

We have been working together to consider what the requirements set out in the NHS Long Term Plan mean for our residents, staff and health and care partner organisations across north central London (NCL). We have a collective commitment to deliver changes that will improve the health and wellbeing of residents and have listened to what residents told us is important to them.

We have developed a draft NCL delivery plan for learning disabilities and autism and are now seeking the engagement and involvement of all local partners, stakeholder and residents to refine and finesse these plans. Over the next two months, we will cross-reference, financially cost and finalise our plan for submission in November.

If you have any comments, queries or think we have missed important points relating to any of the sections please get in touch Kath McClinton (kathmclinton@nhs.net).

Learning Disabilities and Autism – NCL response to Long Term Plan

NCL will work to reduce health inequalities for Children and Young People (CYP) and adults with learning disabilities and autism. Building on the success of the NCL Transforming Care Partnership, we will broaden the scope of the Programme to join up Learning Disability & Autism work programmes across the system to include continued inpatient reduction; prevention of admission to hospital; annual health checks in primary care; Learning Disability Mortality Reviews (LeDeR); as well as integrating Learning Disability & Autism into mainstream health programmes. This will support more effective links to improve services and outcomes for people with learning disabilities and autism. Building on the multi-agency Transforming Care Board, which include family carers, NCL will establish a new Learning Disabilities and Autism Programme Board to oversee the implementation of the plan.

Secondary Care - preventing admissions and increasing capacity in the community

Simon, aged 35, has a mild learning disability, autism, epilepsy and behaviour that challenges services. He was successfully discharged to a bespoke community setting following a 21 year hospital admission;

Kate, aged 13, has autism and an eating disorder. A Tier 4 hospital admission was successfully avoided through the deployment of intensive community support and use of a personal budget

These are just two examples of how NCL's Transforming Care Programme has positively impacted on individual lives. NCL successfully achieved an overall 33% reduction in inpatient bed use over the three years ending March 2019. Admissions for Children and Young People (CYP) have increased slightly over the last year, a trend reflected across London. There is no target for CYP admissions 2019/20 although we will continue to work with partners to understand the reasons behind admissions, the total number of inpatients is currently 7. Further planned reduction of adult inpatient bed use over 2019/20 and 2020/21 is set out below across CCG funded and Specialised Commissioned beds:

2019/20 NCL adult inpatient targets

CCG funded beds	Q1	Q2	Q3	Q4
Barnet	10	10	9	9
Camden	5	5	4	3
Enfield	3	3	3	3
Haringey	10	9	8	6
Islington	8	8	7	7
Sub total	36	35	31	28
NHSE funded beds	Q1	Q2	Q3	Q4

Barnet	3	3	3	3
Camden	2	2	2	2
Enfield	4	4	4	4
Haringey	4	4	4	4
Islington	6	6	6	6
Sub total	19	19	19	19
TOTAL	55	54	50	47

2020/21 NCL adult inpatient targets

CCG funded beds	Q1	Q2	Q3	Q4
Barnet	11	10	9	9
Camden	4	4	3	3
Enfield	4	4	3	3
Haringey	8	7	6	4
Islington	9	8	7	5
Sub total	36	33	28	24
NHSE funded beds	Q1	Q2	Q3	Q4
Barnet	3	3	3	3
Camden	2	2	2	2
Enfield	3	3	3	3
Haringey	4	4	4	4
Islington	6	6	5	4
Sub-total	18	18	17	16
Total	54	51	43	40

North Central London has established dynamic at risk of admission registers and Admission Avoidance protocols/processes to prevent further hospital admissions which facilitate effective joint work across health, education and social care. A priority for NCL 2019/20 is to capture the data on admission avoidance through Community (Education) Treatment Reviews (C(E)TRs) to further understand how pathways are working. Specifically, a priority for NCL is to improve pre-admission CTR performance.

Recent admission data demonstrates a significant reduction in admissions for people with learning disabilities and behaviour that challenges and an increase in admissions for adults with autism and mental health issues. A priority for NCL over 2019/20 is to engage with mental health colleagues to raise awareness of the Learning Disability/Autism programme and support the development of at Risk of Admission Registers/Admission avoidance processes in mental health services.

A key part of NCL's success in inpatient bed reduction was the work of the TCP HUB, a team of six senior care co-ordinators working intensively with CCGs to co-ordinate the discharge of complex patients and embed Transforming Care processes locally.

In addition to inpatient reduction numbers, NCL will continue to focus on the quality assurance of individual placements, particularly those out of area. We are cognisant of the new requirement to review out of borough placements very 6-8 weeks and will co-ordinate an NCL approach.

Primary Care for people with Learning Disabilities and Autism

- This section covers Annual Health Checks (AHCs); the Learning Disability Mortality Review Programme (LeDeR) and stopping the over medication of people with learning disabilities (STOMP-STAMP)

LTP target: Learning Disability and Autism physical health checks for at least 75% of people aged over 14 years;

Annual Health Check Performance 2018/19:

Registered patients with a learning disability 2018/19 (based on 2017/18 population)

		Q1 %	Q2 %	Q3 %	Q4 %	YTD % coverage 2018/19
Barnet	1552	3.7	9.1	16.9	29.4	59
Camden	788	13.2	16.9	15.5	28.7	74
Enfield	1410	4.6	8.9	10.6	38.3	62.3
Haringey	1142	8.1	11.6	14.0	16.5	50.4
Islington	1032	8.9	8.5	11.3	21.8	50.6

Annual Health Checks (AHCs) for people with learning disabilities have been carried out in primary care for some years, under the national DES contract. However, linking with the local and national Mortality Review Process (LeDeR), we know that not all residents with learning disabilities are offered an annual health check and, for those that are, the quality of the health check is variable. Further work is needed to improve both the number of people with a learning disability on GP registers and the proportion of those individuals receiving an annual health check as well as the quality of checks. As part of the work to improve outcomes and increase the completion of physical health checks, we are exploring a proposed Learning Disabilities registry for our population health analytics tool HealthIntent.

A priority for NCL in 2019/20 as part of its Learning Disability and Autism Programme is to work across the system with primary care leads and the emerging Primary Care Networks to develop this plan, building on areas of existing good practice:

- Work in Camden has seen the number of people with learning disabilities registered grow from 788 in April 2018 to 1016 in February 2019 which is just 59 short of Camden's estimated prevalence. Improvements to list completeness are largely due to developing an audit process for practices and accompanying guidance. Focussed awareness raising and support for the five practices with the furthest to travel in AHC take up will be one of the priorities for 2019/20.
- In Islington, the Quality Improvement Support Team will work with one of the PCNs to focus on annual health checks during 2019/20. They will look at reducing variance in the number and quality of health checks in the network, involving people with learning disabilities and their carers into the development of best practice in the call/recall system
- Haringey are presenting performance information by practice at GP forums and using the opportunity to tie in reasonable adjustments; STOMP/STAMP and constipation awareness
- Barnet have two dedicated GP Liaison nurses working closely with practices to raise awareness and provide support, in conjunction with the local community learning disability team
- Enfield similarly have a range of activities to increase the uptake of annual health checks, including a specialist nurse supporting individual practices;

Islington has developed an innovative Locally Commissioned Service (LCS) to deliver health checks specifically for people with Autism, funded for one year initially. The LCS has four areas: autism training for all staff; EMIS coding; the annual health check and GP Practice environment checks led

by Parent consultants visiting individual practices to review how autism friendly the environment is and make suggestions for improvements. The LCS will be evaluated, linking with NHSE and Autistica to support further roll out.

Two further learning disability/autism programmes interlinking with primary care will be captured as part of the new NCL Learning Disabilities and Autism Programme. The first is the Learning Disability Mortality Review (LeDeR) programme, which is firmly embedded in NCL with strong governance in place – each CCG has a steering group and nominated Local Area Coordinator and completed reviews are analysed with themes and recommendations incorporated into local action plans. An NCL-wide steering group oversees the coordination of learning into action by sharing ideas and initiatives, ensuring optimum use of resources across the patch. NCL has achieved a 46% review completion rate against the 50% target and has not been included in the national backlog project as reviews are making good progress.

In response to local learning from LeDeR reviews, Camden CCG held a Mental Capacity Act (MCA) masterclass for GPs alongside a legal professional to help build on the existing knowledge base around the support for understanding and application of the MCA

Barnet Learning Disability Service is raising awareness of early warning signs - rolling out the 'Stop and Watch' campaign across borough through eye catching promotional material to carers, families and providers.

As with the rest of London, capacity and resourcing issues across the system are a challenge in meeting review completion targets. National targeted funding in 2019/20 will be required to further catch up on the number of completed reviews and further support the implementation of the learning. NCL will work with the new Primary Care Networks in driving service improvements through the learning into action work.

The second initiative is stopping the over medication of people with learning disabilities (STOMP/STAMP). Both Islington and Barnet are working toward developing an all-age disability STOMP/STAMP action plan, linking with Positive Behaviour Support initiatives, further embedding the reviews in C(E)TRs and annual health checks as well as planning engagement with people with lived experience. Draft plans will be shared across NCL to capture best practice across the patch. STOMP/STAMP is included in the Primary Care Network Service Specification and national targeted funding in 2020/21 will be needed locally to support the PCNs roll out this programme

Adult Community services

The initial focus of the original Transforming Care programme was predominantly around supporting people with learning disabilities/autism and challenging behaviour. Adults without learning disabilities and with significant autism related needs are often under the care of community mental health teams, who historically have been less engaged with the Transforming Care programme. One of the priorities for NCL 2019/20 is to work with the two mental health trusts to raise the profile of the programme and replicate some of processes that are now so well established within our learning disability services, including setting up at risk of admission registers. NCL are in the process of recruiting two short term posts 2019/20 to the TCP HUB to lead this work.

We know there are gaps across NCL for people requiring Neurodevelopmental Disorder (NDD) assessment and treatment; with long waits and a variable offer for residents across the north and south of the patch. NCL will be looking at options to commission a more local service for our population; an NDD business case is currently in development setting out a number of options to improve the local pathway.

Most areas across NCL have well embedded adult crisis pathways: Enfield and Haringey have crisis intervention teams; Barnet has procured an emergency crash pad service with dedicated intensive 6 weeks support. A priority for NCL is to formalise the crisis pathways, to review where there are gaps and work toward developing a more consistent and equitable approach across the patch. NCL has good access to Community forensic services, commissioned by NHSE in April 2019 and provided by Barnet, Enfield and Haringey Mental Health Trust, through the North London Forensic Consortium.

To support individuals with complex needs in the community over 100 frontline staff have been trained as part of NCL's adult PBS strategy. There is variable PBS provision across the patch.

NCL's Transforming Care Housing Plan March 2019 lays out our approach to the provision of appropriate accommodation for people with learning disabilities and autism. A priority 2019/20 will be to implement the action plan, along with the outcomes of the NCL Private Rented Sector project. The new NCL Learning Disabilities and Autism Board will need senior representation from one of our Local Authority partners.

A further objective of the Programme will be to raise awareness of the needs of this population and ensure they are captured as part of mainstream health pathways/programmes. For example, we know that people with learning disabilities are at risk of developing young onset dementia (YoD). Due to the small number of people with young onset dementia (YoD) across NCL, we are looking at working across the patch to increase the dementia diagnosis rate including those with YoD, streamlining diagnosis pathways and increasing post diagnostic support specifically for patients with YoD.

Health Justice pathways – relating to custody, court diversion, prisons - are commissioned by NHS England. NHS England are drafting for MH colleagues. Please see Mental Health section for content on this topic.

Children's Community services

A comprehensive NCL Transforming Care CYP plan, reporting to the NCL Transforming Care Board and rated Green/Amber by NHSE, co-ordinates the range of initiatives for CYP with learning disabilities and autism across the patch. Each Borough has their local Transforming care offer on their websites, the Islington link is an example

<https://directory.islington.gov.uk/kb5/islington/directory/advice.page?id=mKr5B36UXCM>

The Transforming Care Prevention and Support (TCaPS) service is in place across NCL, an NHS England Accelerator site initiative, with 12 months pilot funding. Using a keyworker model the service provides flexible early intervention and crisis prevention support for young people and their families rated green and/or amber on the At Risk of Admission registers. It includes funding for Personal Health Budgets (PHBs) which have been particularly successful in supporting the needs of people with autism and no learning disability. The service will be formally evaluated but early indications are positive, as illustrated below

Chris has autism and anorexia; TCaPs has helped increase his calorie intake, support independence in accessing community activities and personal care and helped reduce anxiety. This has given his parent a break, improved the young person's mental health, improved health in relation to anorexia and helped him develop friendships

Building on the evaluation of this keyworker model NCL will be well placed to extend into supporting young people in inpatient mental health units using the national targeted funds available in 2020/21.

Some of admissions of young people into Tier 4 services may have been avoided with better community crisis/intensive support provision. In response to this gap a business case, led by Haringey, is in development to explore options for a building-based NCL respite and crisis 'crash pad' facility. The service will provide planned short breaks which will sit alongside key worker roles to reduce family breakdown at home which can result in unplanned admission and children and young people being taken into care. National targeted capital investment 2020/21 will be required to support the development of this innovative service; discussions are taking place with NHS England.

Significant work has been undertaken across NCL to upskill the workforce to support CYP with learning disabilities and autism. Ambitious About Autism have been commissioned to deliver autism training to groups such as social workers; foster carers; health practitioners; Early Years; Youth Offending services, SEN Keyworkers. Work has taken place with NCL CAMHS teams around autism to support alternative interventions and Positive Behaviour Support (PBS) training has been extensively delivered across CYP as well as adult services, helping to support local STOMP/STAMP initiatives. Building on this strong base, NCL children's commissioners are planning further market development work with providers and support workers being available to support those young people with autism and mental health, linking with each area's SEND plans.

Care Education and Treatment Review (CETR) processes are well established in NCL with a shared protocol in place to ensure a consistent approach in line with NHS England guidance. A number of the children and young people who are part of the Transforming Care cohort will be accessing support through an Education, Health and Care Plan (EHCP) and/or social care support services and our Admission Avoidance Register meetings and CETR help join up provision for individuals.

In children's services we know there is a gap in PBS provision across NCL. Enfield have an established PBS service and Islington have a service funded for two years, to be formally evaluated by January 2020.

In addition to the work co-ordinated at NCL level, work at Borough level is tailored to the needs of their population. For example in Islington in relation to health and justice, Islington's Youth Offending Team (YOT) includes a number of posts in recognition of the prevalence rate of speech and language and communication needs of the young people known to the YOT and Criminal justice system including a Forensic Psychologist, Speech and Language Therapist, nurse, sexual health worker and drug/alcohol worker. There is also an Education Psychologist based with the YOT. Targeted Youth Services have a Liaison and Diversion post to complete assessment and interventions for CYP held in custody overnight.

Barnet are planning a borough and whole system approach to autism, led by senior leaders in the Local Authority and CCG with the aim of developing an overarching autism strategy which will encompass early identification and intervention to ensure that the borough's children and young people receive the most joined up and effective offer to meet their health, education and social care needs.

The establishment of an NCL-wide Learning Disabilities and Autism Programme Board will bring together senior leaders across the local health and care system to support delivery of our plans to improve services, and outcomes, for people with learning disabilities and/or autism.

Provider collaboratives

Please see Mental Health section for content on this topic.

Digital plans

Please see Digital section for content on this topic.

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