Health & Adult Social Care Local Account 2018

What we have done and what we are going to do

This local account reflects on the performance of Health & Adult Social Care in Brighton & Hove in 2017/18.
Forward

Councillor Claire Moonan  
Lead member  
Adult Social Care

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Lead Member  
Adult Social Care

Rob Persey  
Executive Director  
Health & Wellbeing

This Local Account tells you what we have done in the last year.

It will also tell you what we will do in the future.

And it will tell you what you can do.
We would like to thank all staff working in Adult Social Care.

Making sure services are good is a team effort. We work with lots of different council departments and other service providers and would like to thank them all.

Last year was a difficult year, there was less money but more and more people needed services.

Last year winter was very cold for a very long time. This meant more people needed to use the NHS which made it difficult for services.

We try to work closely with the NHS and have done some good work making sure that people can leave hospital in good time.

In the year ahead we want to help people to get support to stay in their home and not need to go hospital where possible.
In Brighton and Hove …..

<table>
<thead>
<tr>
<th>Icon</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="People icon" /></td>
<td>285,300 people live here.</td>
</tr>
<tr>
<td><img src="image2.png" alt="Handicapped icon" /></td>
<td>18,226 18 – 64 year olds have a disability which may need support.</td>
</tr>
<tr>
<td><img src="image3.png" alt="Brain icon" /></td>
<td>32,025 18 – 64 year olds may have a mental health issue.</td>
</tr>
<tr>
<td><img src="image4.png" alt="Group icon" /></td>
<td>4,902 18 – 64 year olds may have a learning disability.</td>
</tr>
<tr>
<td><img src="image5.png" alt="Caring icon" /></td>
<td>23,967 people are caring for someone.</td>
</tr>
</tbody>
</table>
In 2017 - 2018 …..

<table>
<thead>
<tr>
<th>Image</th>
<th>Text</th>
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</thead>
<tbody>
<tr>
<td><img src="image" alt="Adult Social Care" /></td>
<td>4,361 people got a long term adult social care service.</td>
</tr>
<tr>
<td><img src="image" alt="Walking Frame" /></td>
<td>1,306 people got short term intensive support.</td>
</tr>
<tr>
<td><img src="image" alt="Assessment" /></td>
<td>30,274 pieces of daily living equipment were given out to people. Things like walking frames</td>
</tr>
<tr>
<td></td>
<td>4,726 Care assessments or reviews took place.</td>
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</table>

The city’s population is changing. Population is the number of people who live here.

<table>
<thead>
<tr>
<th>Image</th>
<th>Text</th>
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<tbody>
<tr>
<td><img src="image" alt="Population" /></td>
<td>By 2030 there will be 8% more people living in Brighton and Hove.</td>
</tr>
<tr>
<td><img src="image" alt="Longevity" /></td>
<td>People are living longer: There will be more people aged 60 or over.</td>
</tr>
<tr>
<td><img src="image" alt="Dementia" /></td>
<td>There will be more people with dementia.</td>
</tr>
<tr>
<td><img src="image" alt="Loneliness" /></td>
<td>41 out of 100 people over 65 live alone and could become lonely.</td>
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</tbody>
</table>
The support people need will be different in future because people have different issues and sometimes more than one.

<table>
<thead>
<tr>
<th><img src="121x696.png" alt="Image" /></th>
<th>Some of the things we do can make us unhealthy and need more support</th>
</tr>
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</table>

**What you can do.**

People, families and communities can all help people stay healthy. In each section we will have suggestions about what you can do.
At Brighton and Hove City Council

Adult social care staff, public health and NHS staff and people from community and voluntary organisations work together to make sure that adults who need support are as safe and independent as possible.

This report is split into the 7 following parts

8 - 10 Flexible integrated care and support
This is making sure there are good services that people can choose from and pay for from their direct payments.

11 - 13 Information and advice
Making sure people can get good information and advice so that they can make choices and get the right help.

14 - 16 Living well and staying healthy
Helping people to be healthy.

16 - 17 Staying active and connected
Helping people to be connected to other people and take part in activities so that their mental health and physical health is better.

18 - 20 Feeling safe and in control
Making sure services are safe and that you are in control

20 - 21 Workforce
Making sure staff can do their jobs well.

21 - 22 Carers
Making sure carers get good information and services to help them support their loved ones.
### Flexible Integrated Care and Support

Working with other people to make sure there is a choice of services

### Homelessness

We have:

- Asked St Mungo’s to give more support to move people living on the streets into accommodation.
- Supported 10 people to move into private housing.
- Continued the Housing Advice and Mediation service for 16-25 year olds

### Accommodation – Where you live

- We have supported people with learning disabilities to live in the best places which suit their needs in the community.
### Care and Support

**We have:**

- Kept the supported accommodation service for 16 – 25 year olds with complex needs and helped 122 young people.

- Made a new supported living service for people with learning disabilities who may do things that are challenging.

- Supported people to move from hospitals to the community.

- Made a new Advice and Guidance service to help people using Direct Payments.

- Opened Brook Mead Extra Care Housing for older people and people with dementia.

**We will:**

- Make a new advocacy hub; This will be a place where you can go to get help to say what you want or help to get information or help to get access to services and support.
We will:-

- Work with people who are in charge of health services (CCG) to support people with physical disabilities or brain injuries.

- Plan a way of working together with the people who are in charge of health services (CCG) and Families and Children and Learning services for children and adults with autism.

- Make sure that young people with learning disabilities have choices of places to live as they become adults.

- Keep offering people who need services Direct Payments as a way of having more choice and control.

- Make sure there are services to meet the changing needs of people.

You can:-

- Use our website to manage your own support, direct payments at [www.brighton-hove.gov.uk/direct-payments](http://www.brighton-hove.gov.uk/direct-payments).

- Tell us about what things have been like for you so that we can make services better at [customerfeedback@brighton-hove.gov.uk](mailto:customerfeedback@brighton-hove.gov.uk).

## Information and Advice

Having the information I need, when I need it.

<table>
<thead>
<tr>
<th>We have:-</th>
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<tbody>
<tr>
<td>• Made our information services better so that people can find what they need.</td>
</tr>
<tr>
<td>• Helped other organisations to understand what we do and how to contact us.</td>
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<tr>
<td>• Started a website to help people who buy equipment: <a href="http://www.safeandwell.brighton-hove">www.safeandwell.brighton-hove</a></td>
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<tr>
<td>• Trialled information and advice drop in sessions at Whitehawk Library</td>
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<tr>
<td>• Worked with other organisations to run information stalls at events</td>
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<tr>
<td>• Started the Carers Hub, a place where carers can get information</td>
</tr>
<tr>
<td>• Made it easier to get help with losing weight, stopping smoking and being more active through the Healthy Lifestyles Team</td>
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</table>
Trained staff and worked with Digital Brighton so that people can get help getting online.

We will:-

- Keep our online information services but also look at other ways for people to get information.

- Work with Speak Out to make sure people with learning disabilities get information in a way they can understand.

- Help people understand about how support and care is paid for.

- Work with Impetus ‘Community Navigation Plus’ service to help people do activities in the community.

- Make it easier for people who pay for their own care to find and manage their care.

You can:-

- Get help to use the internet at the local library.
• Get help with using computers at digitalbrightonandhove.org.uk

• Find local care and support services at www.mylifebh.org.uk

• Get help for carers at www.carershub.co.uk or call 01273 977000

• Get support with your health and keeping well at www.brighton-hove.gov.uk/healthylifestyles or call 01273 294 589

• Contact Access Point for all care information on 01273 295555 or email: AccessPoint@brighton-hove.org.uk
### Living well and staying healthy

#### Helping people to stay healthy

<table>
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<tr>
<td>• Funded Bee Zee Bodies – a healthy weight service.</td>
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<tr>
<td>• Supported 4300 people to get involved in activities with the Healthy Lifestyle Team.</td>
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<tr>
<td>• Helped vulnerable people heat their homes.</td>
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<tr>
<td>• Used different ways to give mental health support to people who might not use the usual sort of services</td>
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<tr>
<td>• Worked with Grassroots to train 506 people in suicide prevention. <a href="http://www.prevent-suicide.org.uk">www.prevent-suicide.org.uk</a></td>
</tr>
<tr>
<td>• Worked with Doctors to do more than 7800 health checks.</td>
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<tr>
<td>• Add to the action plan called ‘Spade to Spoon – Digging Deeper’ which is about food poverty, healthy weight and healthy food. Food Poverty is when someone doesn’t have enough money to eat.</td>
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</tbody>
</table>
- Try to cut suicides by 10% by 2020/21 and encourage suicide prevention training.

- Encourage more people to get vaccinated against Flu, Shingles, Pneumonia, Septicaemia and meningitis.

- Make things better for people with Mental Health issues through closer working between services

- Make it easier to get tested for sexual health issues online

You can

- Get support to be healthier from our Healthy Lifestyle Team at [www.brighton-hove.gov.uk/healthylifestyle](http://www.brighton-hove.gov.uk/healthylifestyle) or call 01273 294589

- Find out about Cancer screening at [www.brightonandhoveccg.nhs.uk/your-health/screening](http://www.brightonandhoveccg.nhs.uk/your-health/screening)

- See if you can get a free health check at [www.brighton-hove.gov.uk/healthchecks](http://www.brighton-hove.gov.uk/healthchecks)

- See if you can get a free flu vaccine at [www.nhs.uk/flu](http://www.nhs.uk/flu)
• Get support with your mental health at www.mindcharity.co.uk or call 01273 666950

• For help with mental health and wellbeing contact www.sussexpartnership.nhs.uk

Staying active and connected

Helping people to be active and connected

We have:-

• Held the ‘What’s Out There’ day; showing people what support services and activities there are for people with learning disabilities

• 70 local sport, dance and exercise services were involved in the ‘Take Part’ event

• Funded the Older People’s Festival and given older people a say in how to make Brighton and Hove a more age friendly city

• Ran 48 free or low cost Active for life and Healthwalk sessions
• Worked with Mind to help people’s mental health through the 5 ways to wellbeing

• Started one place where people can go for befriending services

We will:-

• Start an Aging Well service for older people

• Run 2 age friendly events for people to get involved in each year

You can:-

• Find local support groups and activities at www.mylifebh.org.uk

• Find Active for Life and Healthwalk sessions at www.brighton-hove.gov.uk/activecity

• Find out if you can get a leisure card to get discounts at some leisure centres at www.brighton-hove.gov.uk/leisure-card

• Get in touch with the befriending contact point on 01273 229005
<table>
<thead>
<tr>
<th>Feeling safe and in control</th>
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<tbody>
<tr>
<td>Working with others to make people get good, safe services and feel in control</td>
</tr>
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</table>

We have:-

- A falls prevention coordinator who has trained people to support people.

- Run a safeguarding workshop

- Worked with the people who make decisions about the NHS to fund a lead Pharmacist. A Pharmacist works in a chemist with your medication.

- Given information and training to staff to help keep people safe.

- Made it easier for people with learning disabilities to report hate crime

- Worked with Brighton and Hove Speak Out to make the Thumbs Up Scheme better and train more people Sussex police

- Checked the Health and Safety and Risk assessments of the organisation we fund
We will:-

- Carry on representing adult social care on the Local Safeguarding Adults Board
- Make sure services give good quality care and do something if they don’t
- Give more training to staff

You can:-

- Find information about stopping falls by going to www.brighton-hove.gov.uk/aging-well
- Find out about the Thumbs Up Scheme by going to www.bhspeakout.org.uk or calling 01273 421921
- Get help if you or someone you know is unsafe. Go to www.brighton-hove.gov.uk/feeling-safe or contact Access point on 01273 295555
- In an emergency call 999 or the Typetalk emergency line for people who are deaf or speech impaired is 18000
• Tell the police about crimes that are not urgent on [www.sussex.police.uk](http://www.sussex.police.uk) or call 101 or Typetalk 18000

• Report anti social behaviour or hate crime at [www.safeinthecity.info](http://www.safeinthecity.info) or call 01273 292735

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**Workforce**

Making sure staff are supported to do their jobs well.

We have:

- Supported 20 adult social care staff to join apprenticeships, which is a job with training.

- Supported 7 care managers to do more training in social work at a higher level.

- Employed someone to support new social workers

- Put a number of things in place to make sure staff are supported to give their best, learn new skills and feel valued.

- Offered 6000 training spaces to staff and people working for other organisations
We will:-

- Make sure that we carry on offering staff training and development opportunities.
- Make sure that support staff with their health and wellbeing.

You can:-

- Find out about jobs in adult social care at [www.brighton-hove.gov.uk/jobs](http://www.brighton-hove.gov.uk/jobs)
- Find out about the apprenticeship scheme at [www.brighton-hove.gov.uk/apprenticeships](http://www.brighton-hove.gov.uk/apprenticeships)
- Find out about volunteering at [www.brighton-hove.gov.uk/volunteering](http://www.brighton-hove.gov.uk/volunteering)

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**Carers**

Supporting carers so that they can carry on doing their important work

We have:-

- Started the Carers Hub providing services to carers
- Worked with employers to help support carers in their role

- Given carers opportunities through the Carers Card

- Let other people know about carers and some of the issues they face, this is called raising awareness.

- Started some new services for carers with mental health needs

We will:-

- Encourage the organisations we work with to ‘think carer’ to make Brighton and Hove a better place for carers.

- Develop opportunities for carers

You can:-

- Find information and get advice and support for unpaid carers at [www.carershub.co.uk](http://www.carershub.co.uk) or call 01273 977000