflation.

Meanwhile council spending has shot up like a rocket as they took more and more control of new and existing funds to support people with learning disabilities.



Now its not just the funds they control. Local authorities are also responsible for

1. The assessment of people's needs
2. Deciding who is eligible for services
3. What outcomes should be met by any support
4. The level of funding to do this.
5. The approved providers locally available to meet needs.

Its not that councils are good or bad. Its when things go well, the individual is fine, but when they disagree with the council they have few legal rights.

At the moment the Self Directed Support Strategy and Bill do not challenge this. The individual David is left without a slingshot pitted against a Council Goliath.

We already see local authorities

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micro managing Individual Budgets. For example, families trying to deliver respite in creative ways have been told not to buy a tent for a holiday in case family members other than the disabled person use it.

While in Glasgow, 1800 people with learning disabilities being compulsorily transferred to a "personalisation" regime that sees average cuts in services of 20% and individual cuts of up to 70% in service support. And the only complaint available is to the actual council making the cuts!

We think 3 things could help make a difference

1. The use of person centred planning tools which could put the individual back at the centre of the process
2. The use of nationally agreed outcomes to ensure that support services meet people's needs
3. Legally enforced rights of appeal for individuals in dispute with their council over assessments, eligibility and the level of their individual budget.

Unless these are addressed what we will see will not be Self Directed Support but Local Authority Directed Support.

A full version of this speech is available in the Personalisation section on our website.

The Hidden Tax on Care

In June in the Scottish Parliament, the Finance Secretary, John Swinney told MSPs "I have no proposals to bring forward any new taxes in Scotland."

But there is one tax that keeps going up that Mr Swinney doesn't seem to know about and it is hitting more and more disabled people. This is the charge that councils make when they provide social care support to people in their own homes.

New figures discovered by the Learning Disability Alliance Scotland show that councils have ramped up the amount of Care Tax that they apply as many more people now find themselves charged for services previously delivered for nothing.

- Jackie from the Borders now pays £300 a month for her care when she previously paid nothing
- Asif from Glasgow now pays £180 a month when he used to only pay £10.00
- John from Tarbert now pays £250 a month for support which he just to get for free.

A complicated system exists to work out what people should pay, disregarding various types of income, levying different levels of hourly rates and setting maximum payments. **But the easiest way to look at how the charges are calculated is look at the Tax Rate, sometimes know as the "Taper".**

The table below shows how 8 local councils have raised the Care Tax rate since 2008.

Council	Taper Increase
West Dunbartonshire	150%
Stirling	100%
South Ayrshire	100%
North Lanarkshire	52%
Midlothian	51%
Renfrewshire	36%
Dundee City	30%
North Ayrshire	25%

Many other council have used other ways of increasing the income they get from the most vulnerable. For example, South Lanarkshire has introduced a Care Tax rate of 50% for the first time.

Almost all councils now charge for any Housing Support that was funded through the Supporting



The Department of Work and Pensions tries to explain the new "simpler" Personal Independence Payment.

Information For Free !

At the Learning Disability Alliance Scotland we are very keen to use Freedom of Information legislation to get information that sometimes would be hidden.

Recently we received a copy of the Resource Allocation System and a copy of the scoring system for the Self Assessment Questionnaire used by Glasgow City Council in its personalisation process.

You can download copies of both of these documents from our website in the personalisation section.

Also Glasgow had to tell us that they had 169 people referred to the Risk Enablement Panel by their own staff because of worries that the proposed budgets were inadequate for people's needs. They also had to tell us that none of the 5 people dealt with so far had been present or had an advocate present to speak up for them!

People fund as the protection people enjoyed ended with ring fencing.

It may be that councils feel they have to do this because of the Council Tax freeze but is it fair?

The Scottish Government has the power to intervene and control this policy, but they have not used this once since it was enacted. The only restraint is an annually reviewed COSLA guidance which only ever seems to lead upwards in what people have to pay.

The Welsh Assembly faced the same problem and decided it could not leave the vulnerable at the mercy of local authorities any longer and imposed a maximum charge of £50 per week that could be made anywhere in Wales. Such an approach would be a good first step forward for John Swinney and the rest of Scotland.