



Our plan to support disabled people of all ages

2024 to 2029



This is an Easy Read version of Wirral Council's All Age Disability Strategy: Full and Active Lives



Easy Read

Easy Read



This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



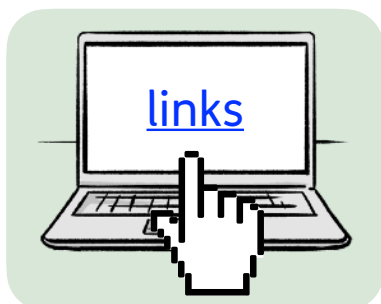
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

What is in this booklet

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About this plan



Wirral Council want to help disabled people of all ages have the best life they can.



More and more disabled people need help from our care team.



We need to think about how we use our care team's time to help everyone have the best life they can.



This is our plan to make things better for disabled people, their families and carers over the next 5 years.

Who this plan is for

This plan is for anyone, any age, who has one or more disability. This could be:

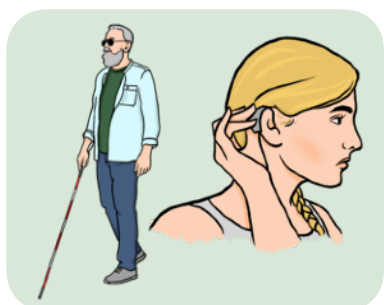


- A learning disability or autism.

We know autism is not a disability by itself, but some people with autism think their autism is a disability. This plan is for them too.



- A disability to do with their body, called a physical disability.



- A disability to do with seeing or hearing.

How we wrote this plan

This plan was made together with people from Wirral, including:



- Disabled people.



- Their families.



- Health and care staff.



We looked at good examples from other places and thought about what is most important to people in Wirral.



We will keep working with local people to check on how we are doing.

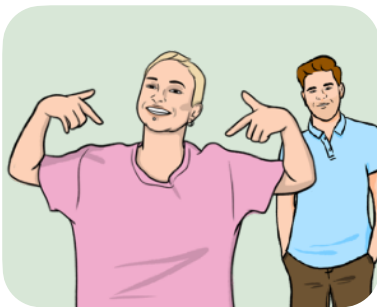
Our values



Values are the beliefs and ideas that are important to us.

We have 5 main values:

Putting the person first



We want to give each person support based on their own needs and what they want for their lives.



We want people to have choices.

Working together



We need to:

- Talk and work with the people who use our care and support services.



- Work with their families and the people who care for them.



- Work with other organisations across Wirral.

Speaking up for people



We want to help people have a say.



We want to make sure everyone is heard in Wirral, especially disabled people.

Doing things for the right reasons



We want to be honest and follow the law.

We need to:

- Make sure everyone in Wirral can get the same chances to get the support they need.



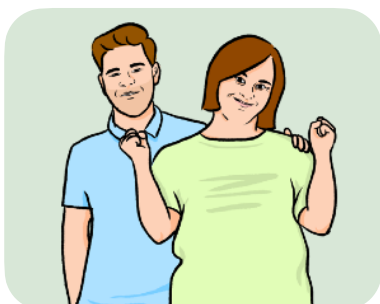
- Spend the public's money wisely.



Providing the best care and support



We have looked at what works well in other places.



This will help us to provide the best care and support for disabled people in Wirral.

Priorities



Priorities are the most important things that we are going to work on.

We have 4 priorities:



1. Help people to be healthy and happy.



2. Help people to live good lives and feel good about themselves.



3. Help people to live independently.



4. Help people to work and have enough money.

Help people to be healthy and happy



Health is very important. If we are not healthy, it is hard to live the way we want.



Some disabled people need help to stay healthy. We need to make sure the right help is there.

What people told us



When we asked people how we could help them to be healthy and happy, they told us:



- They need better plans for care and support.

This could be plans for help during a sudden problem, or help after a crisis.

People also told us:



- Staff in health, schools, and **social care** need to know more about disabilities and mental health.



Social care is the extra support some people need with everyday things such as personal care.



Mental health is the way you think, feel and behave.



- People want to do more exercise and eat healthier.



- People also need better information about health services.

What we know



Disabled people often have worse health than other people.



They might not get enough health care or do enough exercise.



This is especially true for people with learning disabilities and autism.



Care and support plans that are right for each person can help improve their health.

Our plan



We need to work better with the NHS. This will help people get the right care when they need it.

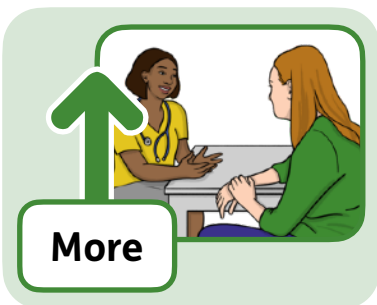
To do this, we will:



- Try out new **technology** to help people do more for themselves.



Technology is gadgets and equipment that help people.



- Help more people get yearly health checks.



- Make sure people can find mental health support when they need it.



We need to train our staff better.



We will provide special training to staff who work with people with learning disabilities and autism.



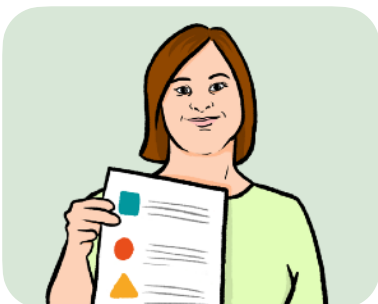
We need to help people eat healthier food and do more exercise.



We will work with care organisations and sports clubs to do this.

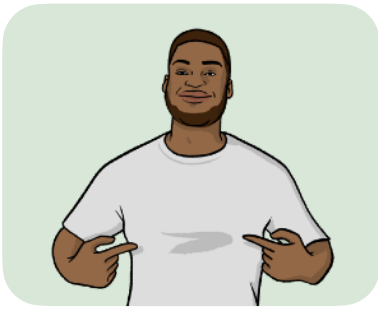


We need to provide good information about health services.



We will make sure this information is easy to understand.

Living full, happy lives



People should be able to make their own choices and live happy lives.

What people told us

People told us:



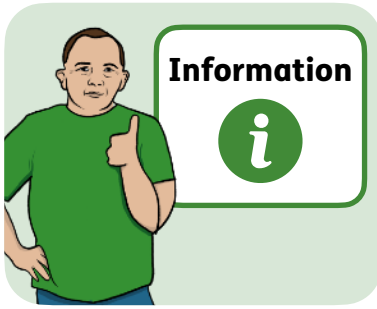
- We need to offer more fun activities in Wirral to help people make friends.



- It should be easier to go to outdoor places, like the beach or forest trails.



- There should be things to do in the evening, like karaoke or live music for adults, and film and party nights for kids.



People also told us there should be good information about what activities and services people can take part in.



People said they want good relationships with everyone in their lives.

What we know



Most adults agree that time outdoors helps them to be healthy and feel happy.



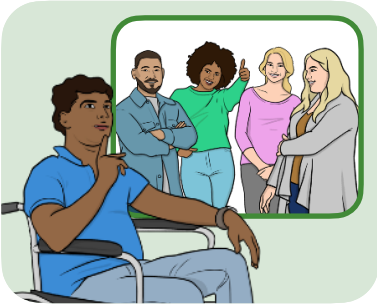
Some adults in Wirral feel lonely often. Disabled people are more likely to feel lonely.



Spending time with friends and family stops people from feeling lonely.



Many groups in Wirral offer chances to spend time with others.



We need to make sure people know about these groups.

Our plan

We need to give people chances to:



- Take part in local activities.



- Make friends.



- Have relationships with other people.



To do this, we will:

- Make sure there are the right activities for local people.



- Work with Sexual Health Wirral, which is an organisation that helps people who have sex to stay safe and enjoy it.



We need to make sure local activities are in places that are safe and easy to get around.

To do this, we will:



- Work with other parts of the council to make places like parks better for disabled people to use.



- Work with other organisations to help local people learn more about disabled people.

We need better information about local activities. To do this, we will:



- Let people know about activities in Wirral.



- Make sure our staff know how to tell people about these activities.



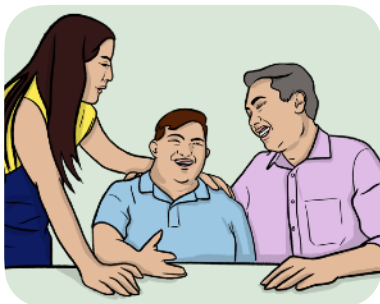
We need to think about some issues, like staying up late and having staff for evening activities.

Living independently

To help people live as independently as they want, we need to:



- Help them to stay healthy.



- Make life fun.

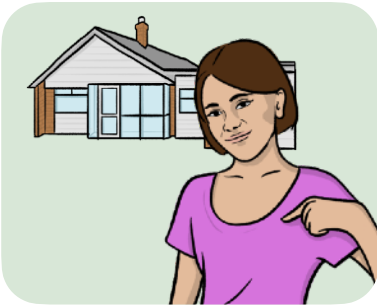


- Help them find good jobs.

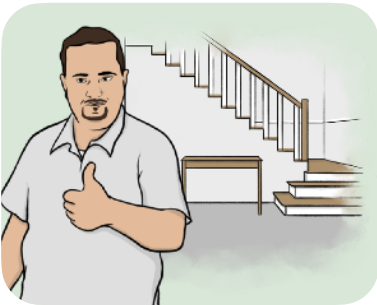
What people told us

People told us:

- They want more choices for housing, like:



- More places where they can live on their own



- Homes that are easy to use



- Help with buying homes.

People also told us they want:

- They want to learn life skills, like:



- Getting around



- Going to appointments on their own.



- Being safe at home and outside.

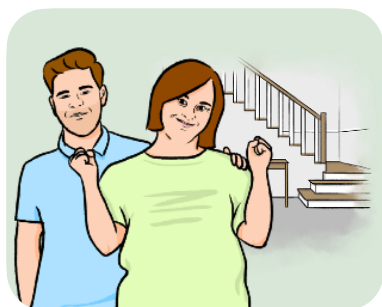


- More people to get help to use technology safely.

What we know



Disabled people do better when they live independently.



But this only works if homes are easy to use and people have the right support.



Moving to a new home is a big change and we need to provide good support to do this.



Most plans for getting around Wirral try to help disabled people get to school, college, or work.



Technology is a big part of life today.

We need to make sure people can use the right technology and use it safely and independently.

Our plan



We need to help young people aged 14 to 25 who are getting ready to become adults.

To do this, we will:



- Include adult social care services more when we write young people's **Education, Health, and Care Plans.**



An **Education Health and Care Plan (EHCP)** is an official document that agrees on what support a child or young person needs, and what services they should get.



- Make sure everyone knows what to expect when a young person starts getting help from adult services.



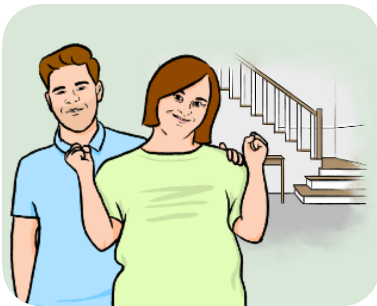
- Write new advice for young people, parents, and carers on getting ready for adulthood.



We need to provide more types of houses for disabled people to use. To do this, we will:



- Follow the housing plan for Cheshire and Merseyside and make a new plan for Wirral.



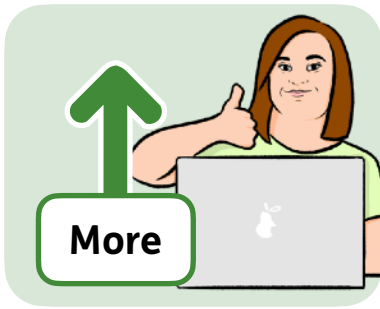
- Carry on helping people to live in their own homes with support.



We need to make sure people can travel on their own and that public places are easy to use.



We will work with other organisations to make Wirral's public places easy to use.



We need to help people learn more about using computers and the internet.



We will write a plan for how we will make sure disabled people can use the technology they want and need.

Finding work and having enough money



There are many jobs that disabled people can do.



But sometimes, disabled people do not get the same chances as other people to get a good job.



This needs to change.

What people told us

People told us:



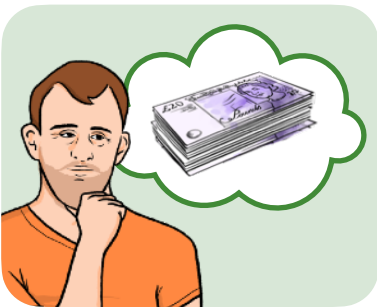
- They want chances for people of all ages to learn.



- They need good plans for starting a new school or college, and good support to help them stay there.



- They need more chances for paid work with different companies.



- They need more help with looking after money and understanding **benefits**.



Benefits is money the Government gives to some people to help pay for the things they need to live.



Some disabled people worry that they will not get their benefits if they get a paid job.

What we know



In Wirral, people with a learning disability are less likely to have a job than in other parts of the country.



We need to help more people find work.



There are good examples we can learn from.

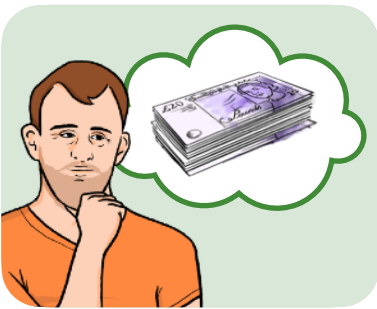


One of the main things stopping disabled people from finding work is how companies think about them.



We need to do more to make companies want to have disabled staff.

Our plan



We need to give people more chances to learn about looking after their money.



We will write a plan on how we will support people with this.



We will make sure young people know about projects that support them to learn and work.

We need to:



- Help disabled people to find paid work.



- Help young people think about their future jobs.



- Give people good information and advice.



- Get rid of the things that stop disabled people from learning and working.



We will write a plan to do this in 2024.

Making our plan happen



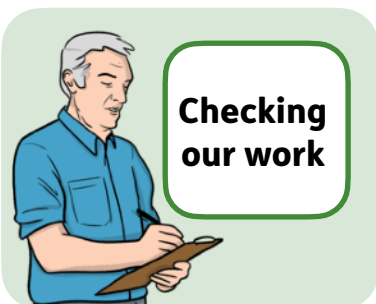
We will work with disabled people, their families, and staff to make a Delivery Plan.



This plan will explain what we will do.



We will decide what to work on first.

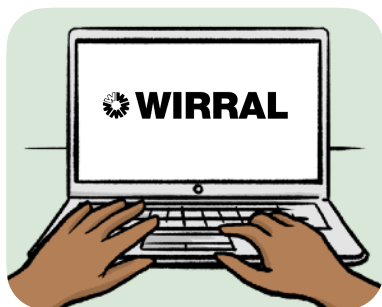


When we make our Delivery Plan, we will choose how we will check our work.



We will make sure that everyone can read this plan.

Find out more



You can look at our website here:
www.wirral.gov.uk/

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