



CARDIFF
HEALTH ALLIANCE

CYNGHRAIR IECHYD
CAERDYDD

MEETING THE CHALLENGE

**THE CARDIFF HEALTH, SOCIAL CARE AND WELL-BEING STRATEGY
2005-2008**

SUMMARY

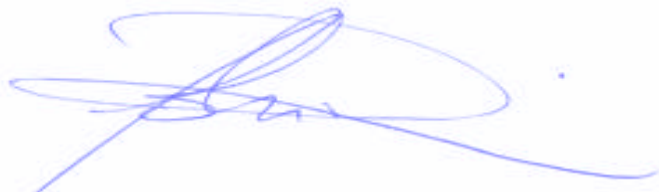
PREFACE

'Meeting the Challenge' is Cardiff's first Health, Social Care and Well-being Strategy. Developed in response to the new joint statutory requirement placed on Cardiff Council and Cardiff Local Health Board, it is grounded in a partnership approach to improving health and well-being and makes reducing health inequalities that exist across the city an equal priority to providing effective and efficient health and social care services.

We have attempted to be innovative in our approach to developing the Strategy. Responsibility for producing the Strategy was vested with the Cardiff Health Alliance, a partnership of the Local Authority, the NHS and the voluntary sector.

An extensive process of consultation and engagement to develop the strategy has been central to our approach. It has involved the wider community in Cardiff as well as key stakeholders. This reflected the conclusions reached by Derek Wanless in the 'Review of Health and Social Care in Wales' namely the need to engage the public not only in improving their own health, but also in the process of refocusing health and social care services. The Strategy has also been subjected to a race equality impact assessment in Line with the Race Equality Amendment Act .

As a result the Strategy for Cardiff identifies a joint vision for the future shape of health and social care across the city, which responds directly to local needs and has been developed in collaboration with partners and the community at large. This Strategy sets out co-ordinated action to improve health, which in turn will fundamentally change service provision for the residents of the City.



**Councillor John Dixon - Executive Member Cardiff Council
Chair Cardiff Health Alliance**



**Dr Rob Jones Chair Cardiff Local Health Board
Vice-Chair Cardiff Health Alliance**

This summary is available in a range of community languages listed below on <http://www.cardiffhealthalliance.org/>

Chinese (Cantonese)

Arabic

Bengali

Farsi

French

Gujerati

Hindi

Kurdish

Punjabi

Somali

Urdu

Further copies of the Summary are available from:

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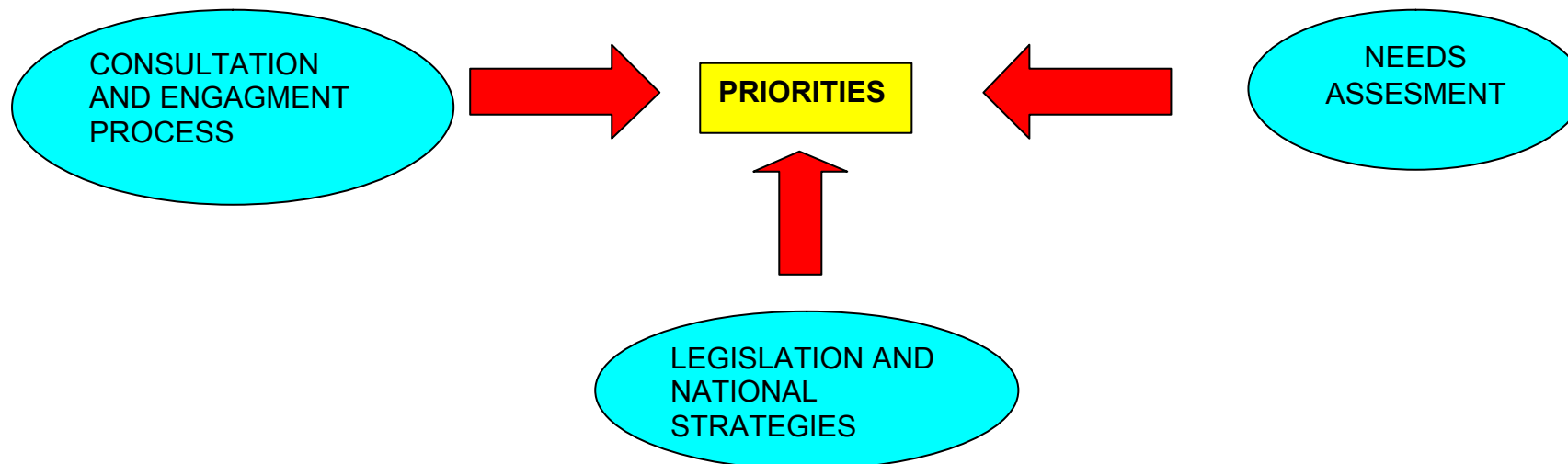
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INTRODUCTION

This is the first Health, Social Care and Well-being Strategy for Cardiff developed in response to the new joint statutory requirement placed on Cardiff Council and Cardiff Local Health Board. It sets out ways in which, working together, organisations locally plan to improve the health and well-being of people of Cardiff over the next 3 years. Actions to achieve this are balanced between measures which promote and improve health and reduce health inequalities and making sure that a broad range of health and social care services are available to people when they need them.

The development of agreed priorities through the Strategy is the result of:

- An extensive assessment of the health and well-being needs of local communities.
- A new approach to working with individuals and organisations, including service users and the wider community, to identify action needed.
- A top-level commitment to co-ordinated action between local partners.
- The consideration of national strategies and what action is needed locally to achieve these.



The Strategy identifies the following as being key priorities:

- Mental Health.
- Older People.
- Children and Young People.
- Communities with Specific Needs (Black and Minority Ethnic Communities, Homeless people, Asylum Seekers, Gypsies and Travellers).
- Improving Lifestyles and Well-being (Smoking, Overweight/Obesity, Sexual Health, Accident Prevention).
- Maximising the Use of Health and Social Care Resources.

Underpinning the identified priorities are the following principles:

- The need to reduce inequalities in health – inequalities between communities in Cardiff.
- Engagement with and empowerment of individuals and communities – to enable them to contribute to improving their own health and be involved in planning of services.
- Early intervention – to prevent people becoming ill or infirm.
- Whole systems approach – to ensure all health and social care services focus on individual's needs
- Links to other services (Housing, Transport etc) – to ensure other areas of planning take into account health and well-being needs.

The actions identified are intended to:

- Develop a range of modern services that respond directly to local needs.
- Provide clear priorities for informing how funding is spent.
- Ensure that health and social care resources are used to best effect.
- Set out goals against which progress can be monitored.

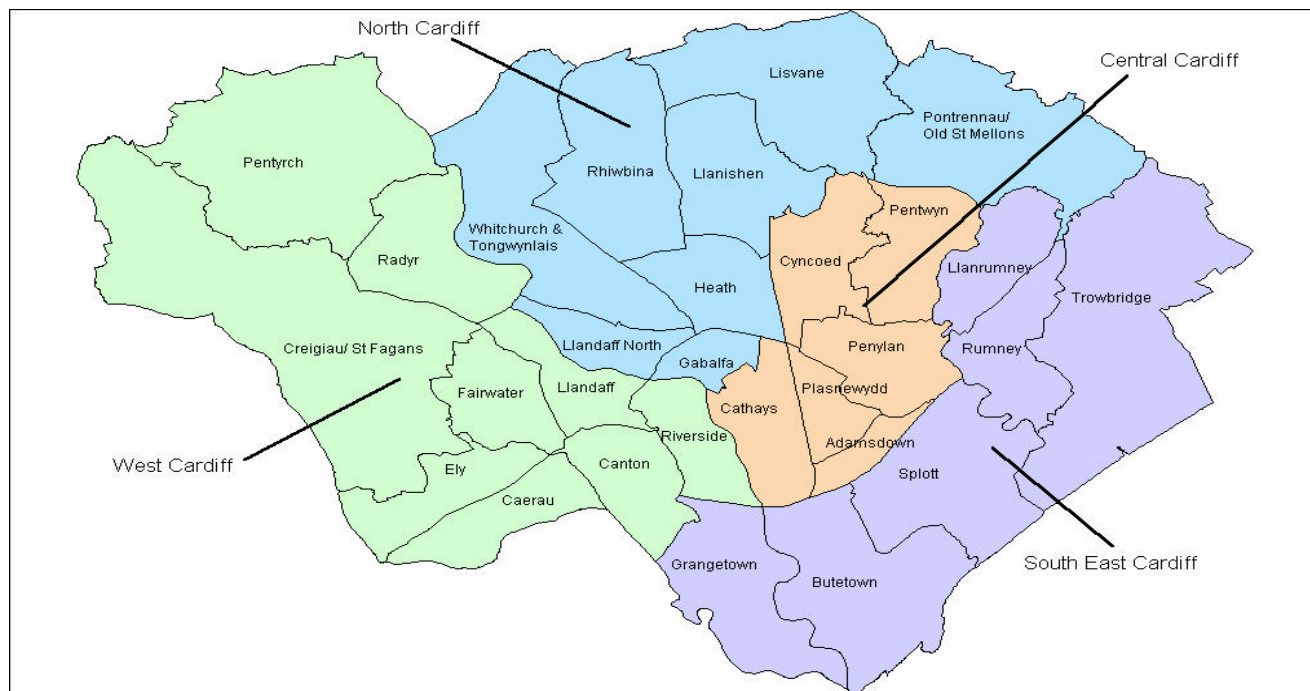
HOW HAS THE STRATEGY BEEN DEVELOPED?

The development of the Strategy has involved a wide range of individuals and organisations. The structure to develop the Strategy, the process used and the key linkages made between the Strategy and other strategic processes were as follows:

Structure	Process	Links
<ul style="list-style-type: none">• The Health Alliance, as the key strategic partnership for Cardiff for health and well-being, has driven the development of the Strategy.• The joint health and social care Advisory Planning Groups (APGs) and the Joint Commissioning Group have been responsible for developing the individual client group proposals.• A limited number of multi-agency task groups were set up to complete key pieces of work around the Strategy.• A Joint Unit, with staff from Cardiff Council, Cardiff LHB and Voluntary Action Cardiff, was set up to support the overall process.	<ul style="list-style-type: none">• Service users, carers and community representatives were involved at 2 key stages using a tested methodology, 'Community Orientated Primary Care' (COPC).• The Needs Assessment consultation involved four 'Have Your Say' workshops held in each locality of Cardiff. Around 200 participants attended drawn from operational staff from the health and social care sectors and representatives of community and voluntary groups.• The development of the Strategy's proposals involved 'Talk Into Action' consultation workshops with 165 people attending. These were focused on getting the people who live and work in Cardiff to identify local solutions to local issues to feed through to the health and social care planning groups.	<ul style="list-style-type: none">• Close links have been set up with Cardiff Community Strategy, which promotes the economic, social and environmental well being of the City.• Key links were established with wider partnerships and strategies operating under the umbrella of the Community Strategy which address the broader range of factors which affect health eg Housing, Transport, Community Safety.• The Wanless Local Action Plan (WLAP) for Cardiff and the Strategy have been developed in parallel. The WLAP was set in the context of the draft Strategy and the forms an essential part of the Strategy's proposals.

THE LOCAL AREA

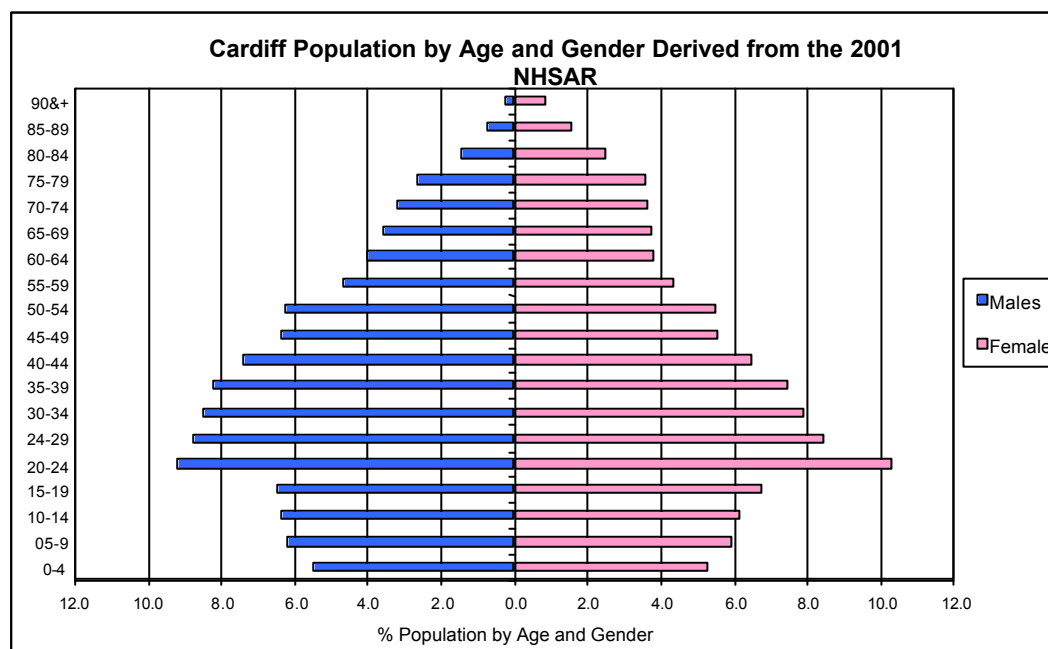
What Do We Know About Needs of Cardiff?



As the first stage of the Strategy process a comprehensive assessment of the health and well-being needs of local people was carried out. A detailed report on the findings was produced in March 2004. Full copies of this can be found on www.cardiffhealthalliance.org.

Current Population

Cardiff contains 29 Electoral Divisions with a total population of 343,289 according to the NHS Administrative Register. The majority of Cardiff's population growth is forecast to occur in the South East locality. Cardiff's population age structure is shown below. It has a much higher proportion of young people aged 15-24 than Wales as a whole – partly due to a large number of students. It also has a lower proportion of persons of retirement age than the Wales average, and a slightly higher proportion of persons aged 0 to 15 years old.



Key facts identified from the statistical data include:

- **Differences Within and Between Localities** - There are in fact two distinctly different Cardiffs: the relatively prosperous northern part of the City and what can be described as a 'southern arc' which experiences high levels of multiple deprivation. The size of the population of Cardiff means that the high levels of deprivation in the 'southern arc' affect over 120,000 people and there are over 16,000 children living in relative poverty.
- **The Young and Old** - Compared to Wales as a whole Cardiff's has a slightly higher proportion of people aged 0 to 15 years old, a relatively high proportion of young people aged 15-24 but a lower proportion of persons of retirement age. These groups tend to make the greatest use of health and social care services.
- **City Issues** - Cardiff attracts a number of specific groups who often have diverse and complex health and well-being needs. These include minority ethnic population, gypsies and travellers, the homeless, students, asylum seekers and refugees, sex workers and prisoners. The University Hospital of Wales as a specialist centre also draws people with complex needs.
- **Differences in Health** - The South East locality in particular having high rates for all causes of deaths under the age of 75 years, high percentages of low birth weight babies and a high percentage of households that suffer from a limiting long-term illness (LLTI) which interferes with their ability to perform tasks, activities or to be independent.
- **Factors That Affect Health** - Considerable inequalities were found within and between localities. This included a tenfold variation in unemployment rates between areas of the City and stark differences in the percentage of dependent children living in households in receipt of Income Support.

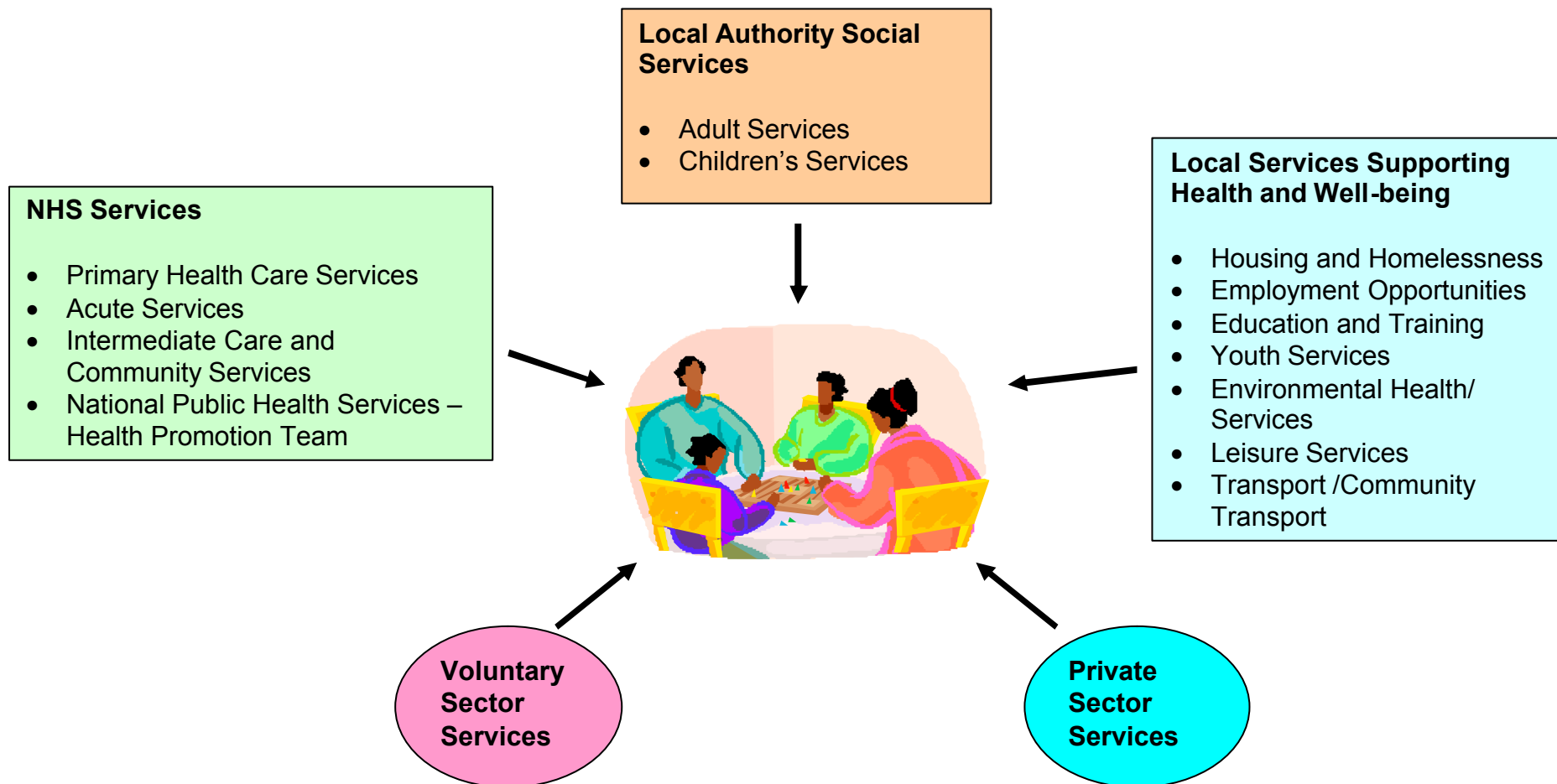
Qualitative Needs Assessment

This quantitative information was supplemented by qualitative information including the 'Have Your Say' consultation workshops, the Youth Congress, 'Your Future - You Decide' workshops and a consultation questionnaire. The workshops used a tested methodology, 'Community Oriented Primary Care', to involve participants meaningfully in the development of priorities and proposals in the Strategy. An analysis of the six priorities identified in each workshop has been undertaken to provide a broad summary of the issues raised. There were clear similarities and differences between the localities, and there are nine themes from the 24 priorities identified. Full reports of the workshops are presented on the Health Alliance website.

• The Needs of Older People.	• The Needs of Young People.	• Crime and the Fear of Crime.
• Housing and Accommodation.	• The Needs of Young Families.	• Equality.
• Community Cohesion in New Housing Developments.	• Primary Health Care Services	• Transport.

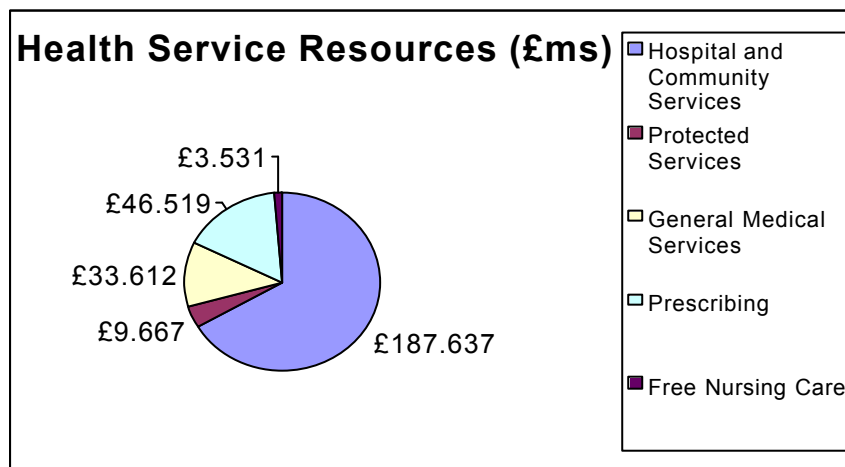
What are the Current Services?

An extensive range of services in health and social care, provided across the NHS, local authority, voluntary sector and private sector to support the health and well-being of the local population. These include:



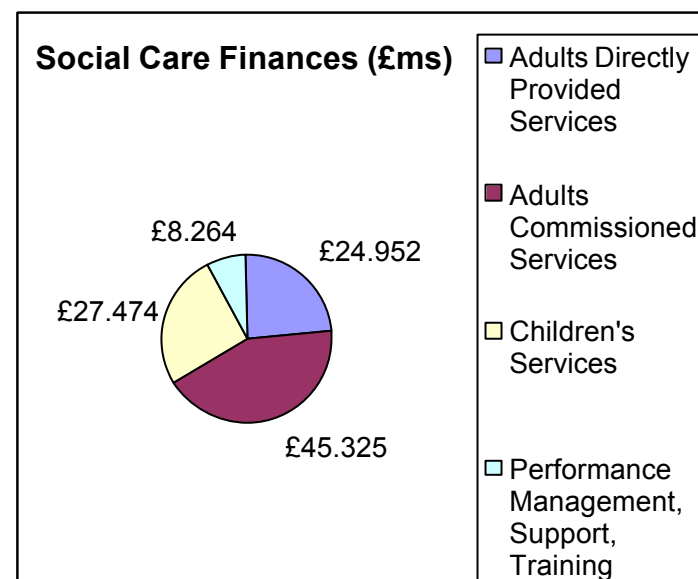
What Resources are Available?

Health Service Resources - Cardiff Local Health Board's allocation from the Welsh Assembly Government for 2004/5 was £280.967m. The diagram below illustrates how this is spent.



Cardiff LHB inherited an opening deficit of £9.988m from the former Bro Taf Health Authority. The LHB, working jointly with the Cardiff and Vale NHS Trust, has developed a Strategic Change and Efficiency Plan to ensure the LHB returns to financial balance by 2006, repayment of interim brokerage by 2009 (£9.316m) and repayment of the LHB's share of a loan taken out by the former Bro Taf Health Authority by 2009 (£2.261m). The LHB will also ensure sufficient flexibility to absorb new risks over the planning period.

Social Care Finance - In 2004/5 the Council has a total net revenue budget of £401m of which approximately £79m was allocated to Adults' and Children's social care. Within Social Care significant elements of expenditure are funded through specific grants. The Council has statutory authority to charge for certain services. These income sources result in a combined gross expenditure budget for Adults and Children's services of £106m, as set out in the diagram below:



HOW WE PROPOSE TO IMPROVE HEALTH, SOCIAL CARE AND WELL-BEING IN CARDIFF

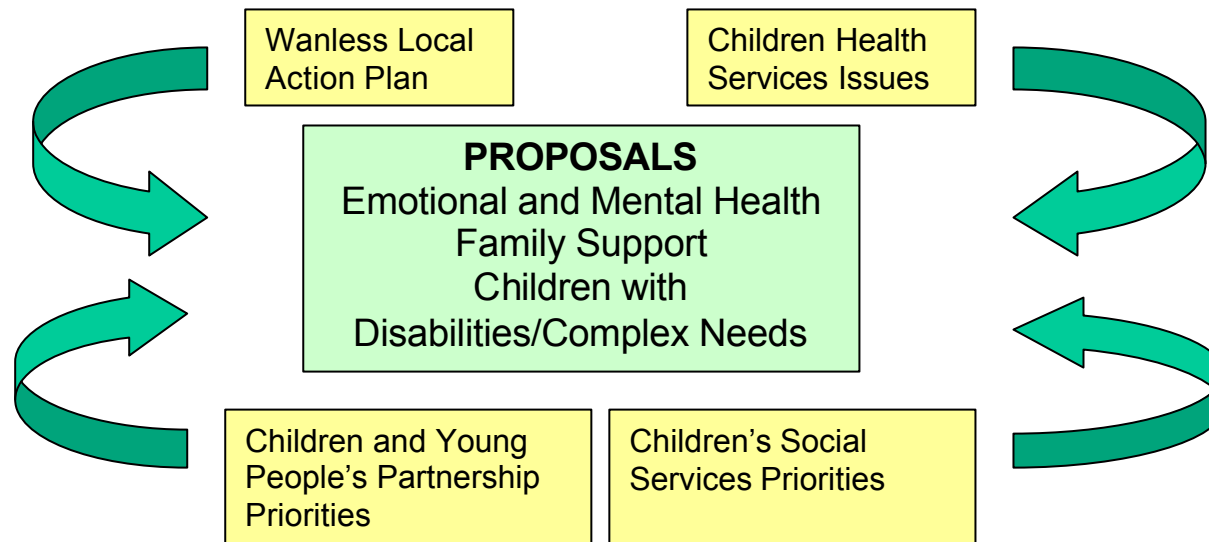
Recognising that the finalised strategy would need to identify proposals for all client groups, a robust consultation and engagement process was used to develop proposals across a range of client groups/service areas. At the heart of this process was:

'Talk into Action' Workshops - Building on the 'Have Your Say' workshops, a further four workshops were held in the Spring of 2004. The focus of these workshops was on identifying local solutions to local issues. The aim was to focus on the redevelopment of existing services by encouraging partnership working and the sharing of expertise. Information by participants on local service configuration contributed to the service mapping exercise and possible interventions were fed into the Advisory Planning Groups for consideration. This ensured that front-line workers and local residents could contribute to the planning mechanisms.

Joint Planning Structures – Following collation of the information from the workshops, the joint planning groups formulated the proposals for the Strategy based on a consideration of:

- Evidenced needs.
- Issues regarded as 'givens' because of legislation, national policies or plans locally agreed and consulted on already.
- The outcomes of the consultation and engagement process.
- Knowledge of good practice.
- The principles of the *Wanless Review of Health and Social Care in Wales*.

Children and Young People - This section of the Strategy is set in the context of the Children and Young People's Framework Partnership, which in Cardiff has built on a multi-agency approach to planning and managing specific programmes including Sure Start and Children and Youth Partnership funding. Statutory and non-statutory bodies are committed to the Framework Partnership providing the focus for strategic planning for children and young people, although it is recognised that currently planning for core health and social care services runs alongside the planning processes for the Framework. The proposals a synthesis of plans produced by the Partnership, together with work relevant to the planning of health and social care services, including the Wanless Local Action Plan. This joint approach is reflected in particular for the proposals relevant to emotional and mental health, family support and children with disabilities/complex needs as shown diagrammatically below.



Health Impact Assessment - In implementing and reviewing this strategy, all partners will be asked to use health impact assessment as a tool that will assist the development of an integrated approach to the further development of the Health, Social Care and Well-being Strategy. A Race Equality Impact Assessment has been completed as part of the process to develop the Strategy. This has been published separately on the Cardiff Health Alliance website: www.cardiffhealthalliance.org

Tackling the Root Causes of Ill Health

Cardiff's Community Strategy sets out the key aims for promoting the economic, social and environmental well-being of the City: These aim to improve:

- Education and Training for Life.
- The Environment.
- Communities, Housing and Social Justice.
- Enterprise and Transport.
- Sport, Leisure and Culture.

Tackling Inequalities in Health

Considerable inequalities in health exist within and between the Cardiff localities. Cardiff, as the capital city and the largest metropolitan area in Wales, also has a concentration of communities with specific needs that are associated with major cities. Action to address the inequalities at locality/ward level will be the focus of the Advisory Planning Groups. Their work to develop implementation plans will ensure that local solutions to local issues are in line with the agreed strategic aims and objectives.

Communities with specific needs has been agreed as a key priority issue for the Health, Social Care and Well-being Strategy. These communities are identified as black and minority ethnic communities, homeless people, asylum seekers, Gypsies and Travellers and people with HIV and AIDS. Specific proposals relating to asylum seekers, Gypsies and Travellers, homelessness and people with HIV and AIDS are identified within the client group section below. Consideration of the needs of black and minority ethnic communities will be through the establishment of a group to co-ordinate the planning across all specialisms.

PROPOSALS TO MEET LOCAL NEED

Major areas for development in response to local need are identified according to the following client groups/service areas:

- Acute Services and Management of Chronic Disease.
- Mental Health.
- Older People.
- Children and Young People.
- Physical and Sensory Disability.
- Learning Disability.
- Carers.
- Prison Health.
- Substance Misuse.
- Homelessness.
- Asylum Seekers and Refugees.
- Sexual Health.
- Gypsies and Travellers.

SUMMARY OF DETAILED PROPOSALS

ACUTE SERVICES AND MANAGEMENT OF CHRONIC DISEASE

- Develop strong community services, including developing a nurse practitioner-led community model of chronic disease management.
- Develop intermediate care services to ensure patients are treated in the most appropriate setting at the right time, thereby releasing pressure on acute capacity.
- Review, in conjunction with Cardiff and Vale NHS Trust, the Clinical Services Strategy in 2004-05.
- Develop an implementation plan to improve orthopaedics services by commissioning a new Ambulatory core service and new models of outpatients.
- Develop a sustainable Cancer service that meets the All-Wales Cancer Standards.
- Develop sustainable, clinically safe services for women and their babies.

MENTAL HEALTH

To improve the long term health, social care and well-being of adults with mental health problems by:

- Promoting good mental health and strengthening primary care services for people with mental health problems.
- Engaging a range of services available at Primary Care level.
- Increasing the range and quality of community based services ensuring services meet the needs of service users and their carers.
- Ensuring as early an intervention as possible for service users during an episode of mental ill health.
- Ensuring that people who need hospital care get it at the right time but only for as long as they need it.
- Replacing old hospital facilities with modern ones.
- Ensuring public, voluntary and private organisations work together as equal partners to provide services.

Prevention, Health Promotion, Priority and Community Services

- Implement the Mental Health Promotion Action Plan.
- Develop a strategy for Primary Care Mental Health Services.
- Roll out the Primary Care Liaison Service.
- Implement the Education, Employment and Day Services Action Plan.
- Increase the use of 'shared care' with primary care services.
- Develop proposals for improved structured support for carers.

First Contact, Assessment and Crisis Intervention

- Implement *Care Programme Approach* in full in line with Welsh Assembly Government Guidance.
- Develop the Crisis Intervention Team and allied services.
- Develop supported accommodation service to support Crisis Intervention.
- Rollout the Extended Hours Service to all Community Mental Health Teams.
- Re-develop day hospital provision as an alternative to in-patient provision.
- Restructure the current 6 Community Mental Health Teams into 5 Teams and establish a 4th Community Team for Older People
- Develop two teams within a Crisis Intervention Service.

Specialist Acute Services.

- Develop long-term care services in the community and reduce reliance on inpatient accommodation.
- Develop local service for challenging behaviours.

Other key proposals include:

- Restructure day service provision to focus on rehabilitation and integration into the community.
- Develop a joint commissioning Strategy for Mental Health Services.
- Develop a joint workforce plan for mental health.
- Map current financial resources in all services to inform reconfiguration.
- Develop proposals for pooling health and local authority budgets as a first stage towards an integrated service.

OLDER PEOPLE

General

- Ensure the health and well-being needs of older people are addressed in the Cardiff Older People's Strategy.
- Ensure that culturally sensitive services are available to older people.

Health Promotion and Prevention of Ill-health and Maintaining Older People in the Community

- Implement the Ageing Well Action Plan for older people.
- Develop a falls prevention strategy and associated care pathway.
- Develop a screening model aimed at promoting the health of older people.
- Develop the use of assistive technologies in supported accommodation.
- Explore the long term development of purpose built accommodation including a range of extra care housing schemes.
- Implement a nurse practitioner led model for older people with multiple chronic illness.
- Extend intensive homecare support to provide a 24-hour service.

Acute and Crisis Services

- Develop and implement a Delayed Transfers of Care programme.
- Develop proposals to improve attitudes to, and treatment of, older people in hospital.
- Develop consultation processes with older people on in-patient services.
- Review the role of day hospitals in supporting clinical teams' management.

Intermediate Care

- Bring together the wide range of intermediate care service on one site to maximise continuity of care.
- Review the Intermediate Care Strategy 'Closer to Home' and clarify the roles of individual services.
- Expand services and develop models of intermediate care as proposed in 'Closer to Home' to ensure a spectrum of care.
- Develop a funding strategy to support the long term funding of current intermediate care services.

Long-term Care

- Agree a clear joint vision for the development of long term care of older people.
- Map voluntary and community activity for older people and their carers to inform a plan to develop capacity in the sector.
- Encourage new providers into the independent care home sector to stabilise the capacity of the current market.
- Explore the development and commissioning of a long-term care unit, outside of the hospital setting, for the frail elderly and the elderly mentally ill.

CHILDREN AND YOUNG PEOPLE

Children's Social Services Commissioning Strategy Priorities

- Develop effective assessment and care management teams.
- Develop a range of services are available to assist with securing good outcomes.
- Improve procurement of placements for children looked after.
- Develop closer joint working with health in assessment, care planning, intervention and review for disabled children and children with specialist health needs, and in developing the range of services available to meet the needs of the children and their families.
- Increase capacity for supporting and developing the Independent Living Support Service to ensure a good range of services, including accommodation options for care leavers.
- Ensure adequate funding to support and develop the participation and involvement of children and their families.
- Develop the strategic commissioning infrastructure.

In addition, the Youth Offending Team will address a number of specific issues including:

- A review of its structure, to ensure it is fit for purpose and assists the team in meeting Youth Justice Board requirements.
- Establishment of referral order panels.
- Increasing its work with parents and victims.
- Increasing numbers of final warnings supported by intervention.

Cardiff Children's Partnership - Priorities for Action

- Promote local practice and initiatives in emotional health, which help children and young people stay free of, or minimise the effects of mental health problems at stressful times of their lives, and survive mental health problems.
- Enhance specialist community based child and adolescent mental health services to address the needs of children and young people with complex mental health problems by commissioning a new service from April 2005.
- Develop a family support strategy with parents and with partners in the statutory, voluntary and private sectors, by October 2008.
- Develop a strategy for services for children with disabilities and complex needs by October 2008.
- Identify a range of human and financial resources that can contribute to the delivery of the local childcare strategy.
- Develop an annual training plan to support recruitment into the childcare sector and continuing professional development.
- Establish and develop a Children and Young People's Information Service.
- Consider the needs of children in the provision of services delivered through Parks and Leisure Facilities.
- Provide services to ensure that all children and young people can access challenging safe enjoyable play opportunities.
- Identify support for the activities adopted by Cardiff Library Service.
- Develop a Community Arts Development Strategy.
- To increase weekend and holiday provision for children and young people through the Youth Service and other partners.
- Increase the social use of the Welsh Language amongst children.
- Develop a constitution and partnership working arrangements endorsed by all partners, by April 2005.
- Develop a strategy to promote the Children and Young People's Partnership Framework, by October 2005.
- Develop protocols between the Children and Young People's Partnership Framework and external relevant bodies/ by June 2005.
- Review the working of the Partnership Framework by February 2005 and then annually, and to act on the results.
- Develop mechanisms to enable Partnership learning and decision making based on evidence from evaluation processes, by October 2008.

Cardiff Young People's Partnership – Priorities for Action

- Ensure mechanisms and support is available to engage children and young people's participation in decision making.
- Develop and implement a local strategy to publicise and raise awareness of young people's universal basic entitlements.
- Develop the Learning Pathways 14 -19 Plan to improve opportunities for young people to access community and voluntary experiences.
- Develop Keeping in Touch arrangements, to reduce numbers of young people not in education, training and employment.

- Develop and implement through CCET a Basic Skills Strategy for Cardiff with specific reference to the needs of young people.
- Improve access to out of schools activities for young people including access to leisure, cultural and fun activities.
- Meet needs identified in areas of health with a specific focus on sexual health advice for young people.
- Develop a local strategy to improve young people's access to information and advice.
- Further develop and improve mechanisms offering individual support and guidance to young people.
- Identify, prioritise and implement action to address young people's emotional well-being.
- Develop and implement arrangements for information sharing between organisations working with children and young people.
- Extend joint training activities to meet the needs specifically identified by the Partnership.
- Undertake an update audit of need to identify priority areas for action across the Young Peoples Partnership.

PHYSICAL AND SENSORY DISABILITIES

To promote the long term health, social care and well-being of people with physical and sensory disabilities through:

- Safeguarding people with physical disabilities who are frail or otherwise vulnerable
- Providing seamless and complementary support from health and social care (including the voluntary sector), housing and related services.
- Ensuring that the services on which people depend are organised to be responsive to their needs and are sustainably funded.
- Addressing problems in respect of transport, access, mobility and living in the more rural areas of Cardiff.
- Tackling discrimination against people with physical disabilities.
- Promoting access to lifelong learning and recreational/leisure and work opportunities.
- Promoting positive attitudes and inclusion towards people with physical disabilities.

Health Promotion/ Prevention

- Map out and identify gaps in current services that promote the health of people with physical disabilities and maintain their condition.
- Investigate options for developing local campaigns and linkages to national campaigns promoting positive attitudes of disabled people.
- Develop a more flexible range of services for carers.
- Increase staff training opportunities to ensure the needs of people with physical and sensory disabilities are recognised.

Independent Living

- Complete the review of the Joint Aids/Equipment Service and take forward its implementation.
- Participate in the development of a wheelchair strategy being led by Health Commission Wales.
- Work with Housing Associations in the development of new housing stock to ensure accessibility for people with physical disabilities, including involvement of OTs to ensure adapted housing has appropriate facilities.
- Develop the model of re-ablement service provision for people under 65 to take account of best practice elsewhere, and ensure that services can be accessed in ways other than following a crisis.
- Develop proposals for extending the capacity of the current re-ablement scheme to address needs of people under 65 years old.
- Research current evidence on improving primary care access to community therapy services, which prevent admission.
- Identify the increased capacity required to re-launch and expand the current Direct Payments scheme.
- Quantify demand for “maintenance services”, explore good practice and develop proposals for the expansion of voluntary sector services.
- Develop proposals for a community based crisis intervention team.
- Seek views of disabled people on accessibility of community services in Cardiff.
- Work with voluntary organisations to provide more specialist services for people with dual sensory impairment to meet people’s needs.
- Develop a consistent way of working together to ensure the appropriate provision of housing support.

Transitional/Intermediate Care

- Clarify the purpose of day care facilities and identify opportunities for more flexibility in service provision.
- Extend links with education, leisure and employment agencies to identify alternative models of “Day Care”.
- Improve multi-agency transitional planning to ensure responsive services.

Long Term/Continuing Residential and Nursing

- Utilise the commissioning process to encourage the market to develop services in response to local need.
- Evaluate the potential effectiveness of providing therapies into nursing homes, quantify need, explore good practice and develop proposals.

LEARNING DISABILITY

To promote the long term health, well-being and social inclusion of people with a learning disability through:

- Implementing the Unified Assessment process for services to people with a learning disability.
- Development of a new joint commissioning process through the Learning Disability Forum.
- Safeguarding the welfare of people with a learning disability who are vulnerable.
- Raising the standards of care and support to people with a learning disability.
- Supporting people to live within their own homes and communities, to promote independence and social inclusion.
- Achieving seamless and complementary service support from all service providers.
- Ensuring that services provided to people with a learning disability are responsive to their individual needs.
- Protecting and promoting the health of people with a learning disability.
- Combating discrimination and promoting positive images of people with a learning disability.
- Enabling people with a learning disability in discussions and decisions about their care in a meaningful way.
- Ensuring that information for users and carers is in a language and format that is accessible to the individual.
- Ensuring that people with a learning disability have full access to information about their rights, choices, support available, services and benefits.

Health Promotion/ Prevention

- Develop, with service users, potential opportunities for people with a learning disability to adopt healthy lifestyles.
- Review the needs of carers including age profiling, working with the Carers Advisory Planning Group.
- Implement the recommendations of the review of respite care.

Independent Living

- Increase accommodation choices for people with complex and/or challenging behaviour requiring move-on accommodation.
- Work across sectors and areas on the pooling of accommodation resources to ensure their economic and efficient use for older people with a learning disability to take account of their need for potential physical frailty; and for younger people, which take account of their changing expectation for independence from the family home.

- Review and respond to strategic developments to ensure the implications of proposals for people with a learning disability are considered.
- Introduce a system to support those who meet the criteria of the Direct Payment Scheme are enabled to manage their own care providers.
- Complete an independent review of advocacy services and identify proposals for ensuring the availability of appropriate services.

Intermediate/Transitional Care

- Complete a strategic review of day care and identify proposals for meaningful/flexible opportunities in employment, leisure, education and respite and therapy.
- Undertake profiling of needs and current use of resources and identify priorities for future service provision for transitional care.

Long Term/Continuing Care

- Review existing specialist provision and utilise the commissioning process to encourage the market to develop local services in response to local need.
- Develop services to enable the repatriation of people currently inappropriately placed out of area.

Standards of Care

- Improve continuity of care by service providers through a range of human resource policies.
- Establish a nurse consultant post to facilitate education and facilitation of learning disability issues between staff in acute/secondary/primary care.
- Increase training opportunities, particularly for generic health care staff and staff at leisure facilities, to ensure the needs of people with a learning disability are recognised.

CARERS

Taken from the *Cardiff Carers' Plan*, the strategic aims are to:

- Promote and protect the health of the carer and ensure their needs are recognised and catered for.
- Ensure a broad range of support is available to support carers to enable them to continue in their caring role with sustainable funding.

- Provide easily accessible, relevant, factually correct information in a variety of languages and formats to meet individuals' needs.
- Ensure recognition of the carers' role by both the carers themselves and also by professionals.
- Support carers through training and advice to enable them to care for the looked after person and increase the skills of professionals to identify and support carers.
- Support carers to remain in or secure employment through appropriate, flexible services and carer friendly policies.
- Actively involve carers in the planning and delivery of services as equal partners.
- Ensure joint collaboration between the statutory, voluntary and private sector in addressing carers' issues.
- Ensure the availability of support and services for carers of any gender, race, culture, disability, age and sexual orientation.

Prison Health

The strategic aims of the Prison HIP are to set out a clear strategy within which HMP Cardiff will work with others to develop and improve health and healthcare services for their prisoners by:

- Setting out the health needs of prisoners in HMP Cardiff.
- Setting out a strategy to develop planning mechanisms and ensuring collaboration within and outside HMP Cardiff.
- Setting out a strategy to develop clinical services together with the resource implications.
- Providing a framework enabling joint commitments to be drawn up by HMP Cardiff and the NHS, local authorities and voluntary organisations.
- Contributing to meeting the all Wales targets for health gain.
- Providing the framework for the establishment of long term agreements with providers of health and social care.

The HMP HIP identifies the following recommendations to be taken forward to address the needs of this population, grouped under 10 key headings:

- Information Management and Technology (IM&T) Support Systems.
- Diabetes and Coronary Heart Disease NSF implementation.
- GP Registration.
- Prescribing.

- Substance Misuse.
- Mental Health.
- Dental Services.
- Infectious Disease Control.
- Lifestyle.
- Workforce - Performance Development.
- Workforce - Operational Management Issues.

SUBSTANCE MISUSE

The development of Substance Misuse Treatment Frameworks by the Welsh Assembly Government will determine much of the work that is undertaken locally, as well as the implementation of the *Throughcare & Aftercare Regional Implementation Plan* that is currently being developed.

Welsh Assembly Government are also keen for partnerships to ensure that the recommendations of the Advisory Council on the Misuse of Drugs report *'Hidden Harm, Responding to the Needs of Children of Problem Drug Users'* are reviewed and action plans developed accordingly.

Another major initiative that the WAG is taking forward is the development of an All Wales Performance Management Framework that includes a core/common data set and a definitions dictionary.

WAG has also commissioned an All Wales Training Need Analysis in relation to the introduction of Drug & Alcohol National Occupational Standards in Wales.

We are also awaiting the publication of 'Guidance on the development of Confidential Inquiries into Drug Related Deaths' by the WAG.

Timescales

The timetable associated with the Development of the Substance Misuse Action Plan 2005-2008 is as follows:

During October 2004 - CSPs to agree their priorities for 2005-2008. We would recommend close consultation with Regional Advisers before and during this period.

By Monday 29 November - Near final drafts to Substance Misuse Regional Advisory Team (SMART).

By Monday 10 January - For plans submitted by 29 November, feedback from Regional Advisers will be received by CSPs.

By 12 February 2005 - Final amended draft to Welsh Assembly Government.

By 1 March 2005 - Welsh Assembly Government agree plans conform to statutory guidance and notify CSPs accordingly.

By 31 March 2005 – Formal adoption of plans by CSPs, with plans available to the public as soon as possible thereafter.

HOMELESSNESS

The Cardiff Homelessness Strategy has grouped its actions under the three main headings of prevention, accommodation and support.

Prevention

- To ensure wider monitoring of the reasons for homelessness by engaging other agencies not currently included in the usual statistical gathering methods.
- To expand the use and content of the existing *Streetwise+* Directory to include information specifically for women and young people, advice for prisoners, forces leavers and people being discharged from hospital etc. with relevant signposting processes.
- To undertake a monitoring exercise of reasons for exclusion from all types of housing to ascertain potential tenancy rescue measures.
- To develop the prevention toolkit and to further develop the Council's 'spend to save' policies.

Accommodation

- To develop a fully integrated and effective resettlement process from supported housing into all types of secure tenancies.
- To eradicate the need for utilising bed and breakfast accommodation and out of county placements.
- To improve equality of access to Frontline hostels and agree policies to minimise the need for rough sleeping and exclusions.

Support

- To develop an Assessment Centre to provide a central point for assessing priority need status and for maximising available advice and support to meet the needs of single homeless.

- Ensure permanence and commitment to a dedicated health team and other statutory support services to meet specific needs of homeless people accessing supported housing or who are rough sleeping.
- To provide support to those whose in private housing to minimise potential homelessness and to support those wishing to enter the private sector.

ASYLUM SEEKERS AND REFUGEES

To promote the health and well-being of asylum seekers dispersed to, and refugees who choose to remain in, Cardiff by providing a range of services including:

- Accommodation and tenancy support.
- Social care support, helping asylum seekers access mainstream services, including legal services if required.
- Dealing with specific incidents of harassment/intimidation/community tension.
- Arranging language support.
- Ensuring access to local schools
- Building adult education opportunities.
- Providing primary health care services and access to secondary health care where appropriate.

The proposals for development of services in line with the above objectives largely depend on whether the contract with NASS for the dispersal of asylum seekers to Cardiff is renewed in 2006. Once this decision is made there will be a requirement for a review of the current pattern of services and a strategic plan for the next contract period. Proposals to address the current gaps in services provided to client groups include:

- Establish a joint strategic planning group for asylum seekers.
- Scope the future needs of asylum seekers and refugees dependent on the decision regarding the next dispersal contract.
- Formulate a strategy to meet the health and well-being needs of the asylum seekers and refugees.
- Contribute to the development of the Language and Communication Strategy.
- Develop proposals for increasing the hours of dedicated part-time CPN post supporting asylum seekers and refugees in liaison with the Mental Health Steering Group.
- Develop proposals for the expansion of ESOL services in partnership with the Council's Lifelong Learning Service and the voluntary sector.

- Develop proposals for the identification and delivery of basic and essential skills services in partnership with the Council's Lifelong Learning Service and the voluntary sector.

SEXUAL HEALTH

To develop integrated sexual health services locally which achieve the following aims:

- The reduction of teenage pregnancy rates in Cardiff.
- The reduction in the incidence and prevalence of sexually transmitted infections.
- Ensuring that people have access to good quality sexual health advice and services.
- Ensuring that all young people in Cardiff receive access to good quality sexual health advice and services.
- The delivery of services through a partnership approach involving statutory and voluntary agencies.

It is intended that these aims will be achieved through:

- Strengthening the provision of targeted education and prevention programmes through proactive outreach.
- Rationalising and integrating sexual health services currently provided through Genito-Urinary Medicine, Family Planning and Primary Care settings.
- Providing a specialist Sexually Transmitted Infection and Sexual Health Service at CRI to include testing and treatment, medical terminations and colposcopy; partnership work to provide outreach testing for specific target groups; work to ensure equality of access.
- Providing specialist services at the University Hospital of Wales including specialist HIV services, ensuring that the future model of HIV care is able to respond to future demand.

Specific areas for development which will underpin the above are:

Strategic Planning

- Strengthen the role of the APG to act as the strategic partnership forum to oversee the implementation of the agreed 3 tier integrated sexual health service for Cardiff.
- Ensure the work of the APG and that of the CYPPF around sexual health issues are consistent.

- Take account of the women's services review in the implementation of a care pathway for sexual health.

Equality of Access

- Develop plans for improving awareness of services and how to access them through increased education/training in the context of implementing new service models.
- Develop proposals for targeted work to improve access to sexual health services for BME Groups and Gay Men.

Integrated Service Provision

- Take a strategic development approach to taking forward level 1 provision including mapping and securing current provision/resources.
- Develop an action plan to support the implementation of Level 2 services.

Carers

- Review the current work being undertaken in relation to carers of people with HIV/AIDS and identify proposals for linking this work with the mainstream planning of services for carers.

Young People

- Support the development of one-stop information outlets in secondary schools.
- Support the provision of health information.
- Further develop young people's sexual health service provision in youth and community settings adopting a multi-faceted approach.
- Consolidate and extend the condom distribution scheme working in partnership, using specially trained workers targeting areas of disadvantage, young people in the looked after system and young people excluded from school.
- Develop and deliver multi-agency sexual health training and initiatives focusing on life skills and multi-faceted issues.
- Develop specific sexual health promotion initiatives with the school health nursing service.
- Implement work around joint policy and protocol development with the statutory and voluntary sector.
- Support the provision of sex and relationships education in schools.

GYPSIES AND TRAVELLERS

As there is currently no joint planning forum for this group it is proposed that a task and finish group, reporting to the Joint Commissioning Group be established to develop a joint commissioning strategy for this group. The proposals from a Gypsy and Traveller seminar held in March 2004 will provide a basis for this work, which included:

- Establishment of a specialist practitioner post to improve liaison and co-ordinate services.
- Setting up a well-person clinic.
- Production of pictorial health promotion/information.
- Developing facilities for social events with education input.
- Addressing the environmental and health and safety issues on the Council sites.
- Capacity building of the community.

THE NEXT STEPS

The Health, Social Care and Well-being Strategy for Cardiff will be a living document with sufficient flexibility to change and adapt over time. Its development therefore, is very much a first step in the journey to improve the health and well-being of the people of Cardiff. Much work will be needed to make the vision of the Strategy a reality.

For this to happen, a number of key processes will be set in train, which support the following:

- Utilisation of the Strategy by Cardiff's health and social care community to provide the strategic framework for the development of health and social care services in Cardiff over the next 3 years.
- Further development of the proposals into more detailed action plans with clear milestones.
- Integrating the Strategy into the core work of the Local Health Board and Council.
- Further strengthening of the joint planning process in Cardiff.
- Utilising the opportunities provided by the Health Act 1999 Flexibilities.

The process for developing the 2008-13 Strategy will need to commence in early 2006.

Monitoring and Review Arrangements

As part of Cardiff's Community Strategy, the Health Social Care and Well-being Strategy will be monitored, in its totality, by the Cardiff Health Alliance on behalf of the Community Strategy Implementation Group (CPIG). The Health Alliance, at the apex of the joint planning arrangements, will receive regular update reports on the progress of the Strategy and will, in turn, report to the CPIG.

The Advisory Planning Groups (APGs) will be responsible for the detailed monitoring and review arrangements within each specialism and will review the partnership process to deliver their elements of the strategy and the impact and outcomes of the Strategy itself relevant to their client group. The JCG will monitor wider issues and crosscutting themes such as health promotion.

Accountability for the overall implementation of the Strategy and financial management is the responsibility of the statutory partners, Cardiff Local Health Board and Cardiff County Council, and this will be approved and reported to each organisation

through their respective governance arrangements. The Local Health Board and Cardiff Council will seek to explore formal pooled budget and joint commissioning arrangements under the NHS Act Flexibilities.

The Health Alliance will quality assure the implementation of the Strategy in terms of:

- Ensuring public and stakeholder involvement in the detailed planning, implementation and monitoring of the proposals.
- Ensuring on-going strategic alignment with the Community Plan.
- Sharing progress on implementation of the Strategy with key stakeholders.
- Establishing strategic relationships and a co-ordination conduit to other major plans mechanisms within the NHS and local government.
- In the process of review performance indicators will be developed to address the following questions:
 - Were the strategy action and services responses and outcomes right?
 - Did they meet the needs of the whole community?
 - Whose needs were not met?
 - Was expenditure cost effective?
 - Was operational level joint working effectively delivered, e.g. how did we perform on managing delayed transfer of care?
 - Have local authority housing, education, environment services, transport, leisure services and public health department been involved as fully as they ought?

The APGs will also be expected to ensure that service users and carers are involved in planning, either by direct representation or regular engagement with a wider network. Planning structures should be accountable to service users and their concerns and suggestions acted upon. This creates a more trusting relationship where the service users feel they have been listened to and the services are therefore developed more sustainably.

The level of detail and the scope of the Strategy means that outcomes may not be seen immediately. However, all actions by all partners should work towards the principles of the Strategy with regard to maximising the use of existing resources and improving the health and well-being of the population.