



Policy Position on Accommodation-based Care and Support for Adults with Learning Disabilities and/or Autistic Adults - Easy Read

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Purpose



This was written by the Care Inspectorate.



It explains some rules for people who are planning new care services for autistic people and people with a learning disability, like care homes and supported housing.



It includes things services should do to become better in the future.

Summary



There are some main points for people who are planning new care homes and services that provide support and housing to follow.



These main points are listed below:



Autistic adults and adults with a learning disability should be able to make their own choices about their care and support.



People should be supported in their homes and communities and not be forced to live in a different place from everyone else.



Care services should be made so that people can be part of the community and are not lonely.



Usually there should be no more than six autistic people or people with a learning disability in a care home at any one time.



The people planning the care and support should always ask people what type of services they need.

Policy position



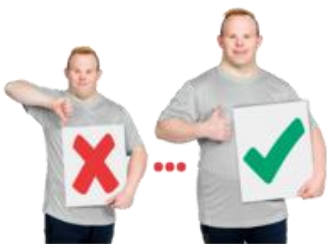
The Care Inspectorate believes that autistic adults and adults with a learning disability should always have choice in their care and support.



They also believe that autistic people and people with a learning disability should be supported in their own home and community.



Care and support services must always work with people who are using their service.



This will help the services to get better.



All services must follow guidance which has been put in place across the whole of the country.



Services should use other examples of good care and support from the past to guide how they work.



Services should also follow the guidance which has been set out by the Scottish government.



People who are getting care and support should always be supported to be active members of their community.



The Convention of the Rights of Persons with Disabilities (2006) is a treaty on human rights.



A treaty is a set of rules which the government of a country can agree to follow.



Governments will often pass laws to make sure that they are following these rules.



This treaty lays out the different rules to help protect the rights of people with disabilities.



Services need to show they are supporting people's right to live independently and being included in the community.



The International Covenant on Economic, Social and Cultural Rights is another human rights treaty.



It says that everybody should have the right to housing which meets their needs.



The Scottish Government are going to include this in the new Human Rights Bill they are going to introduce.



It is important for services to think about what they need to do to make sure everyone in Scotland has the right to housing which meets their needs.

Rights-based approach



The Care Inspectorate believe in a rights based approach.



This means that the choices of the person getting the care or support is very important when services are being planned.



The Care Inspectorate feel the rights of the person should always be more important than other things like saving money on services.

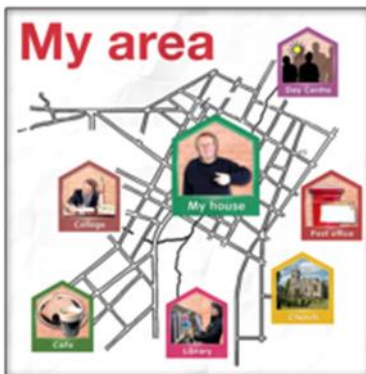
Community integration



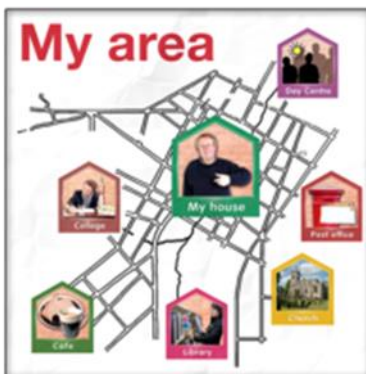
People should be able to choose which community they would like to live in.



Living in a community should not just mean that a person is not living in a hospital anymore.



It is important for people to be close to family and friends for support.



People should not be sent to an area far away from their support networks.



People should be supported to lead full and happy lives.



Care and support services should do this by giving people choices over their life and supporting them to do what they want to do in the future.



People should be supported to keep in contact with their family and friends.



People should be able to take part in activities with others inside and outside their home and be able to do things they enjoy during their free time.

Care home design



If a provider is applying to register a care home for autistic adults or adults with a learning disability it should only have up to six places for people.



When they are registering their care home providers should show that they have followed the advice in the Care Inspectorate's Good Design Guide.



Care homes need to be able to support the different needs of people.



Care homes should be able to show that they know that autistic people and people with a learning disability are not all the same and that different people have different care needs.



Care and support in care homes should be person centred.



Person centred care is when care is built around the choices and needs of the person who is getting it.



Care and support in care homes should always be different for each person depending on what their needs and goals are.



The Scottish Government's Health and Social Care Standards from 2017 says that care homes should feel like a home and allow small groups to live in them.



Some providers have separated larger care homes into smaller places for people to live in because they feel it follows this rule.



This should not be done because the large building will still be housing more people than a small group.



The care home building should be small enough to still feel like a home to people.

Care Services where Housing is also provided



Care services that provide housing must be built in a way that does not exclude people.



Flats that are grouped together with staff to support people should not look like a care home. Groups of houses and flats should be small groups.



They should enable people to be part of the community and live alongside or take part in activities with people who do not have learning disabilities or are autistic.



Care and support should be person centred.

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