

THE SAME AS YOU RECOMMENDATIONS YEAR 2000 AS VIEWED AND
REVIEWED IN THE YEAR 2010 FOR SAY 2020 VISION

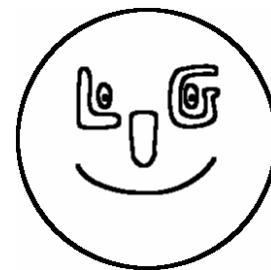
SAY Inverness



a Same As You local implementation group

SAY Inverness (formerly S.A.Y L.I.G Inverness)

A Same As You Local Implementation Group



The SAY - Same As You original recommendations

As the original LIGs were set up to think of or help with projects and services to fit the SAY recommendations, with the help of the Change Fund, we added the word SAY to LIG to reiterate our purpose to onlookers. We have now recently dropped the word LIG to become part of a bigger SAY Highland thus SAY Inverness. We also decided to look at the original SAY document and use it as a learning tool for ourselves, being a mix of Staffs, Experts, Carers, Voluntary and Public, and use our easy read outputs to help train other Experts in the future.

We use the word 'Expert' to mean a person with a learning disability and/or autism spectrum as they are the Experts of the implementation of their services on the ground. The following pages are set out with Expert friendly pictures in an easier read version, with a more official explanatory version following on the reverse side for staffs.

We went through the original SAY-same as you document (2000) and took out to use and understand:

- **the 29 recommendations which we numbered as such and personalised them to Highland by using the words Highland Council and NHS Highland**
- **the 11 recommended overarching recommendations which we felt related to strategy and numbered them A-K and again personalised them to Highland where local providers were mentioned.**

We, the Inverness Same As You Inverness, heard that people in the other SAY groups, did not know what was in the SAY, or had never seen it or been trained in it and not all Experts with Easy Read versions had been helped to read it.

SAY Inverness looked at each recommendation separately at our round table meetings, we read out and explained and asked each person what they thought it meant then what the service should look like. We use quotes to show where our knowledge is now, even if it is wrong and write a paragraph to show what, collectively, we thought the recommendation should mean. We then wrote what we thought the challenges would be in Highland and asked Experts for a story to fit what the recommendation might look like to them and we asked the table for a good/poor story of how the recommendations in practice, had really looked like, as possible learning points.

We have allowed space for local contacts to fit the Experts own needs and their own region. These sheets are mostly from people based in Inverness areas, so are limited but as most change happens at an Inverness level before being shared, and changes in other areas are harder to hear about in Inverness, we have shared these sheets with other SAY groups.

Reviews

2003 make my day

2003 employment

2004 home + easy read

2004 hospital + easy read

2006 SAY review +easy read

2010 Who will review the SAY and who to

SAY contacts

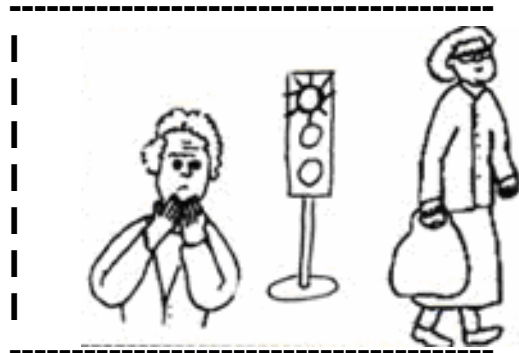
SAY web

E-SAY

To be included in community life, in education, in leisure, recreation, employment, mainstream services, day and night, less specialist

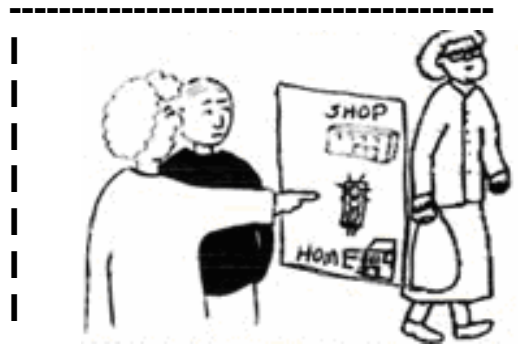
This means we can have the choice to be included where we want and how we want, with all the people we want to be with and people must ask us how they can include us

What would this look like?



local contacts:

I want to go shopping



local contacts:

I find the traffic light difficult



local contacts:

I can go shopping

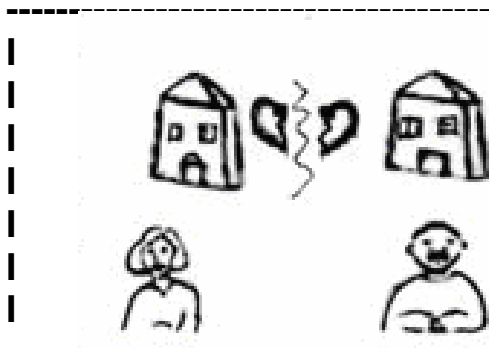


and CHANGE BANK

B. To improve, reshape, reorganise services and to aid/promote better understanding of people with Learning Disabilities and their needs, to meet this

This means that services will get better to meet our needs but they will also help others meet and understand our needs. This should be with us helping too

What would this look like?



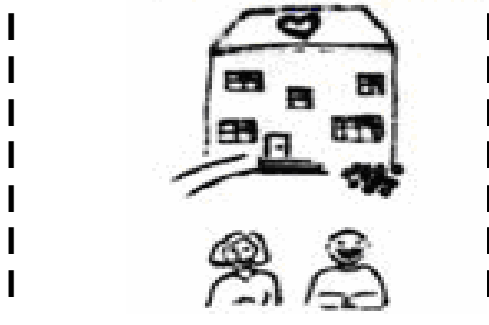
local contacts:

We want to live in the same house



local contacts:

We made a plan



local contacts:

We help each other in the same house



and CHANGE BANK

C. To enable more person-centred and needs-led ways with the person and give the person better information and where wanted, an advocate, to enable the person's own control and choices in their life

This means you should have good information and someone to help you tell people what you want to choose to do in your life in the way that you need to do it

What would this look like?



local contacts:

I want to go to the music group



local contacts:

A buddy plans with me, for me.



local contacts:

I now go to the music group.

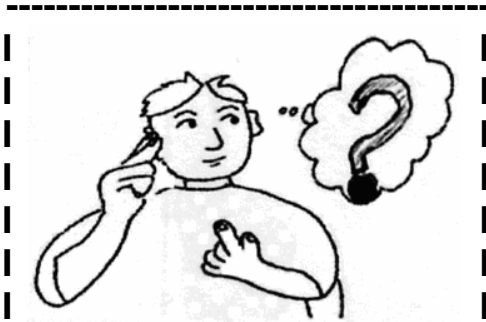


and CHANGE BANK

D. To improve systems with Local Area Co-ordinators, who co-ordinate support and services, act as a voice, have a budget to buy new local cost effective services

This means the person will help you or your group gather all the services and supports needed to meet your choices in the way you need and want

What would this look like for us?



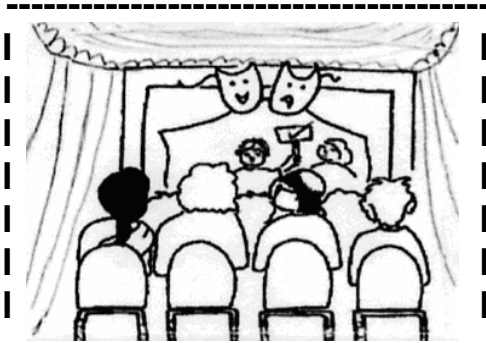
local contacts:

I would like a work placement.



local contacts:

I like the theatre.



local contacts:

I work at Eden Court.

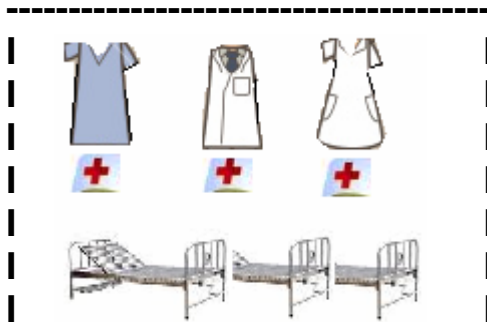


and CHANGE BANK

E. To focus services on inclusion in the community, personal development, homes in the community, education, employment, personal fulfilment and flexible creative short breaks

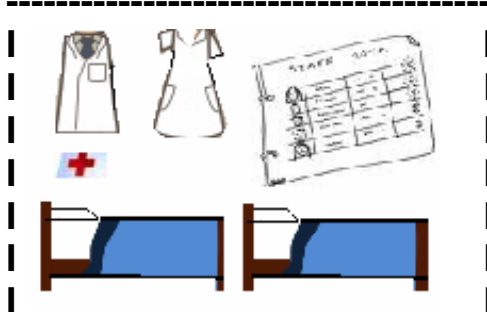
This means having our own home where we want with the support we want in and out of our home to live the way we choose and doing the things we enjoy

What would this look like for us?



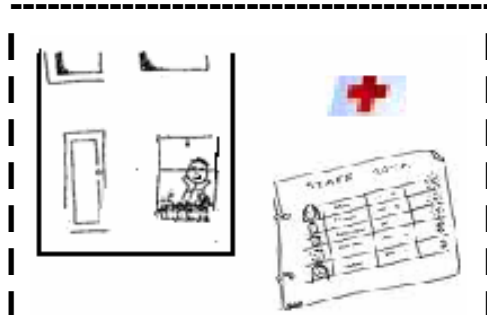
local contacts:

My home is not a hospital



local contacts:

My home is not an office



local contacts:

My home is a home



and CHANGE BANK

F. To have the SCLD-scottish consortium for learning disability providing leadership and advice to agencies and to have someone to act for Experts, Carers and agencies

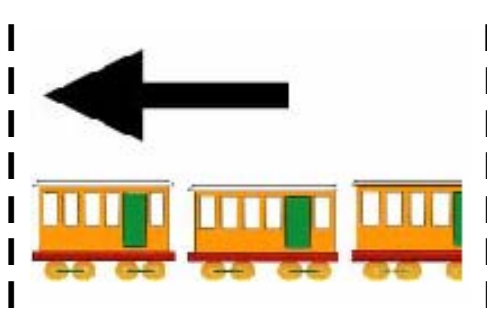
This means having groups or services will understand what we want and need out of life because they will get better training and help

What would this look like to us?



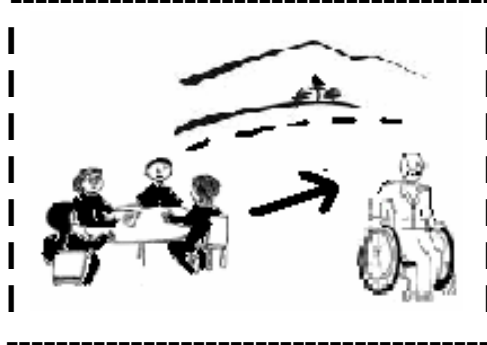
local contacts:

The group in Glasgow is so far away



local contacts:

I need help to travel to the group



local contacts:

The group now knows I live in Highland

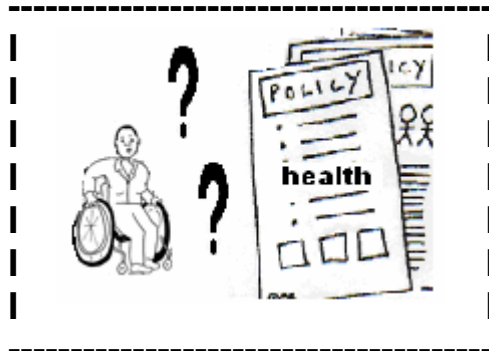


and CHANGE BANK

G. To have clearer agency roles and inter-agency working, effective partnerships between agencies, professionals, Experts, Carers

This means people will listen to us and help each other to help us better so we do not have to keep telling our story lots of times to lots of supporters

What would this look like?



local contacts:

I do not understand



local contacts:

If I understood we would not have been left behind



local contacts:

I understand now, my way

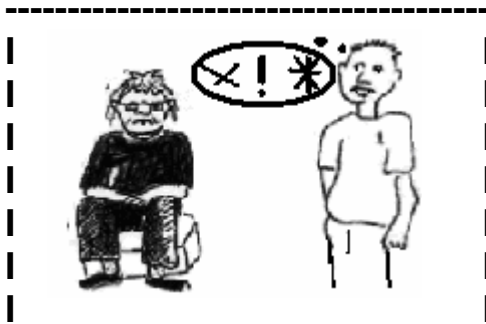


and CHANGE BANK

H. To help the public become aware and understand learning disabilities via an on-going awareness programme

This means the community around us and the people who live around us will understand how we feel and behave or help more around us so we do not feel left out

What would this look like to us?



local contacts:

I am being bullied



local contacts:

I told Hate Free Highland



local contacts:

They got the person to say sorry



and CHANGE BANK

I. We must make better use of current resources as a start point and using the change fund to meet the huge changes

This means planners should be helping to protect our money for services and not cut it back first and planners should explain changes to us if they do not protect the money

What would this look like?



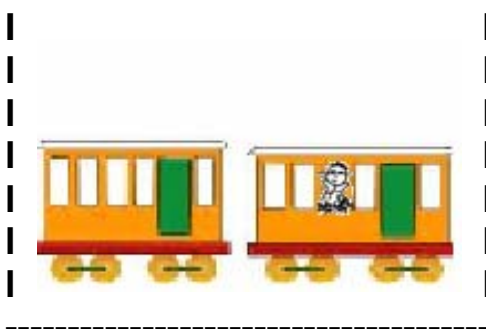
local contacts:

My carers have gone on holiday



local contacts:

I got help to look for a holiday



local contacts:

I got help during my holiday

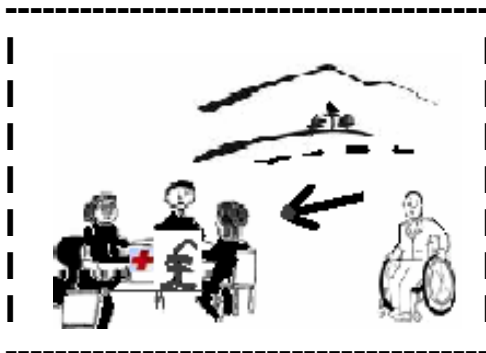


and CHANGE BANK

J. To monitor practice and progress, development and maintenance of the changes with the help of the SCLD and Commission

This means planners should make sure our services are good and ask questions a lot to make sure they stay good

What would this look like?



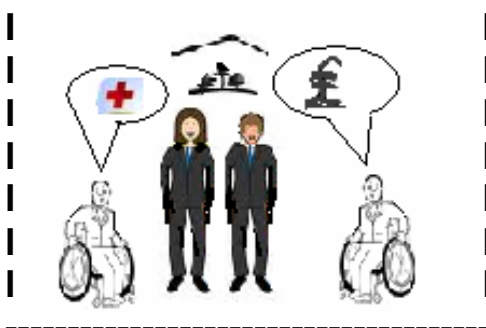
local contacts:

How does Edinburgh know what we want



local contacts:

We tell Edinburgh what we want in Highland



local contacts:

The Edinburgh group and Government listen



and CHANGE BANK

K. To ask as much for Experts and Carers as we would ask for ourselves

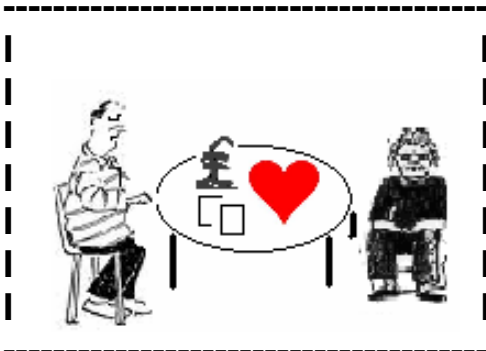
This means our lives should feel good to us and we should not feel as if we are being missed out or deliberately forgotten

What would this look like?



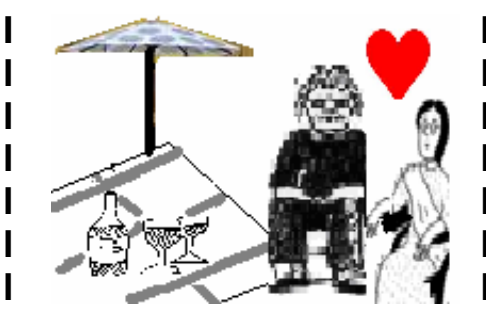
local contacts:

I am lonely and can not get out much



local contacts:

I get help to plan for what I want



local contacts:

I now have a girlfriend

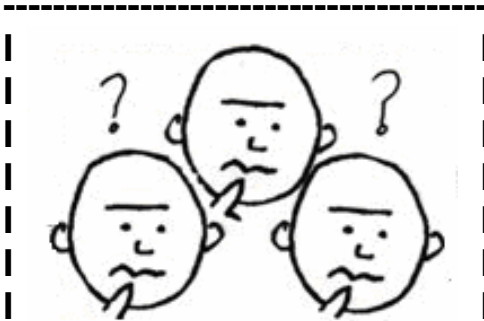


and CHANGE BANK

1. Highland Council should have a PIP-partnership in practice

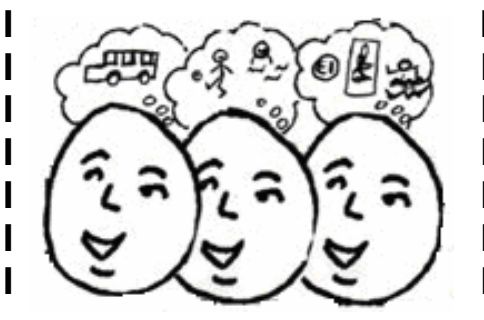
This means service groups form a partnership to help them work better for us

What would this look like for us?



local contacts:

We do not know what to do



local contacts:

We want to keep fit



local contacts:

We now do lots of sports



and CHANGE BANK

2. Highland Council should agree to have LAC's- Local Area Co-ordinators, and have had the initial training to put them in place

This means that people who have a job to work in and with lots
of different places to help us have better lives will be working
here in Highland

What would this look like to us?



local contacts:

I need help to go out with friends



local contacts:

How do I get help to be with my friends



local contacts:

I can go singing with my friends



and CHANGE BANK

3. All Experts should have a PLP-personal life plan if they want one

This means we should have a plan that is written with us, to own and change if we want to

What would this look like?



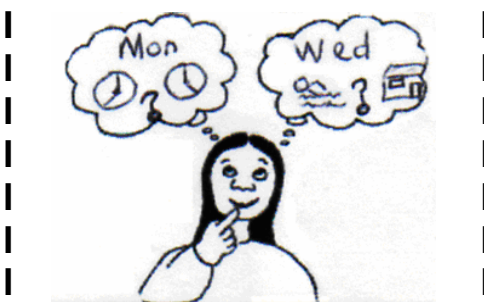
local contacts:

I want a plan for my life.



local contacts:

I need help to have a plan



local contacts:

I can ask questions now.



and CHANGE BANK

4. The Scottish Government will set up a Change Fund for Highland Council

This means there is an amount of money which Highland Council looks after, to help ideas to benefit us

What would this look like to us?



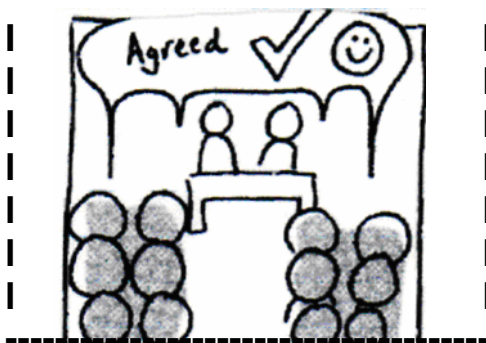
local contacts:

How do we ask?



local contacts:

We need partnerships



local contacts:

We can take part in decisions



and CHANGE BANK

5. Anyone who wants Direct Payments should be able to have them and could buy services from the Highland Council as well as other providers

This means that we should have help to understand how our service is paid for and a choice of who it can be bought from

What would this look like?



local contacts:

All they see is an illness



local contacts:

I want them to see me as a person



local contacts:

They now see what I like



and CHANGE BANK

**6. The Scottish Government should set up a new SCLD-
scottish centre for learning disabilities that gives advice,
training and support to agencies, professionals, Experts,
Carers**

**This means us having a national group that helps all the people
around us support us and teaches us too**

What would this look like?



local contacts:

I feel missed out



local contacts:

We feel missed out



local contacts:

We have a right to be included and heard

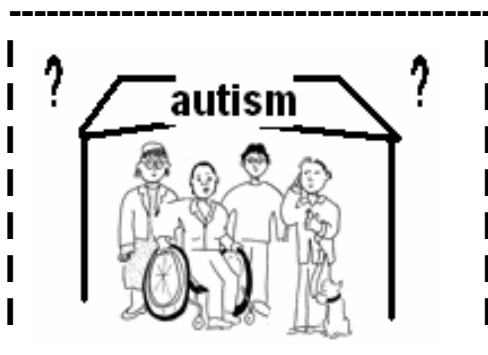


and CHANGE BANK

7. The SSA-scottish society for autism should with the NAS-national autistic society, NHS Highland and Highland Council, set up a national network for people with ASC-autism spectrum condition

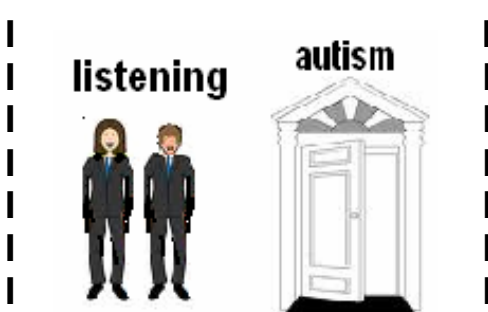
This means that if we have autism, we should know where to get help for this and meet other people with autism so we can learn about our autism

What would this look like for us?



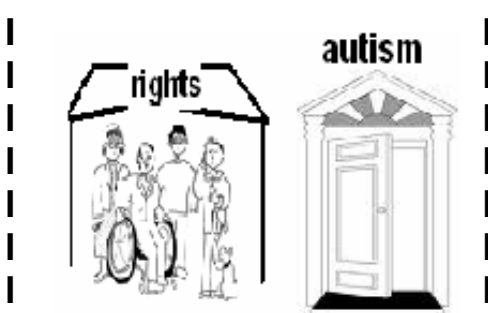
local contacts:

What is autism



local contacts:

We want a place that knows our needs



local contacts:

We can all learn together

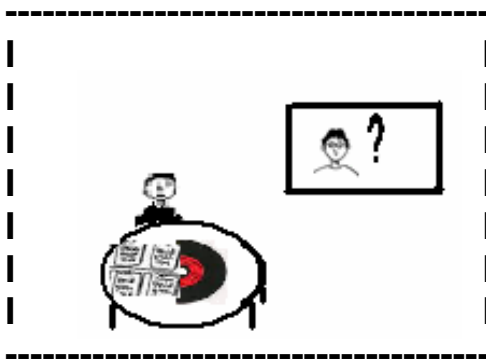


and CHANGE BANK

8. The SAIF-scottish accessible information forum should consult Highland Council, NHS Highland, Experts and Carers on how to provide a joint, one stop shop, free and accessible local information service for Experts, Carers, and families in varied languages

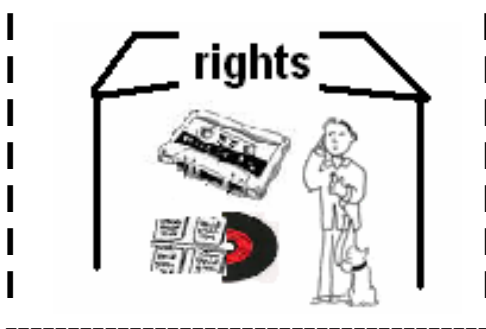
This means that if we can not read this, people around us should be aware of our needs and ask for this to be in the language or format we need or help speak or sign us through it

What would this look like for us?



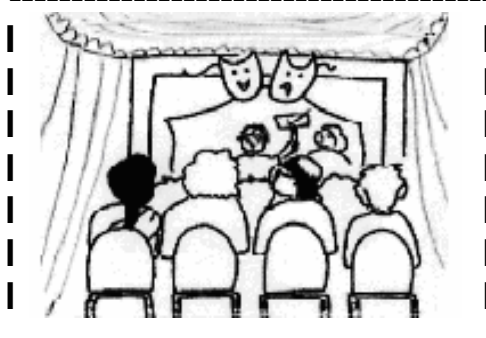
local contacts:

What do they mean



local contacts:

We have a right to understand in the way we need



local contacts:

We understand each other

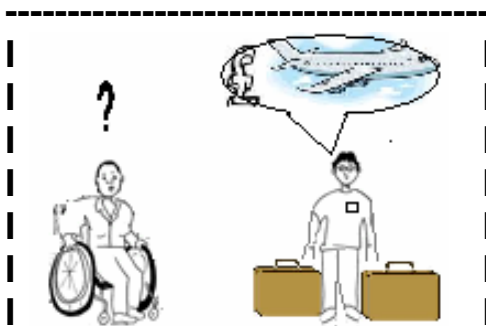


and CHANGE BANK

9. The first PIP-partnership in practice agreements should set out how Highland Council, NHS Highland and other health services will set up and maintain services

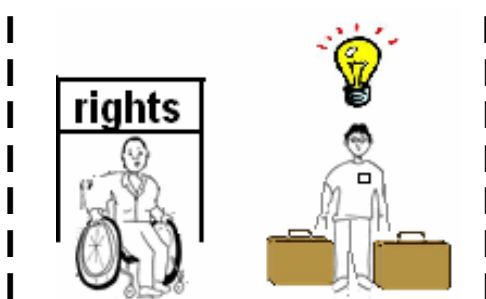
This means that if we are using any service, it should not just stop without making sure we know who or where to go to next and they should make sure our needs are passed on

What would this look like to us?



local contacts:

I don't know how to do this



local contacts:

A service has an idea



local contacts:

I now know how to get help to go away



and CHANGE BANK

10. The Scottish Government's review should be of the effectiveness of funding SaLT-speech and language therapy for children and adults

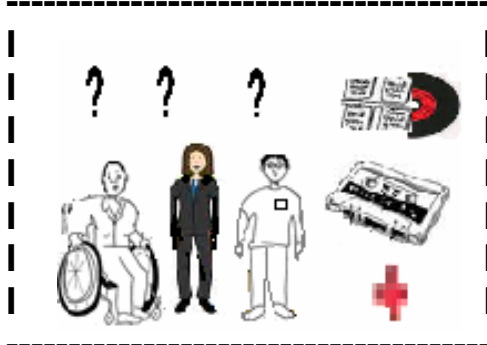
This means that we should be able to find and use a speech and language therapist or an occupational therapist where we live

What would this look like?



local contacts:

I can't read this



local contacts:

We can't read this



local contacts:

I have a CD, we have bigger writing

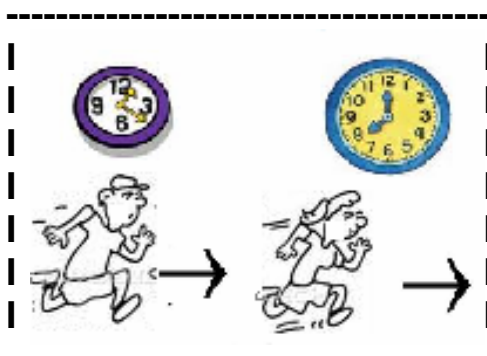


and CHANGE BANK

11. The Scottish Government should encourage the development of local advocacy services

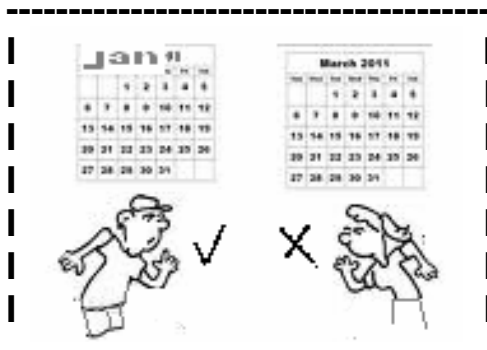
This means that if we want services to know what we need but we find it difficult to tell them, then there should be a person where we live whose job it is to help us speak out or tell

What would this look like to us?



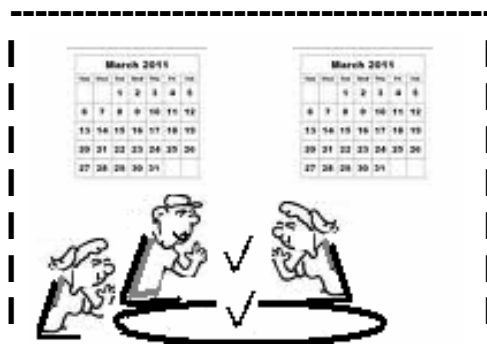
local contacts:

I am always late, why do they not help me



local contacts:

An advocate told them what I need



local contacts:

We all arrive on time now and they listen to me

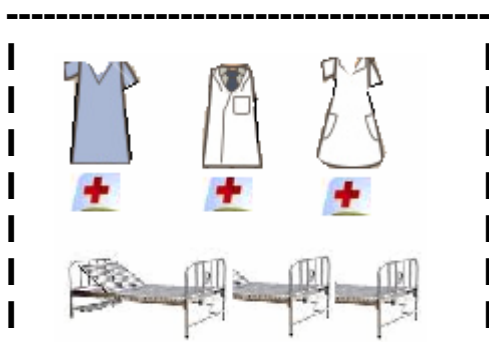


and CHANGE BANK

12. NHS Highland should make sure they have plans for closing long-stay hospitals for people with learning disabilities

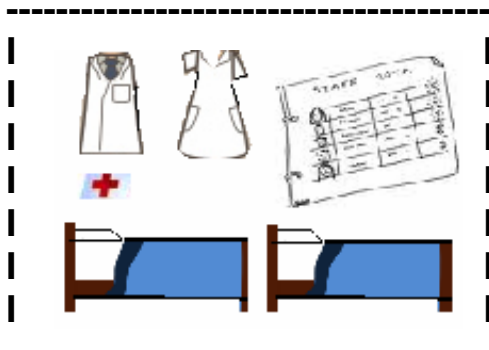
This means that we should never have to live in a hospital for a long time for any reason and the home we have now should not be like a mini hospital but a real home

What would this look like?



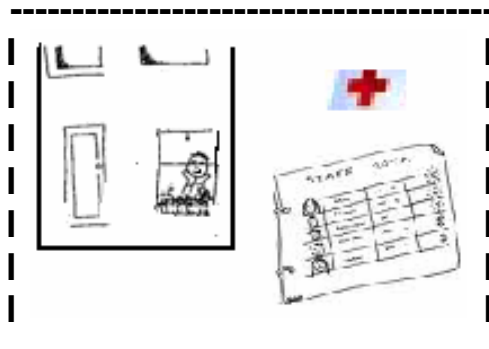
local contacts:

I want my own room



local contacts:

I want my own home



local contacts:

This is my own private place

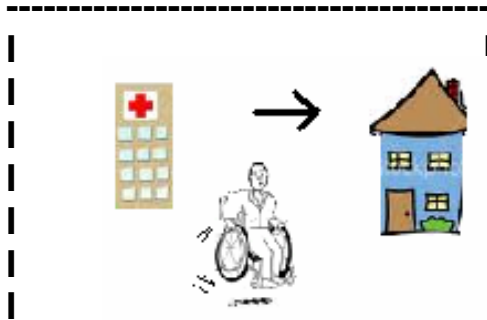


and CHANGE BANK

13. NHS Highland should aim to reduce their learning disabilities assessment and treatment places and plan appropriate community services

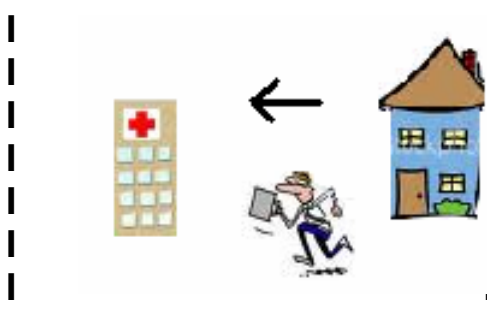
This means that we should be able to get the health advice and help we need where we live and not have to feel or look different when we do

What would this look like?



local contacts:

I go to a special clinic far away



local contacts:

Special people come to see me



local contacts:

The clinic near me can now help me



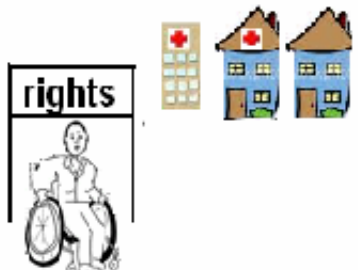
and CHANGE BANK

14. NHS Highland and their partners should develop services in the community with identified resources which will show up in the NHS Highland planning guidance and performance, arrangement arrangements

This means that the services where we live should be very good because planners are checking them all the time and should let us know who to tell if we think the service needs to be better

What would this look like?

|

|  local contacts:

|

|

We want changes

|

|  local contacts:

|

|

Who do we tell we still want change

|

|  local contacts:

|

|

We all talk together to help change things

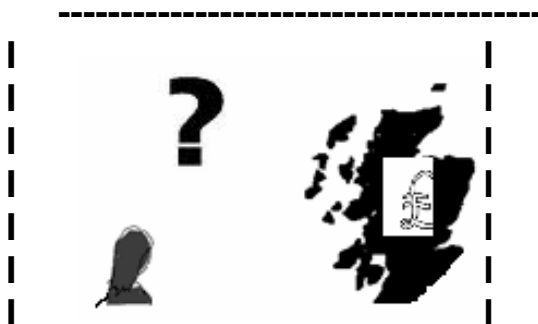


and CHANGE BANK

15. Highland Council and NHS Highland should map their services and develop modern, flexible, responsive support services in the community for employment, lifelong learning, social, mixed with those in the community

This means that all of our questions on any part of our day or life should be able to get answered by the services where we live

What would this look like for us?



local contacts:

Where do I go for a service



local contacts:

I now know where to go



local contacts:

I am telling everyone else so they all know



and CHANGE BANK

16. NHS Highland needs to develop a range of employment opportunities for Experts and NHS Highland and Highland Council should employ more Experts

This means that we should be able to have a job and have help to do and keep that job even if it is just for one hour a week until we get better at it and we should get money for it

What would this look like for us?



local contacts:

I want a job



local contacts:

I like that place



local contacts:

I now work here and get money for it

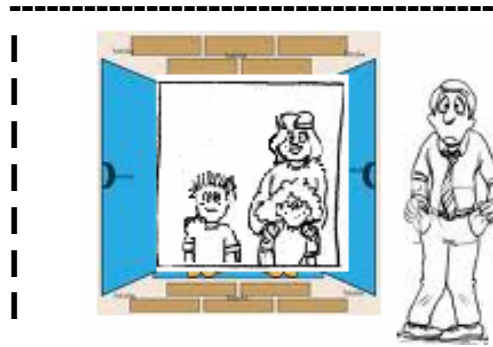


and CHANGE BANK

17. The Scottish Government with the department of social security should raise areas of concern with benefits and support for Experts

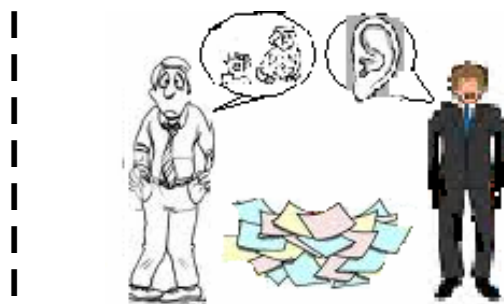
This means we should be asked by ministers and politicians where we live about our problems with benefits, money and care. We should get help to see our local politician if they do not come to see us

What would this look like to us?



local contacts:

I want to tell someone my problems



local contacts:

Someone tells the politician



local contacts:

They want to hear from us

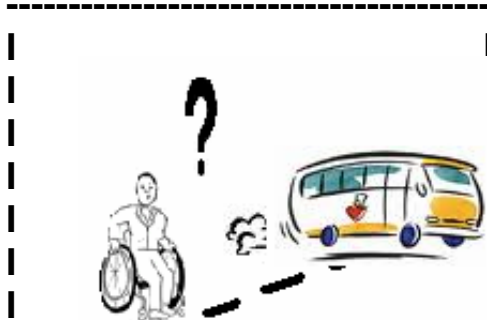


and CHANGE BANK

18. Highland Council should review local transport services and accessibility for Experts

This means we should be able to use buses and trains as easily as using a taxi to help us save money

What would this look like?



local contacts:

I have missed the bus again



local contacts:

We want to tell



local contacts:

They helped us



and CHANGE BANK

20. The Scottish Government and Highland Council should review guidance and procedures to ensure that they can arrange flexible short break and shared care arrangements for children and adults with little bureaucracy

This means that we should be able to have a break from the care where we live without having to fill in lots of forms and we should still be able to get care during our break away

What would this look like?



local contacts:

There is too much to fill in and understand



local contacts:

I want my holiday to be easy and no worries



local contacts:

I now have a lot to choose from

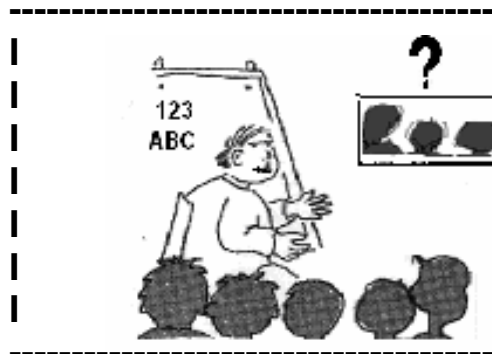


and CHANGE BANK

21. There should be a long term programme to promote public awareness about learning disabilities and/or autism spectrum and inclusion in the community from early school years programmes up

This means that we will be included in life activity with as much help as we want to have through out our life no matter what our age is or where the activity is happening because all people will know why it is important to accept us as we are

What would this look like?



local contacts:

I am different at school



local contacts:

We are different at school



local contacts:

We are all included in our different ways

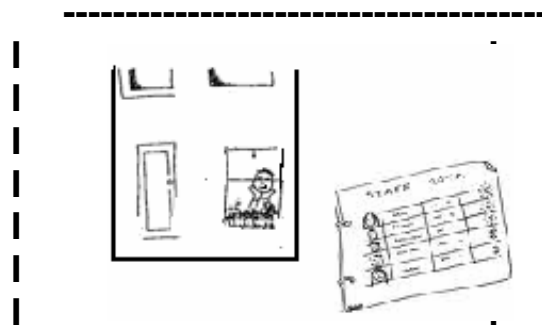


and CHANGE BANK

22. The Scottish Government's national care standards committee will develop standards for residential and care homes and look at assessing and risk management for vulnerable people

This means that no matter where we live it will be a good place to live even if we live in it all by ourselves because they will ask questions every year to make sure our homes stay a good place to live

What would this look like?



local contacts:

I get left alone



local contacts:

I want a change



local contacts:

I told and got my change



and CHANGE BANK

23. Highland Council with NHS Highland and other health services should develop policies and guidelines on protecting vulnerable people and together use a Care Programme Approach to see if needs are caused by disability or vulnerability, social work should review guardianship procedures

This means no matter where we live or who we live with, some one will be looking out for us and we should know who that person is so we can tell them if things need to get better for us

What would this look like for us?

|  local contacts:

I am trapped where I live

|  local contacts:

I get bullied because I can't get out to tell

|  local contacts:

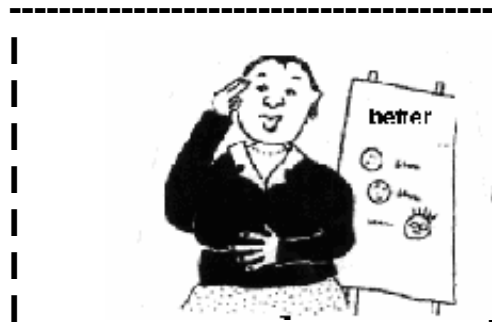
I found someone to help me say NO



24. The Scottish Government should consider a new duty on Highland Council to identify a responsible person to advise, help the Expert and family implement the Future Needs Assessment

This means that we should all have a plan for our future no matter what age we are and it should be talked about every year and we should know who the service person is who writes it for us and we should have a copy of it even if it means being on a CD or in pictures

What would this look like for us?



local contacts:

I want my plan to look like my plan



local contacts:

This is my plan and I want a change



I local contacts:

They help me change my plan



and CHANGE BANK

25. NHS Highland and Highland Council should ensure that trained professionals can look out for early signs of dementia to give assessment and response and service

This means services should listen to people who know about us or care for us because they might notice we are getting ill and we might not be able to tell the service in time and the person who tells does not have to be a named carer because it is important that if we live alone, someone tells

What would this look like to us?



local contacts:

I left my shopping behind



local contacts:

I forgot my tablets



local contacts:

Someone got me help



and CHANGE BANK

26. Life plans for Experts who live with parents should plan for when parents are no longer around or needing care themselves

This means that we have the right to learn about looking after ourselves when our parents get old just like our parents had to when their parents got old, we deserve to have a plan for this and not to have staff so scared to speak about this

What would this look like?



local contacts:

I want to have an adult plan



local contacts:

My carer is getting tired, I want to do things myself



local contacts:

I can now take part in my own life



and CHANGE BANK

27. NHS Highland and Highland Council should ensure there is appropriate specialist support for Experts with challenging behaviour to support mainstream services to provide in the home

This means that even when we get things wrong and behave in a way that even we don't like sometimes, people should know how to help us without being frightened and know how to help us explain what went wrong so we can still have a nicer life

What would this look like to us?



local contacts:

How does my carer learn



local contacts:

How do I learn



local contacts:

We learn together with staff and friends



and CHANGE BANK

28. The Scottish Government should look into people in prison who are Experts and assess the care, assessments, appropriate adults, needs with police, Highland Council and NHS Highland for Experts

This means that even if we get things very wrong and end up in prison we should know who is looking out for us so that we can still get the same help, advocates, good care, easy reads and futures plans that we had before

What would this look like to us?



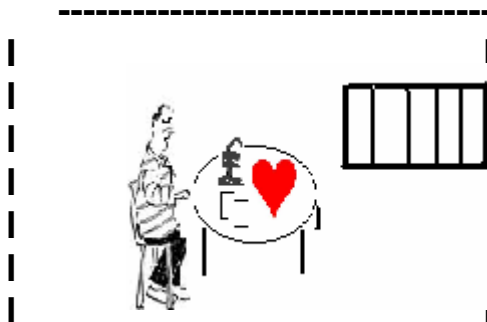
local contacts:

Why is my life different now



local contacts:

They help me understand



local contacts:

I now have some things the same as home

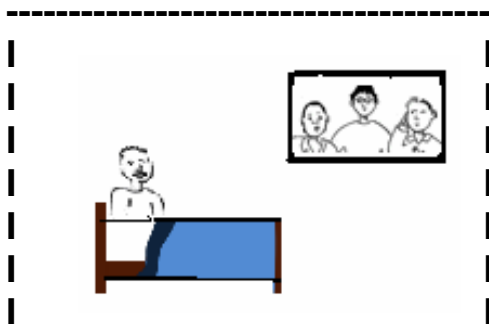


and CHANGE BANK

29. Highland Council with NHS Highland and voluntary sector should look at the extra needs of those with profound and multiple disabilities and those of their carers. The SCLD should set up a network of support to local providers who offer advice and training on the extra needs of people with profound and multiple disabilities

This means that even if we can not move outside very well or have to stay in bed a lot we should still have a good interesting life with the services or activities or groups of people being able to come to us if that is what we want

What would this look like to us?



local contacts:

I am so bored but can't tell anyone



local contacts:

We have groups round



local contacts:

Sometimes I get help to go with them



and CHANGE BANK