

Easy Read

# Cardiff and Vale Regional Partnership Board

## Joint Area Plan for 2023 to 2028



This document was written by **Cardiff and Vale Regional Partnership Board**. It is an easy read version of 'Cardiff and Vale Regional Partnership Board Joint Area Plan 2023-28.'

May 2023



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# How to use this document



This is an easy read document. But you may still need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand. You can check what the words in blue mean on **page 43**.



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# About us



We are the **Cardiff and Vale Regional Partnership board (RPB)**.

A **Regional Partnership Board** is a group of organisations that plan and work together to make sure there is care and support for people who need it.

We work together to support people living in Cardiff and the Vale of Glamorgan to:

- Improve their health and **wellbeing**.



**Wellbeing** means a person is happy, healthy and is comfortable with their life and what they do.



- Live the best lives they can in their homes and communities.

# About this plan

This plan was written by:

- Cardiff Council
- Vale of Glamorgan Council
- and Cardiff and Vale University Health Board
- with the help of the **Regional Partnership Board**



We have worked with over 250 people to develop our Joint Area Plan. This includes staff, councillors, and other people.



We spoke to people face to face and through online surveys and focus groups.

This plan explains:



- Our **priorities** for 2023 to 2028.

**Priorities** means the things that are most important. What we need to think about first.



- How we will work together over the next 5 years to achieve our goals.



We will work closer with **Public Service Boards** to achieve our goals.



**Public Service Boards** are set up in each local authority area. They are made up of people from health services, the local authority, police, fire brigade and other organisations. They work together to improve **wellbeing** in their area.



The **Joint Area Plan** works together with lots of other plans and is supported and based on many laws and policies. For example:

- [Wellbeing of Future Generations \(Wales\) Act 2015](#)
- [Social Services and Well-being \(Wales\) Act 2014](#)
- [National Strategic Programme for Primary Care and National Models of Care \(See Appendix 1\)](#)



We will review this plan, our **priorities** and policies every 5 years. We will continue to get people's ideas and thoughts to do this.

# Our goals



This plan sets out how we will work together to achieve the goals described in the [Regional Outcomes Framework](#).



The **Regional Outcomes Framework** shows what life is really like for people in Cardiff and the Vale. And what changes we need to make to improve things.

**The 8 goals are:**



**1. People do not have to wait too long for the services they need** – services are easy to use, and people are not left waiting for support.



**2. Living well in your own home and community** - people get to live in their own homes and communities as independently as possible.





**3. Helping people make their own choices** - People know and understand what care, support and opportunities are available to them.



**4. An empowered workforce** – health and social care staff have the rights skills and level of training. Staff are trusted and feel valued.



**5. A better start for children and young people** - Children and young people have the support they need to live good lives.



**6. People get good safe support when in urgent need.**



**7. Preventing or lowering physical and mental harm that some people experience.**



**8. Waste less, and spend money wisely.**

# Our principles

**Principles** are values and beliefs that all our work is based on.



**1. Prevention:** People get the right support at the right time to prevent their health and **wellbeing** getting worse.



**2. Care closer to home:** People get the support they need closer to home.



**3. Inclusion and diversity:** Include people from different backgrounds. Make sure people are involved in planning their care.



**4. Sustainability:** Make sure we protect our environment by using things that uses less carbon.



**5. Social value:** our work helps to improve **wellbeing**.

# What we want to achieve from 2023 to 2028

We have organised this plan around 3 priorities:



**1. Starting Well** – giving every child the best start in life.



**2. Living Well** - supporting people to live well and do the things that matter to them.



**3. Ageing Well** – helping people to stay independent as they grow older.



These priorities will help us to support people when they need it at every stage of life.



All our work is based on getting better outcomes for people in each stage of life.

# Starting well

The Starting Well Partnership programme will focus on:



- Mental health and emotional **wellbeing**.

- **Complex health needs** – for people who need extra support to manage their health.



- **Early years pathway** – the support available for children from birth until they start school.

Over the next 5 years we want to:



- Work together to keep children and young people healthy, well, and safe from harm.

- Promote emotional **wellbeing** and mental health.



- Improve the support we offer for babies, children, and young people with **complex needs**.

## Why this is important



There are around 740 thousand young people under the age of 18 in Cardiff and the Vale of Glamorgan.



There are around 1,579 young carers in Cardiff and the Vale of Glamorgan.



More young people have needed to go to hospital since the COVID-19 pandemic because of mental health problems.



Taking care of mental health early in life can lower the need to use mental health services later in life.

## What we will do in 2023 to 2028



- Improve mental health and **wellbeing** support for children and young people.



- Make sure people can get help from all services.



- Share information that is easy to understand for children and young people.



- Have enough services to meet care and support needs.



- Develop more safe housing for young people with mental health problems who are leaving hospital.



- Create a care model for children and young people who have long term **complex health needs**.



- Provide therapy service for children who need care.



- Help children who have had **trauma** when they were young.

**Trauma** is a very distressing experience which can affect a person for a long time.

# Living well

**The Living Well Partnership programme will focus on:**



- People with a learning disability



- Unpaid carers



- People with physical disabilities and sensory loss



- People who need support with their mental health





- **Neurodiverse** people.

**Neurodiverse** people are people whose brain develops or works differently for some reason. It includes conditions like ADHD, Autism, Dyspraxia, Dyslexia, Dyscalculia, Dysgraphia, and Tourette's syndrome.



**The Community Safety Partnership** will look at people who have experienced violence, **domestic abuse**, and **sexual violence**.



**Abuse** is when someone hurts you or treats you badly.

**Domestic abuse** can happen to anyone. It involves any behaviour that causes harm to someone that is carried out by a partner, ex-partner, or family member.



**Sexual violence** can happen to anyone. It is a sex act done to someone when they do not agree to it. It is against the law.

# People with a learning disability

## Over the next 5 years we want to:



- Make sure there are services to support people with a learning disability to live as independently as possible in their local community.

## Why this is important



There are around 7 thousand adults in Cardiff with a learning disability. Only around 1 thousand get support from Learning Disability Services.

There are around 2,400 adults in the Vale of Glamorgan with a learning disability. Only 448 get support from Learning Disability Services.



People with a learning disability have been more badly affected by Covid-19 and the cost of living crisis.



People with learning disability are more likely to experience health inequality.

## What we will do in 2023 to 2028



- Make it easier for people with a learning disability to get annual health checks.



- Make it easy for people to get support from different services.



- Make it easier for people to get information they can find and understand about local services.



- Improve services so people can live closer to home with the right support.



- Make sure people can work, volunteer, take part in activities.



- Improve information for young people and carers about moving from child to adult services.



- Have more carers for adults.



- Use technology better to support independent living.



- People with a learning disability and Down Syndrome have equal **access** to dementia screening. This means they can get checked for dementia.

# Unpaid carers

## Over the next 5 years we want to:



- Recognise the work of unpaid carers in the community. And give them a chance to do other things alongside caring.

## Why this is important



Unpaid carers play an important role in our communities. Carers are people who give care and support to someone but do not get paid.



There are over 50 thousand unpaid carers across Cardiff and the Vale of Glamorgan.

## What we will do in 2023 to 2028



- Develop our action plan for unpaid carers called the [Unpaid Carers Charter](#).



- Continue providing support through the **Carers Gateway** – our service that supports carers.



- Support young carers.



- Support carers to make care plans for people leaving hospital.



- Improve the carers **assessment** process. This means checking what a carer needs.



- Include the needs of unpaid carers in our **priorities**.



- Promote mental health and **wellbeing**.



- Improve physical and emotional support for young carers.



- Make sure people do not have long waiting times for specialist services.



- Provide the right early advice and support.



- Improve emergency **respite** for unpaid carers including young carers.

**Respite** means taking a break from caring whilst the person you care for is being looked after by someone else.



- Support carers to have a job alongside their caring duties.



- Support employers to understand the role of unpaid carers and make sure carers get the support they need at work.



- Update and share the **carers directory** – this is a booklet with information about the support available and advice for carers and Cardiff and the Vale.



# Reducing Violence Against Women, Domestic Abuse and Sexual Violence

Over the next 5 years we want to:



Support people to live happy, independent lives without being affected by violence and **abuse**.

Why this is important



Violence against women, **domestic abuse** and **sexual violence** can have a big impact on families, children, communities, and society.



Violence, **domestic abuse**, and **sexual violence** can happen to anyone and in any relationship.

## What we will do in 2023 to 2028



- Improve awareness of these issues.



- Provide training to staff.



- Make sure services that support people who have been **abused** can work together better to give support. Do this by making sure staff understand abuse and the experiences of people who have been **abused**.



- Check different types of **abuse** that exist and make sure services can deal with new types of **abuse**.



- Invest money, time and staff to make sure there are specialist support services available.



- Make sure staff understand offender's behaviour. An offender is the person who **abuses** someone.



- Use people's experiences to make services better.



- Provide services that deal with offenders or people who may **abuse** someone to stop them.



- Make sure those affected are not blamed and are able to find support.



- Make services that stop **abuse** from happening to children and young people a **priority**.

# People with physical disabilities and sensory loss

## Over the next 5 years we want to:



- Work with people with physical disabilities and sensory loss to find out more about their needs and experiences. Help people to do the things that is important to them.

## Why this is important



Around 1 in 5 people in Cardiff and the Vale of Glamorgan are disabled.



We want to make sure our regional plans include the needs of disabled people.

## What we will do in 2023 to 2028



- Make sure services work together better and are easier for people to find and use when they need support from more than 1 service.



- Make sure people can work, volunteer or take part in activities.



- Focus on what matters to people.



- Follow the **social model of disability** - The **social model of disability** says people are disabled by things in society not meeting their needs. Not their disability.

- Develop **peer support** and **advocacy**.



**Peer support** is support from people who share similar experiences.

**Advocacy** is when someone helps you and speaks up for you to say what you want to say and make things happen.



- Provide early support to stop issues before they get worse.



- Provide therapy, housing, **assistive technology**, and support that helps people live independently.

**Assistive technology** are tools and devices that help make life easier for disabled people.



- Make sure communication, support and services are easy for everyone to find and use.

# Neurodiverse people

Over the next 5 years we want to:



- Improve **neurodiversity** services to provide the right support at the right time.

Why this is important



There are over 6 thousand people with autism in our region.



The number of people with autism from the age of 18 to 64 is likely to go up between the year 2017 and 2035.



The COVID-19 pandemic had a big impact on the mental health of people with autism.



Welsh Government wants us to focus on all **neurodiversity** issues.

## What we will do in 2023 to 2028

Improve our existing **Integrated Autism Service** by:



- Making sure the right support is available at the right time.



- Improving **ADHD** services. This stands for **Attention Deficity and Hyperactivity Disorder**.



- Making sure young people move into adulthood with the ability to deal with problems and support they need.



- Following the new national guidance on **neurodiversity**.



- Improving **assessment** and **diagnosis**.

**Diagnosis** is when a doctor and other professionals looks at a person's health and behaviour and decides if they have a condition or not.



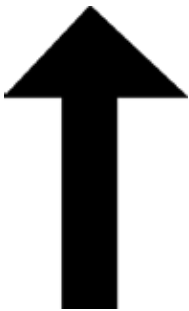
# Mental health

## Over the next 5 years we want to:



- Work with people with mental health needs and other organisations to find out about their experiences and what is important to them.

## Why this is important



The number of people with mental health conditions is likely to rise after the COVID-19 pandemic.



We think people's mental health is affected by things like the cost of living crisis, homelessness, and **isolation** – being cut off from people and your community.

## What we will do in 2023 to 2028



Check our old action plans and work with people to develop the service over the next 5 years. This will include:



- Finding new ways of employing and keeping our staff.



- Providing psychology support whenever needed.



- Giving **trauma informed care** in all our mental health services. This is care that thinks about how past **traumas** can impact a persons behaviour and health now.



- Making best use of technology and **social prescribing**.



**Social prescribing** means support for health and wellbeing problems from activities in the local community.



- Providing a clear plan for care for people with **emotional unstable personality disorders** – these are disorders which impact the way a person thinks, feels and behaves.



- Providing adult fostering – this is placing an adult with a carer so they can live as normal a life as possible, outside of hospital and other more formal settings. The age of the Adult Placement Scheme is 18 years and over.



- Working with groups in our community to support people with mental health problems.

# Aging well

Ageing Well programme will focus on:



- Older people
- People with **dementia**



**Dementia** is a condition that affects the brain. People with dementia have problems with memory and can be confused. It usually affects older people.

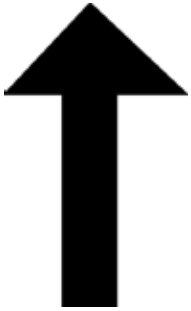
## Older people

Over the next 5 years we want to:



- Plan how services will work together to support health and **wellbeing** of older people and people with **dementia**.

## Why this is important



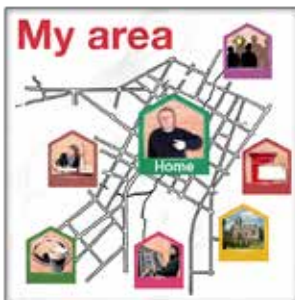
The number of people between the age of 65 to 84 years is expected to go up from 70 thousand to 93 thousand between 2019 and 2039.



**A Healthier Wales: our Plan for Health and Social Care** has a goal to focus on supporting health and **wellbeing** and prevent illness.

## What we will do in 2023 to 2028

Continue the **@Home** programme and focus on:



- Easy access to health and social care for older people and people with **dementia**.



- Care for older people who are leaving hospital or at risk of going into hospital.



- Keeping services local and services working in groups together to provide better support.



- Setting up new Health and Wellbeing Centres.



- **Mental health** - Focus on mental health and support people with **dementia** or depression.



- **Improve Advance Care and End of life** planning  
- This involves talking to patients and their family and friends about what to expect towards the end of your life.



- **Cost of living** - Give information and support to lower the impact of rising food, energy and travel costs.



- **Loneliness and isolation** - Improve our support for people who are lonely and isolated.



- **Alcohol and substance misuse** - Focus on lowering the intake of alcohol and drugs. And prevent risks of alcohol and drugs.



- **Prevent falls:** Have more community services to lower the risk of falls.



- **Technology for care:** make sure more people have access to technology for care and health appointments to live independently.

# Dementia

Over the next 5 years we want to:



- Support **dementia** awareness in our communities.
- Develop services to make sure their care is **person centred**.



**Person centred** means putting the person at the centre of planning for their lives.

## Why this is important



There are around 7 thousand people living with **dementia** in our region. Some of them are not diagnosed with **dementia**.

We expect the numbers to go up over the next 5 years.





Many people with **dementia** live in care homes.



People with **dementia** can be at higher risk of getting infections.

## What we will do in 2023 to 2028

**Ageing Well @home** will make sure:



- People can get different services to improve long term health and **wellbeing**.



- It is easier to get people home from hospital safely.



- Plans are put in place for people who are at higher risk of needing to go into hospital as an emergency.



- Care plans are made in advance.



- Access to the right housing and **assistive technology** to support independent living.

# Hard Words

## Abuse

Abuse is when someone hurts you or treats you badly.

## Advocacy

Advocacy is when someone helps you and speaks up for you to say what you want to say and make things happen.

## Assistive technology

Assistive technology are tools and devices that help make life easier for disabled people.

## Assessment

Assessment is a way of finding out if someone needs help and support.

## Dementia

Dementia is a condition that affects the brain. People with dementia have problems with memory and can be confused. It usually affects older people.

## Diagnosis

Diagnosis is when a doctor and other professionals looks at a person's health and behaviour and decides if they have a condition or not.

## Domestic abuse

Domestic abuse can happen to anyone. It involves any behaviour that causes harm to someone that is carried out by a partner, ex-partner or family member.

## Neurodiverse

Neurodiverse people are people whose brain develops or works differently for some reason. It includes conditions like ADHD, Autism, Dyspraxia, Dyslexia, Dyscalculia, Dysgraphia, and Tourette's syndrome.

## **Peer support**

Peer support is support from people who share similar experiences.

## **Person centred**

Person centred means putting the person at the centre of planning for their lives.

## **Priorities**

Priorities means the things that are most important. What we need to think about first.

## **Regional Partnership Board**

A Regional Partnership Board is a group of organisations that plan and work together to make sure there is care and support for people who need it.

## **Respite**

Respite means taking a break from caring whilst the person you care for is being looked after by someone else.

## **Sexual violence**

Sexual violence can happen to anyone. It is a sex act done to someone when they do not agree to it. It is against the law.

## **Social prescribing**

Social prescribing means support for health and wellbeing problems from activities in the local community.

## **Wellbeing**

Wellbeing means a person is happy, healthy and is comfortable with their life and what they do.