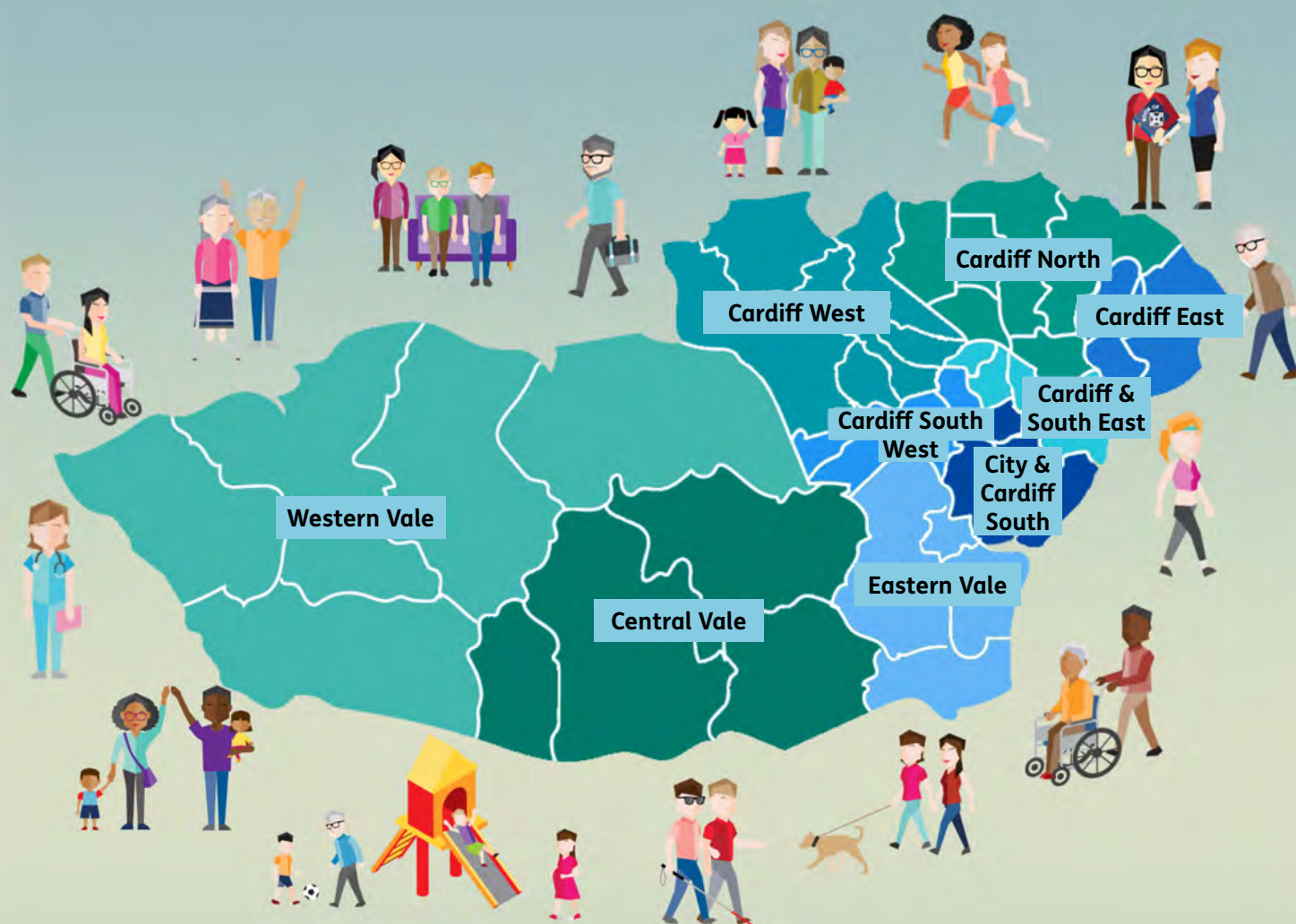


Our plan for your care and support 2018 - 2023



How to use this document



This is an easy read version. The words and their meaning are easy to read and understand.



You may need help and support to read and understand this document. Ask someone you know to help you.

Some words may be difficult to understand. These are in **bold blue writing** and have been explained in a box beneath the word.

If any of the words are used later in the booklet they are shown in **normal blue writing**. If you see words in **normal blue writing**, you can look up what they mean in A list of the **Hard words** on page 29 .



Where the document says 'we', this means the group from **Cardiff and the Vale of Glamorgan** who have written this document.

This Area Plan is available in Welsh upon request.



This document was made into easy read by Easy Read Wales using Photosymbols.

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What is this plan about?



The **Social Services and Well-being Act** says we have to write this plan. It is to show how we will support and care for you.



We had to find out what care and support you need. Last year we talked with:



- groups of people who live in the area



- staff who work in services and organisations



- managers of services.



We looked at what we have already done.



We found out what things we have that help you already. Things like services and buildings.

What we found out



We need to:

- involve everyone more in planning our services



- make sure you can easily get good information you understand



- support you with things that make you healthier and happier



- make sure schools know what is happening in colleges and for **apprentices**

An **apprentice** is a person who has a job where you learn at a workplace and at college.



- support you to make healthy choices in your life



- make it easier to get good mental health support when you need it



- give you safe houses that fit with what you need. This will support you to be independent



- give you good support now that stops you needing a lot of support later



- make sure services think about what you and your carers need now and in the future



- make sure that when you move from 1 service to another it works well. Such as when a child moves to adult services



- get better at supporting you to do what you want with your life

Action Plan



We have looked at different groups and what they need. This plan says what we will do for you.



We also wrote an **Action Plan** to go with this plan. The Action Plan says **how** we will do everything in this plan.



We also looked at all our plans to see what we are already doing. We must make sure all our plans fit together well.

How will we check?



We will write a report every year to say how well we are doing with the plan. There may be changes to make the plan better. We will tell you this in the report.

The Social Services and Well-being Act



All our plans must fit with this new Welsh Government law. It says we must support you to:



- be healthy and happy



- be safe and protected from abuse



- learn new things and do things you enjoy



- keep in touch with your family, friends and other people important to you



- do work with others for your community



- feel that you have enough money to live your life



- have a place to live that fits with what you need



- get your rights.

1. Older people



There are more people over 65 years old in the Vale of Glamorgan than in Cardiff. There will be more older people in both places in the future.



We expect there will be more people with **dementia**. This is because there will be more people over 85 years old. It is more common then.

Dementia is a serious illness that affects the memory and brain and makes people confused.



Older people have many care and support needs. To make getting support easier we use things like the **1 stop shop** idea. This is where everything is in 1 place.



These are the most important things we will do for older people:



- You can now get all the services you need in 1 place. We will make it easy to contact us by phone, the internet or by speaking to someone. There will be places where you can easily do this.



- Make our communities strong with good local services and transport where older people live.



- Get more choices of places for older people to live. Support you to live at home as long as possible.



- Get better at involving you, your carers and family in all of your care plans. Make sure the plans show what is important to you and what you want to do.



- Make Cardiff and Vale of Glamorgan a good place for people with [dementia](#).

2. Children and young people



There are more children under 5 years old in **Cardiff** than is usual in Wales.



There are more children missing school in Cardiff and the Vale of Glamorgan than is usual in Wales.



The Vale of Glamorgan is very good at getting children who are 16 years old to go on to:



- work



- other training



- further education at school or college.



We need to get better at supporting young people with **attention deficit disorder** and autism

Attention deficit disorder is when a child cannot keep still and finds it hard to focus on 1 thing.



These are the most important things we will do.



For children and young people with more than 1 disability:



- Provide better services to children and young people who find it hard to learn at school.



- Get services to work better together for children with more than 1 disability.

For all children and young people:



- Involve children and young people more in decisions about their lives and services.



- Help them to get better results at school.



- Help more young people 16 years old to go on to further education, training or work.



- Make it easier to get services for **looked after children** and **vulnerable children**.



Looked after children are children who are in care



Vulnerable children are children who might be more at risk from abuse or not being looked after well.



- More support for children and young people when their parents break up. Or when there is **domestic abuse** at home.

Domestic abuse includes being told you are no good, getting picked-on, punched, hit, threatened or murdered by someone you live with, or used to live with.



- Stop children and young people being at risk of being used for sex.



- Help children and young people to be healthy and happy.



- Get more children speaking Welsh.



There is another part of this report that says what we can do to support young carers. It is the **Adult and young carers** part.

3. People with a learning disability or autism

In Cardiff and the Vale of Glamorgan there are:



- about 1,500 people with a learning disability. There will be more older people with a learning disability in the coming years



- nearly 1,000 children 5 – 16 years old with autism



- nearly 4,000 adults with autism.



We found that you need more easy to understand information.



These are the most important things we will do:



- Support you to stay as independent as possible.



- Support you to do things for others in your community. And have interesting things to do in the day including work and being a volunteer.



- Support you to speak up and make your own choices in your life.



- Support you to stay healthy and happy.



- Support you to keep learning.



- Have a new autism service with different services working together. This will offer support with school, health and work. It will also help with meeting people and feeling easier talking with others.

4. Special services supporting families



Children at risk of being abused at home are sent to our special services that support families.



The parents usually have problems with:



- drugs or alcohol



- domestic abuse



- mental health



Many of the things the children need are the same as all children. The parents often need good mental health support.



These are the most important things we will do for these families:



- Keep giving good support to families sent by social services. This is when there are worries about children not being looked after properly. The parents usually have problems with drugs or alcohol, **domestic abuse** or mental health.



- Look at how we can give this support to other parents. Such as parents with learning disabilities.



- Think about how the special family support service can help to stop children having harmful and difficult times.

5. Adult and young carers



There are over 50,000 adult carers in Cardiff and the Vale of Glamorgan.



Most of them are women who care for their person full time. Some people care for more than 1 person. Quite a number of carers are over 75 years old.



A young carer is under 18 years old looking after a relative.



There are at least 1,500 young carers in Cardiff and the Vale of Glamorgan.



We found out that they need better transport like buses and trains. And better support to stay healthy and happy.



These are the most important things we will do:



- Look at the best ways to work with and support you.



- Have more support for young carers. Make sure people know all the things they do.



- The person you care for may have to go in to hospital. We will involve you in planning their hospital stay.



- Get better support for when you need to talk.



- More short breaks for adult and young carers, both when it is suddenly needed and when it is planned.



- Make sure information and advice is easy to get at Doctor's surgeries and libraries. Make sure it is in the easiest way for you to understand.



- Make sure everyone knows what being a carer means. This includes the general public, health staff and social care staff. This will help us to find out who are carers so we can support them.

6. Health and physical disability



Some people cannot do everything they want because of their poor health or disability.



Many people in Cardiff and the Vale of Glamorgan do not have a healthy lifestyle:



- Nearly half drink too much alcohol.



- Over half are badly overweight.



- Many do not eat enough fruit and vegetables.



- Most do not get enough physical activity like walking.



Other groups in the area are in charge of this work. But we will give them this information to add to their plans.

7. Adult mental health



People are as happy in Cardiff and the Vale of Glamorgan as in the rest of Wales.



There are about 5,000 people with **dementia** in Cardiff and the Vale of Glamorgan. We do not know who all of them are.

Other groups in the area are in charge of this work. These are the most important things they are working on now:



- Supporting you to be able to deal with poor mental health when it happens.



- Supporting you to live your life well. Support you with feeling lonely.



- Meeting the needs of everyone, whoever they are.



- Treating people with mental health problems and their families well and with respect.



- Giving all children a good start in life by giving their parents the support they need.



- Supporting all children and young people to deal with poor mental health when it happens.



- Supporting children and young people with mental health problems to get better as quickly as possible.



- Making sure people with mental health problems have good support when they need it.



- Giving everyone a chance of a better life to be happier and healthier.



- Making Cardiff and the Vale of Glamorgan a place that supports people with **dementia** well.

8. People whose sight or hearing is not good



There are nearly 14 thousand people with problems seeing in Cardiff and the Vale of Glamorgan.



There are about 43 thousand people with problems hearing in Cardiff and the Vale of Glamorgan.



Nearly 3 thousand people have problems with both seeing and hearing.

Other groups in the area are in charge of this work. They are working to:



1. Make sure the **Eye Plan** goes well.



2. Make sure there is good information that is easily understood by people whose sight or hearing is not good.



3. Look at how all the services work together. This will make sure people whose sight or hearing is not good get what they need.

9. Domestic abuse, violence against women and violence with sex



In 2015/16 the police in Cardiff and Vale of Glamorgan dealt with:



- Nearly 5 thousand cases of violence against a person.



- Just over 4 thousand cases of [domestic abuse](#).



- Nearly 300 cases of violence with sex.



Other groups in the area are in charge of this work. They are writing a plan to deal with [domestic abuse](#), violence against women and violence with sex.

10. Other people

There are other groups of people who need support
They are:

- **refugees** and **asylum seekers**



A **refugee** is a person who had to leave their country especially because of a war.

An **asylum seeker** is a person who leaves their country to escape from danger. They ask to be allowed to live in another country.



- people who break the law



- people who used to be in the army, navy or air force



- people who use drugs or drink a lot of alcohol



Other groups in the area are in charge of plans for them. We will work with the other groups to make sure their plans include what is important to these other groups of people.

More information



If you want more information please contact:



Cardiff and Vale of Glamorgan Integrated Health and Social Care Partnership



Phone: 02920 335 071



Email: hsc.integration@wales.nhs.uk



Website: www.cvihsc.co.uk



Facebook: [@CVIHSCPartnership](https://www.facebook.com/CVIHSCPartnership)



Twitter: [@CV_ihscpship](https://twitter.com/CV_ihscpship)

Hard words

Apprentice

An apprentice is a person who has a job where you learn at a workplace and at college.

Asylum seeker

An asylum seeker is a person who leaves their country to escape from danger. They ask to be allowed to live in another country.

Attention deficit disorder

Attention deficit disorder is when a child cannot keep still and finds it hard to focus on 1 thing.

Dementia

Dementia is a serious illness that affects the memory and brain and makes people confused.

Domestic abuse

Domestic abuse includes being told you are no good, getting picked-on, punched, hit, threatened or murdered by someone you live with, or used to live with.

Looked after children

Looked after children are children who are in care.

Refugee

A refugee is a person who had to leave their country especially because of a war.

Vulnerable children

Vulnerable children are children who might be more at risk from abuse or not being looked after well.