

# Planning Together Meeting

## Wednesday 29<sup>th</sup> January 2025

### 1. Welcome and Introductions

### 2. You Said We Did

Please see slides on the [Planning together website](#).

### 3. CLDS Updates

#### Social Care Update

The new Head of Service job is now being advertised. The job will change from the one Catherine and Lynette are doing now. At the moment it is just for LD, but the new job will include Mental Health too. The CLDS team will stay separate and will still only be working with people with a LD, but the new Head of Service will be in charge of both. When they know who has got the job they will come to Planning Together and introduce themselves.

#### Health Update

At the last Planning Together CLDS were preparing for the CQC inspection. It was a busy time, and the inspectors visited for a week. They are all proud of the team and they talked about things they want to do better.

CQC said they were impressed, and they looked at all services in Camden for adult social care. Hopefully at the next Planning Together there will be more information about how it went. There will be important work in the coming months.

In February CQC will be coming to see the North London Foundation Trust, this is who Lynette works for. They hope to do as well as with the council, if anyone is interested in speaking to CQC let Lynette and Louise know and they can put the names forward.

### 4. GP & Hospital development team

Josie Griffin and Katy Anderson from Camden Carers gave a presentation. Please see slides on the [Planning together website](#). Camden Carers offer a range of services looking after carers, including different groups and activities. There are different members of the team for Learning Disabilities, Mental Health, and Young Adult Carers. Josie works in the GP & Hospital development team

**Q** In the presentation it was mentioned there could be a payment of £100-300. Is this weekly / monthly / yearly?

**A** It is a one-off payment. It is only for one item or service that can help in the caring role so that the person the carer is looking after can stay at home

**Q** When someone is coming out of hospital does the person get the money or does it go to the carers?

**A** Any carer can get the hospital discharge fund if they can say they are helping the person they are caring for to not go back into hospital. It is not really for the person they are looking after but for the carer themselves so they can continue e.g. the carer could get a fold up bed so they are not at risk of burn out from sleeping in a chair. It is for unpaid carers e.g. family carers.

**Q** There are social workers in hospital (not the ones from CLDS). Do Camden Carers work with them so they know families can get this?

**A** Camden Carers have met the Social Workers in hospital and there is a good working relationship, also with the virtual ward Social Workers. They are trying to raise awareness of the fund. They are also linked in with LD nurses.

**ACTION: Information of the hospital discharge fund to be shared with CLDS duty Social Workers and added to the hardship offer.**

## **5. Learning from Lives and Deaths (LeDeR)**

Lynette Kennedy gave a presentation about the Learning from Lives and Deaths (LeDeR) report from 2023. Please see slides on the [Planning together website](#).

It is really important people do an annual health check and have a hospital passport.

**Q** It mentioned Mental Capacity Assessments (MCA). What is happening there to increase deaths?

**A** The biggest problem is where people have Do Not Attempt to Resuscitate (DNAR). This says the person should not have treatment if their heart stops but often a MCA has not taken place. Support staff have been asked to sign consent for the person to not have treatment. This is not what the MCA says, no one can do this as it's a best interest decision. There is not usually a good assessment, and there are not the right people at the best interest meeting. The LD Liaison nurses are working hard to get better MCAs.

**Q** A meeting attendee expressed an opinion that they believed MCA process was not always followed correctly. Recently for one person being supported a letter was sent to the GP about mental capacity and the GP sent an email with DNAR. They ticked that the person did not have capacity which in their opinion was not true. What can happen to make sure doctors and GP's know what they can do?

**A** This is why LD nurses know when people go into hospital. It is also part of the job of Eilis Woodlock, Health Facilitator. They need to keep speaking to GP's, include the LD liaison nurses, and pick up when things are not happening. It will be an ongoing issue. Support Workers need to report and escalate it. There are a couple of good examples where the hospital worked really well with support and guidance. They need to show good news stories.

When paid carers go to peoples home they need to have an understanding of the persons needs. It is important to have continuity of care for the person - if possible, with the same person. Some people with LD don't know when they are ill.

Meeting members discussed in small groups what information they want from Camden? And what should we do with the information we have heard? Each group said one idea:

- Support workers and people working directly with people may lack knowledge and understanding e.g. with capacity.
- Things might be done but not understood and followed e.g. the hospital passport may be done in a tick box way, and not being used as a live document
- Attitudes – people are not listened to or taken seriously. People have a good idea what is wrong but are not listened to.
- Medics don't get enough LD training. If there was more training a lot of things would be resolved.
- Having a nurse that can help. They need more people as LD Nurses in hospital.
- Cooking fresh food
- Training regarding epilepsy - staff having training, and people with LD having education so they understand their own conditions.
- Healthfest had a 'stool school' where you could learn to look at your poo so you know if it is good or if it goes different. Healthfest is this year in June.

## 6. Annual health checks

The Annual Health Check focus group presented their Annual Health Checks report along with Ellis Woodlock and Daphne Santos. Please see slides on the [Planning together website](#).

The focus group looked at what is good and not so good. For everyone it was their first time to be in a focus group, some people did other bits of work e.g. at UCLH, about autism, health kits, with nurses and doctors. They all got certificates.

**Q** The annual health check is every year. You can personalise e.g. a blood test for cancer.

**A** A lot of different people do the annual health check – sometimes it is a GP, or a nurse or nursing assistant. They can't tell the GP who has to do it, but they can recommend to the GP that it should be them doing it. They need to make sure people have the right training and that can be a problem.

One thing that can be done is to fill out the annual health check questions and drop it down GP before so they can focus on things most important to you. This can help get the best from the appointment. The GP should be sending them to people. It would be interesting to see if people have received them in advance. Some people have better outcomes when they say what is most important to them.

## 7. Topic for the next meeting

The following topic ideas have been raised in previous meetings:

- **Family planning, death and bereavement** including looking at a video from the Victoria and Stuart project about the way for a good death / what can be learnt from other areas of the country

- **Conversation with carers** – bring this back. There can be a few parts of the meeting to keep updating people if there are things that are really important to all of us
- **Big Plan** – this needs a review. What is important to us all and how are we going to get there

Meeting members added the following new ideas for future agendas:

- **LeDeR** – there was a good conversation today. It took a long time to bring that report, and there has been another report since that. How can we have more conversations about health and wellbeing on a regular basis at Planning Together. Could it be better to have something more regular but less long?
- **Freedom Passes** – things have changed and you now have to provide lots of information, even when you are open to CLDS and are renewing your pass. It used to be automatic, but now you need to give proof. A lot of people are not comfortable going online especially as you have to upload, and you need to know how to scan.
- **Access to activities** - a lot of carers are struggling to find social activities.

**ACTION Louise to find out more information from the people in the council who have responsibility for issuing freedom passes**

**ACTION: Feedback from the survey about where to find information on activities to be shared at the next Planning Together**

## 8. Any Other Business

### Beat the Heat project idea

Dr Liam Embliss gave a presentation on this project idea. Please see slides on the [Planning together website](#). Liam would like to speak to people and hear their ideas, and is booked in to speak to Synergy in 2 weeks. Meeting members gave the following comments:

- There is an app on the phone about to drinking lots of water
- They know with climate change it will get hotter and hotter and more people died last year due to the hot weather. The council and government need to make serious plans, it is not going away and they need a plan
- They need to think what is the best way for providers and housing to be involved
- Terry from Unity Works can help Liam link with the 88 people accessing training at their cafes, warehouse, garden centre.

**ACTION: Liam to send an email to everyone with more information**

**ACTION: Liam to be invited to the Provider Forum**

### Exercise & Movement in Camden

Eilis has a list of things happening in borough, as there is so much information in different places. It is written for parents and carers, and Synergy are also working on making a Easy Read copy. They are trying to give to all support workers. Eilis spoke

with Synergy and the London Inclusive Sports Academy (LISA), they are running lots of things in borough and they could get a lot more referrals. If there is something you like that they are not doing you can ask Tom at LISA - [tom@lisahub.org.uk](mailto:tom@lisahub.org.uk) and he will look into that.

**ACTION: Exercise & Movement in Camden list to be sent with the minutes**