

# **National Guidance on the Implementation of Local Area Co-ordination**

## ***An Easy Guide***



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# **National Guidance on the Implementation of Local Area Co-ordination**

## ***An Easy Guide***

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The Scottish Government  
St Andrew's House  
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## What is this guide about?



This guide tells you about a report called National Guidance on the Implementation of Local Area Co-ordination.

The report shows how local area co-ordination has helped people with disabilities across Scotland get better lives.

It also shows that local area co-ordination can help local councils to save money.

## What do Local Area Co-ordinators believe in?

They believe:



People with disabilities have the same rights as other people to be involved in the life of their community.

People with disabilities can decide for themselves what their needs and goals are.



People with disabilities should take part in the planning of their supports. They should be able to plan their supports with people that are important in their lives.



Families, friends or support workers are a very good starting point to playing a full part in the community.



People should have access to information they understand when they need it. The right information can help people make the right decisions about their lives.

Community life is much better when people with disabilities can fully take part in their community. A good community is the most important way of helping people with disabilities and their carers find friends and support.



The lives of people with disabilities and their family are improved when they can make decisions about supports, services and the resources that they want.

The aim of all services and support should be to provide a good life for people with disabilities. Services and supports should always be available and always be high quality.



Time and money needs to be put into communities so that people with disabilities and people from all backgrounds can be included.



If the needs and goals of a person change then services and supports should try to keep up with this change. People with disabilities should have the chance to give something to society by working or being a part of other important projects.

## What does a Local Area Co-ordinator do?



A local area co-ordinator works with individuals and families in communities.

Local area co-ordinators help to find and build upon different kinds of support.

Local area co-ordinators will support you if you want to make changes to your life.



They will help you to find out your goals and help you to work towards them.

If you need access to services they can help you get this.



Local area co-ordinators work with your community to make things easier for you to get involved in community life.

They will help you to make choices about your support.



Local area co-ordinators share their stories about people so that they can learn from each other.

They don't let people stop them from trying to make life better for you.



## What does the Scottish Government expect of Local Area Co-ordination?



*The same as you?* was the Government's review of services for people with learning disabilities. It came out in the year 2000. It said that local area co-ordinators should be appointed everywhere in Scotland so that people with learning disabilities and their families can get the information and support they want in their local area.



*Changing Lives* was a review of social work services. It says that local area co-ordination is a good example of how services can help people get the lives they want.



Local area co-ordination can also help achieve many of the other things that the Government wants to see happen for people in Scotland. These include a more equal and healthier country, safer and stronger communities and opportunities for learning. Some examples of the Government's plans (policies) that local area co-ordinators can help to make happen are:



### **The Disability Equality Duty**

This says that all public authorities (this includes local authorities and health boards) must involve disabled people in planning services.



### **Better Health, Better Care**

This is an action plan to make sure that everyone has access to health care and help people improve their health. Many people with learning disabilities don't get all the help they should with their health.



### **Plans for Carers**

Carers should be told their rights and have their needs and views taken into account.

### **Delivering for Mental Health**

This says that all services should be aware of how to help people with mental health problems.



### **Getting it Right for Every Child**

This says that everyone should work together to make things better for all children and young people.



### **More Choices More Chances**

This says that all young people should have opportunities for education, jobs or more training after they leave school.

## How has Local Area Co-ordination moved forward?



The first guide on local area co-ordination was made in 2002.

There have been many changes since then.

Here are some of the changes:

There have been two local area co-ordination conferences.



Two films about local area co-ordination were made called 'Someone on your side' and 'Developing and Supporting Inclusive Communities'.

The Scottish Consortium for Learning Disability have given local area co-ordinators a section on their website.

A booklet of stories about local area co-ordination was made called *Making Connections*.



A training course called 'Making Connections' has been run by the Scottish Consortium for Learning Disability.

It is now easier for local area co-ordinators to have training in their own area.



## What makes Local Area Co-ordination work?

If local area co-ordinators have been properly trained it will help them to do their job better.



Having the right tools to do the job is very important.



Local area co-ordinators who have good values will be more successful at their work.

There needs to be enough time for local area co-ordinators to get to know the people they work with.



If communities are welcoming it may be easier for a local area co-ordinator to work successfully in that community.

It is better when local area co-ordinators are able to give attention to their main tasks and not asked to do many different tasks.



It helps when the Senior Managers are very keen about their work.

## Is there proof that Local Area Co-ordination works?



There was a report done in 2005 about local area co-ordination.

It says that there is a lot of proof that local area co-ordination really works.

### Here is what it says in the report:



People on their own and families find it easier to get services.

There is much more choice for people.

People know much more about disability.



Local area co-ordination has helped families and people on their own to find support from people in the community.

Families of people with disabilities are able to cope much better.

Communities are also able to cope much better.



With the help of local area co-ordination many people have been able to get paid work.

People on their own and families are getting better access to groups which have been set up to help them.



People with learning disabilities have also been able to get access to learning and courses which are open to everyone.

Communities have been more welcoming to people with disabilities.



People have been able to stay in their own homes rather than go into housing that is outside of their community.



Local area co-ordinators have made good use of a small amount of resources.

They have managed to find more money from different places.



Local area co-ordinators have helped set up community groups.

## How do Local Area Co-ordinators support people to take more control?



Local area co-ordinators put the person first. So they can help to change the way that services support citizens. They also support people to gain confidence to take more control over their lives and to be part of their community.

People should be able to contact their local area co-ordinator without having an assessment (talking to someone to help them decide what support they might need).



Some people in contact with local area co-ordinators may not need services. Local area co-ordinators can help people to get to know other people and to get involved in things they enjoy.



Local area co-ordinators are part of a bigger picture. There is a lot of talk just now about changing the way services support people. Services should help each individual to get the kind of life they want. This is called 'personalisation'.



You will also hear about 'self-directed support'. This means that the person has the right to more control over the way the money that the service has to spend on them is used. For example, someone might like support to go on holiday with a friend rather than going to respite (a break from care).



It is important that people get opportunities to develop the skills and confidence to take more control. Citizen Leadership means that people take responsibility to work with others to make things better for themselves and other people.



Local area co-ordinators can help to make these changes happen. They do this by getting to know someone so that the person can have the confidence to make the changes they want. So local area co-ordinators should be part of all these other changes too.



Local area co-ordinators are different because they support people even if they cannot access other services. This means that local area co-ordinators can help prevent things going wrong. They find out what people can do and then support them to take small steps towards a better life.



## How does Local Area Co-ordination save money?



Local area co-ordination gets involved early which can stop a costly crisis from happening.

It directs people to use informal services instead of using more expensive services.

It uses community services.



People are supported to achieve better results. This could mean being supported to find paid work.

Local area co-ordination finds resources from different places.

It makes good use of resources that already exist.



The whole community will also see benefits. Many people with disabilities contribute to their community by doing voluntary work.



## What would happen if Local Area Co-ordination stopped?

Fewer people would get access to support in the area that they live.



The type of services used by people may not be the type that they want or need.

People would not have the same chances of being able to do certain things by themselves.



Some things that really work for people, like informal supports, won't develop as much.

## How is Local Area Co-ordination going to progress in the future?



There needs to be more local area co-ordinators. This will help more people to get access to local support.



If there are more local area co-ordinators they will not need to work with as many people. This means that they can spend more time working with each person so that they can plan for a better life.



Local area co-ordinators may be more involved in developing communities. They will try to help improve communities so that they are more able to involve people with disabilities.



People who work with older adults are learning about local area co-ordination. They are talking about making it open to them.



There will be a new person called the National Development Worker for Local Area Co-ordination. Their job will be to help with the future development of local area co-ordination.

## Who could benefit from being able to use Local Area Co-ordination?



Children and adults with disabilities. Older people and people with mental health problems.

Families and carers of people with disabilities.

Anyone who works alongside people with a disability. This includes people who work for the local councils, health boards, community and voluntary groups.

## Real examples of how Local Area Co-ordination works



A mother with three disabled children feels much stronger and confident. She also feels that her health is a lot better. She says:

“I know where you are and will get in touch if I need anything.”



A young man got support to get involved in a local drama group. He now has a full time job and lots of friends. He is happy that he can contact local area co-ordination when he needs anything. His parent are now very happy. They can forget about all the worries they had in the past.



**The Scottish  
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