

So what, what next

Community, connection and
contribution and Transforming Care

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communitycatalysts

unlocking potential effecting change



*Not everyone can do
everything but everyone
can do something*

Vicky Buckingham

The So What, What Next Project



*I have an
interesting
life that I
enjoy*



So what, what next



- Idea of Transforming Care empowerment steering group
- Community Catalysts ran the project from Jan to Aug 2018
- Focus on people who have recently moved out of hospital

Thinking behind the project

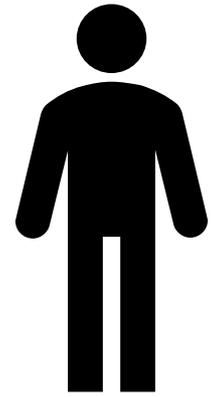
- Getting people out of hospital is important
- Ensuring people have good lives out of hospital is important too
- This can make sure people don't go back to hospital

Worked with the Black Country Transforming Care Partnership



The people

- Met **14** people, their families and support providers
- Worked with **10** people
- **8** people allowed us to tell their story



The 'So what, what next?' project

Supporting people with a learning disability, autism or both to use their skills and interests to play a part in their community



REPORT

www.local.gov.uk/so-what-what-next-project

Key lessons



- Everyone has strengths
- Lots of things happening in local communities
- Family and friends are important
- Some people have had bad experiences of health and care services
- It is hard for some people to think what might be possible

“Being called back to hospital over and over again has a deep impact on people. Some people have a deep fear which they have learned from the system. They say things like ‘if I don’t behave they will put me back in hospital.’”

Provider

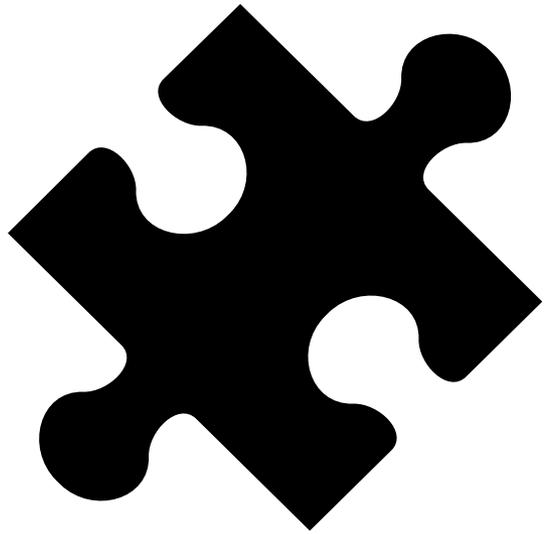
Key lessons



- Legal rules can make it difficult
- Commissioning the right kind of support is very important
- Fear of what might go wrong can get in the way
- Helping people dream and make dreams happen is sometimes missing

“Linking people to families, universal services and the local community is critical, so they have a sense of belonging and resilience to manage.”

Commissioner



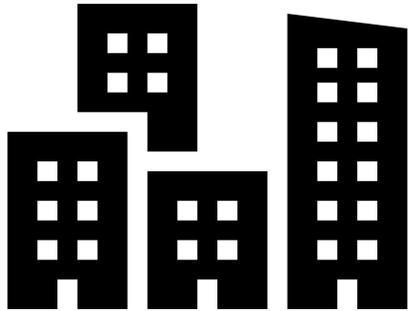
Top tips

1. **Start early** – don't wait for me to move out of hospital
2. **Remember my history** – understand the impact the health and care system has had on my life
3. **Work with all the people in my life** – my family and friends are important
4. **Focus on the positives**
5. **Find out about my dreams**
6. **Stretch further than person-centred**

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- 7. Don't let risks take over**
 - 8. Understand what my community can offer**
 - 9. Understand what I might offer my community**
 - 10. Help me meet new people and make new connections**
 - 11. Plan for my good days and bad days**
 - 12. Recognise and celebrate all achievements**
 - 13. Hold my dreams through good times and bad**

My journey

Nick



My past

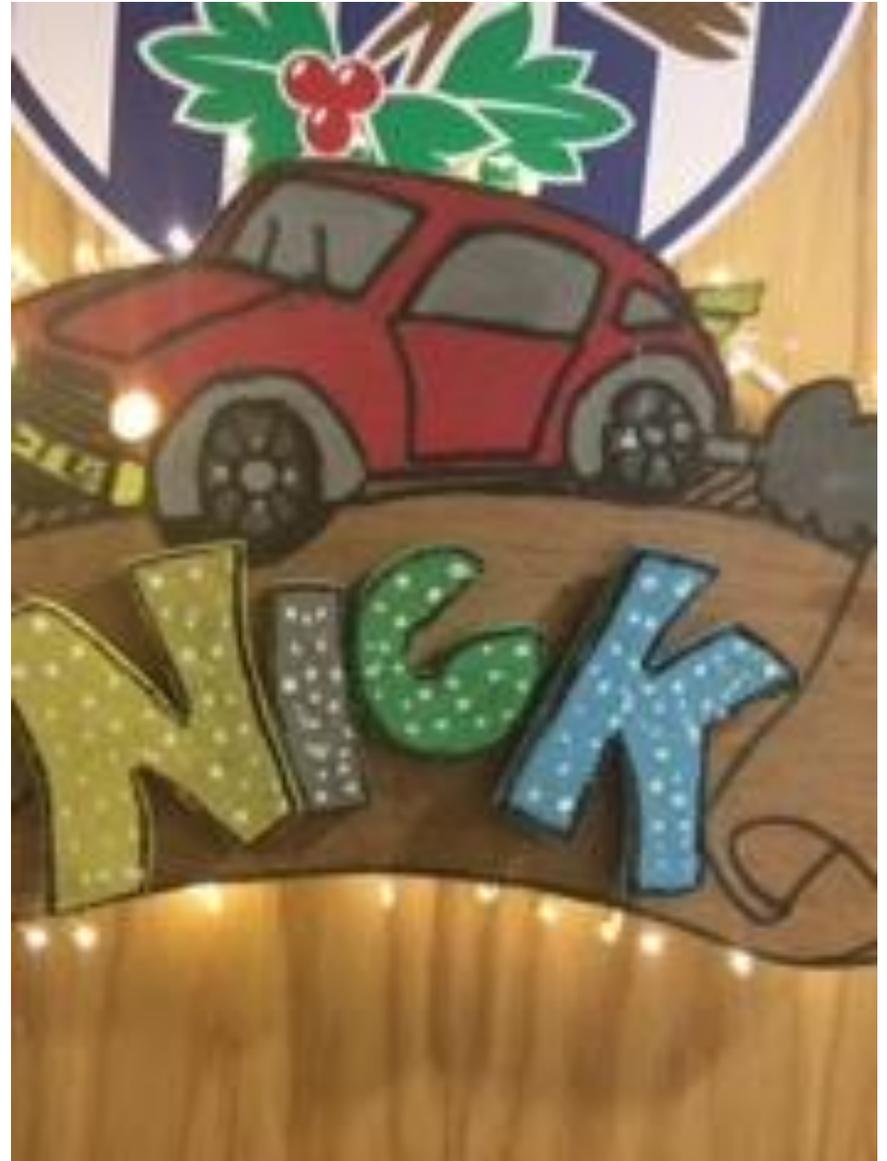
- I spent 16 years in hospital
- I moved 4 times over those years
- Moving from place to place made it hard for me to form relationships
- When I was moving I didn't know what to expect and this made me apprehensive



- I moved out of hospital in 2017
- Staff came to work with me in the hospital before I moved
- I got to know people and they got to know me
- When I moved it was a shock – all the rules I had to stick to in the hospital were gone
- This made me feel insecure and scared

My present

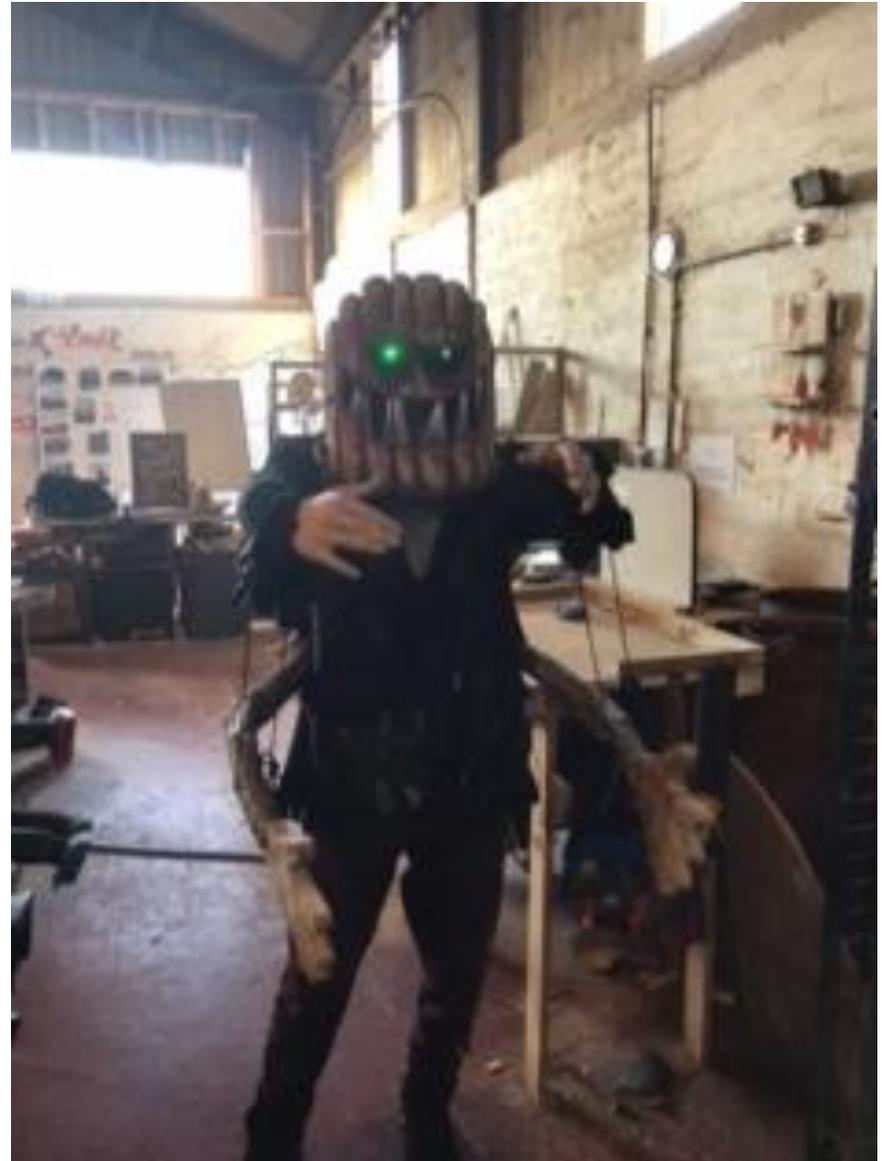
- I got lots of support
- I stopped feeling I didn't deserve a chance to move forwards
- 18 months on I have completed a course at a local craft centre
- I enjoy photography and have made pictures for my house





My present

- I have made contact with my sons and found out I am a Grandad!
- I have made new friends
- I have found romance with a lovely lady who accepts me for who I am



My future

'Moving out of hospital was a massive step. I never thought I would get out. But it has been a positive move for me and I am hoping to move to my own flat in future where I can have more independence and enjoy even more opportunities'



**Think about the top tips and you
or someone you know.**

Talk in a small group. Consider one
thing you could do when I leave
here today. Write your action on a
post it note in no more than 6
words

For further information



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