

Easy Read



# The 5-year plan for Adult Social Care in Rhondda Cynon Taf

2024 to 2030



This document was written by Rhondda Cynon Taf County Borough Council. It is an easy read version of '**DRAFT Strategy for Adult Social Care in Rhondda Cynon Taf. 2024-2030**'

June 2024



We need to work together to deliver a new **Adult Social Care Strategy** for Rhondda Cynon Taf.



A strategy is a plan.



The Adult Social Care Strategy will help our adults, their families, carers, and our staff know what to expect from adult social care over the next 5 years.



This easy read document tells you what the main points of the strategy are and how the vision will be achieved.



Where the document says **we**, this means **Rhondda Cynon Taf County Borough Council**.

# What is Adult Social Care?



**Adult Social Care** helps adults who need care and support.



Adult social care affects the lives of adults of all ages and needs (including learning disability, physical disability, and mental health).



People may need adult care and support in different ways or at different times in their life.



Adult Social Care is delivered in many ways such as the Council, social care providers, in the community or by family and friends.



The council's role is to support people to live a healthy and independent life.

# What is Adult Social Care?



We are responsible for making sure people can choose how they receive support.



**The Social Services and Wellbeing (Wales) Act 2014** tells the Council what they need to do to improve well-being for people who need care and support.



Principles are ways of thinking and acting.

The Act's principles are:



**Voice and control** – giving the person a voice and control to choose what's best for their wellbeing.



**Prevention and early intervention** – have more services in the community to lower the increase of critical need.

# What is Adult Social Care?



**Wellbeing** – supporting people to achieve their own wellbeing and measuring the success of care and support.



**Co-production** – encouraging individuals to become more involved in the design and delivery of services.



Through this strategy we want to help people stay healthy, happy, and independent by using person-centred approaches.

# About Rhondda Cynon Taf



The number of people living in Rhondda Cynon Taf is changing.



46,790 of people in Rhondda Cynon Taf are over 65 years old.



By 2030 there will be even more people over 65 than there is now.



This means that more people will need care and support over time.



There will be a lot more older people in Rhondda Cynon Taf who will be poorly, alone, and vulnerable.



# About Rhondda Cynon Taf



Over the next 10 years, there will be more people living with dementia.



There are also a lot of people who have poor health, learning disabilities and substance misuse issues.



There are more people with chronic conditions such as asthma and diabetes in Rhondda Cynon Taff than the wider average in Wales.



People live to a lower age in Rhondda Cynon Taff than they do anywhere else Wales.

# About Rhondda Cynon Taf



There is a national shortage of carers as more people are choosing other jobs.



The cost of delivering services has increased over the years, so we must do things differently.



To deliver care and support in new ways for the future, we will need to be creative about the way we support people.



We need to work with partners in other organisations in our communities, to see if we can do something better together.



We will listen carefully to understand what works for people who use our services and what doesn't.



# Our Vision



Our vision tells the people of Rhondda Cynon Taf about how we want social care services to look in the future and what we would like to achieve.



Our vision is a whole Council vision for Adult Social Care.



***“Every person in Rhondda Cynon Taf that needs care and support is empowered to live in a place they can call home with people important to them in caring communities that look out for one another, doing things that matter to them.”***



This means that the community is a great place to be with everything you need to live a good life.

# Our Vision



Our values are important to the vision for Adult Social Care in Rhondda Cynon Taf



They describe who we are, and what people should expect from adult social care in Rhondda Cynon Taf.

Our values are:



**Being open, honest, and trusted**



**Treating people fairly**



**Spending money wisely**

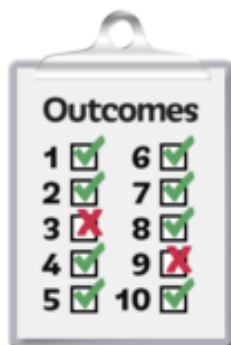


**Working together**



**Working with communities**

# Our Outcomes



Our outcomes are what we will achieve for the people of Rhondda Cynon Taf to live their best life.

We know we have achieved our outcomes when you can agree with these statements:



I can get information and advice that is accurate, up to date and provided in a way that I can understand.



I know about the activities, social groups, leisure and learning opportunities in my community, as well as the health and care services.



I feel welcome and safe in my local community and can join in community life and activities that are important to me.



I am supported to make decisions by people who see things from my point of view, with concern for what matters to me, my wellbeing and health.



I have care and support that is coordinated, and everyone works well together and with me.

# Our Outcomes



I have care and support that enables me to live as I want to, seeing me as a unique person with skills, strengths, and personal goals.



When I move between services, settings or areas, there is a plan for what happens next and who will do what, and all the practical arrangements are in place before change happens.



I can live the life I want and do the things that are important to me as independently as possible.



I feel safe and am supported to understand and manage any risks.

# Summary

## Model of care and support



To achieve our vision, we will deliver a model of support.

A model of support is the way we will support people to live a good life:



We will:

**Encourage people to help themselves.**



**Support people when they need it.**



**Support people to live a good life.**



The aim of the model is to make sure that people get:

- The right amount of support
- Support at the right time
- Less dependent on long-term support where possible

# Summary

## 5 Goals of our Plan



Our 5 strategy goals for the next 5 years are:



**1.** Supporting people to stay well and live as independently as possible to stop them needing to come back for more help.



**2.** Providing short term help for people to recover and get their independence back after becoming ill or having a crisis.



**3.** Making sure people get help and support where and when it is best for them.



**4.** Making sure people get the right support by people with the right training and skills.



**5.** Making sure there is a choice of good care and support across Rhondda Cynon Taf with a focus on people's experiences and improving quality.



# Summary

## Achieving the Goals of our Plan



**We will know we have achieved our goals for the strategy when people can agree with these statements:**



I can get information that is correct and easy to understand.



I know about activities, groups, leisure and learning opportunities in my community, including health and care services.



I feel welcome and safe in my local community and can take part in things that are important to me.



I am supported to make decisions on what matters to me, my wellbeing and health.

# Summary



I have care and support that is easy to manage, and everyone works well together and with me.



I have care and support that helps me to live how I want to; with things I want to achieve.



When I move between services, there is a plan in place before change happens.



I can live the life I want and do the things that are important to me as independently as possible.



I feel safe and am supported to understand and manage any risks.