

I'm Out of Here Ltd/Specialised Commissioning South Life Plan project mid-point findings (October 2018)

Quotes from two family carers:

"It was a revelation! We never had a meeting like this before, although my son has been in hospital for almost 19 years. It was so good to put together all of my son's life, his strong points and aspirations for the future, which give a positive driving force for planning for the future."

"A very positive experience both for me and my son. Usually meetings involve talking about risks and negative behaviours. The Life Plan concentrated on the individual and his dreams. For positive things to happen it is important to help the person dream!"

Aims

- To facilitate 100 plans for people in Hospital funded by Specialised Commissioning South (in low to high secure Hospitals)
- For these plans to be available for Clinical Commissioning Groups and Local Authorities to source housing and support for these people
- To get people out of Hospital, to stay out of Hospital because they have the right housing and support
- To start to change the discharge culture from medical risk model to person centred, person led

What has worked

- ✓ People & Family feedback has been positive and they have said they feel listened to, sometimes for the first time
- ✓ Each plan had set out housing and support needs that are neither unachievable or extravagant
- ✓ When the leadership in a CCG is proactive these plans have been very useful in applying for housing funds and in setting out the commissioning requirements for support providers
- ✓ People and families have been more aware, and therefore chosen housing options that they would not have beforehand i.e. shared ownership and using NHSE housing grants

What is still work in progress

- There is still significant resistance to not using traditional residential or 'supported living' options
- Sometimes plans are asked for too late, when the person needs to move out soon meaning procuring good housing and setting up a team is seen as taking too long
- We have been told we are 'raising expectations' when we introduce the idea of a home of their own and a person's own team
- We have been told that by 'raising expectations' we have unsettled people and this has led to them becoming distressed
- Life Planning is not yet integrated into procurement systems and as such is seen as an 'add on' not as an essential planning tool