

# Living the life you want to live

**Better adult social care  
in Sheffield**

**Easy Read Leaflet**



Living <sup>the</sup> life you want to live.



Sheffield  
City Council





This leaflet tells you about our work to make **Adult Social Care** better.



There is a longer leaflet about this called **Sheffield's vision for Adult Social Care**.

Contact us if you want a copy of this leaflet.



The leaflet has a list of some of the first things we are doing for our plan. We are still working on these.



You might have some suggestions and we'd really like to hear your ideas.

# BIG words

You may not have heard some of the words in this leaflet before, like **safeguarding**. At the end of the leaflet is a list of some of these words with what the words mean.

# What we are doing



The **Coronavirus pandemic** has made things difficult for all of us.



It has been difficult for adult social care.  
It may continue to be difficult for a while.



But we have worked hard.



People have helped each other.



Our communities have worked hard to help people.



We want Adult Social Care to help people better.



Helping people to live well.



Helping people to live with the changes from the **Coronavirus pandemic**.



Helping people live with their disability, getting older, or health problem, so they have a good life.



People in Sheffield are friendly and support each other.

Our communities are good.



We want to help make our communities even better.



Our plan will make sure the way we work is good for everyone.



We want everyone to help us.

# Things are different now



More people live in Sheffield now.  
In ten years from now there will be  
13,000 more old people living here.



We know we will have to help more  
people, and this will cost more.



We do not get enough money from  
Government now for Adult Social Care.



Lots of people have left Adult Social  
Care jobs in Sheffield.  
So care services do not have enough  
workers.



The **Coronavirus pandemic** means  
family and friends are doing a lot  
more to help care for people.

# Making our plan



Making a plan is the best way to make things better.



We have to plan for more people needing help.



We have to plan to support people who need help because of the **Coronavirus**.



We will have to support people who continue to have problems after they get the virus.



We know the Government plans to change Adult Social Care, and we will have to make these changes.

# How Adult Social Care helps people



We help people who need support.  
They may need support with



We give early help so problems don't get worse.



We help protect people from abuse.  
This is called **safeguarding**.



We work closely with health services like doctors and hospitals, so the support people get works for them.



Health services are free. But most people pay for Adult Social Care.

# Making it all work together



It is not just Sheffield City Council that gives Adult Social Care to people.



There are lots of services and thousands of people who make Adult Social Care work in Sheffield.



Making us all work well together is really important.



If we get this right people will get better quality support.



If we get this right, people will live well and have a good life.

# How we help people



People have told us what is important when they get help from Adult Social Care. We call these our **values**.



We should be **person-centred**. This means putting the person at the centre of all we do. Making sure all our work is to help the person.



We should be **strengths-based**. This means helping the person use their skills, and the people that support them, to solve problems, live well and have a good life.



We should listen, and share information.



We should work well with other services and with the people we support – so we decide things together.



We should help everyone to have the information they need, so they can suggest better ways to help people.



The support we give people should be safe and good quality.



We should listen to what people say, keeping the good and fixing what is bad.



We should help people to understand how we decide what we do. We should help people to make decisions about their support.



We should **protect human rights**. This means everyone is treated with respect. Everyone is treated fairly and equally.



We should help our workers and the people we support to be creative, so they so they can choose the best way to arrange support.



We should follow the best advice, and meet good standards for care and support.

So the help we give people is the best help possible.

# Our new service



Adult Social Care is a lot of services working together.



If we all work well together it is better for the people we help, and for the people working in our service.



There are lots of other ways people are helped to have a good life.



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Having a good community where people support each other is important.



Good places to enjoy like parks and sports centres is important.



Good housing is important.



So our plan will look at how all these things can help make our services better.



We will make sure people can choose how they want to be supported.



We will make sure people can decide how they want to live.



So people will live well and have a good life.



When we have finished in 2030,  
Sheffield will be a good place live.



People can live their lives well, in  
communities that care.



When they need help, we will look at  
the things that work well for them,  
and build on this.



We will make sure people can decide  
how they want to live and choose the  
support they want.



The care and support people get will  
be good quality.

# Getting things right



We want people to feel safe and well.



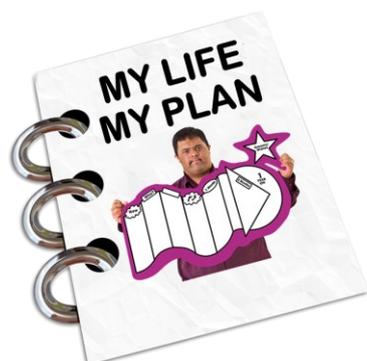
We want people to be well and have a good life.



We want people to have choices about their support and how they live.



We want people to be a part of their community.



We want everyone have a good life doing what they want to do, with the support they need to make their choices.



We want everyone in Adult Social Care to work well together.



This will help us make sure people have a choice of good services.



The care and support people get will be good quality.



People who work in Adult Social Care are trained well so they give good quality care.



Our workers and the people we support can be creative, choosing the best way to arrange support.

## How we will do this



We will make sure people are part of their community and can get support from their community first.



When people need more support, we will make sure they have a choice of good services.



When people have a crisis or ill health, we will give them short-term support to help them get better quickly.



When people cannot live at home, we will help them live in a good quality place they can call home.



Our support will always look at **what matters to you.**



We will give people information that is easy to understand.



We will value our workers and the important way they help people.



We will value our **carers** and the important way friends and family care for people every day.



We will make sure people can choose from good quality services.



We will listen to what people say, keeping the good and fixing what is bad.

# Our next steps



Together, we will all work to make sure our plan makes adult social care better.



We have worked out what is important that we will do first.



We have agreed how this work will be managed.



This is a list of some of the meetings where people will check if our plan is working.

- Health and Wellbeing Board.
- Council meetings for senior officers and Councillors.
- Adult Health and Social Care Strategic Board.
- Partnership Boards.
- Adult Health and Social Care Transformation Board.

# Our plan has worked



We will know our plan has worked when we can say these things.



People have good choices about their health and care.



People say they have good support.



People say they live well and have a good life.



People say they are part of their community.



Our plan will make sure adult social care is good for everyone, and it can continue to be good in the future.

## We can do this



We want everyone to help us make things better.



It is important for everyone we help.



And it is important for everyone that works in adult social care



Please work with us to make adult social care better in Sheffield.

## What words mean

# BIG words

Here are some of the words in this leaflet and what they mean.

### **Adult Social Care**.

Our service helps adults to be independent, safe and well. We support people to live at home, and also help people who cannot live at home to move to a good quality place where they can get the help they need.

### **Carers**.

Carers are the family, friends and neighbours that provide the support people need to help them at home. Often carers are unpaid.

### **Coronavirus pandemic**.

This is the name of the bug (also called a virus) that has spread all over the world, making people ill.

### **Human Rights**.

Human rights are rights and freedoms every person in the world should have. Public services like Adult Social Care and Health services have to help make sure people get their human rights. This means everyone is treated with respect, fairly and equally.

### **Person-centred**

Many health and social care services want everything they do to make things better for the person they are helping. We want put the person at the centre of all we do. Making sure all our work is to help them.

### **Safeguarding**

Keeping people safe is called Safeguarding. This means people are protected from abuse and neglect. Abuse is when someone does or says things that frighten you or cause you harm.

### **Sheffield's vision for adult social care**

This is the name of the longer leaflet that tells you about our plan to make Adult Social Care better. You can download this leaflet from our website. Go to [www.sheffield.gov.uk](http://www.sheffield.gov.uk).

### **strengths-based**

Many health and social care services follow this way of working. Instead of just asking about the problems a person has, we also ask about the good things in their life, and what helps them to live well. We then help the person use their skills, and the people that support them, to solve problems, live well and have a good life.

### **values**

These are the things that we want to get right when we provide Adult Social Care in Sheffield. We made our values by listening to what people have told us what is important when they get help from Adult Social Care.



Sheffield City Council  
Adult Social Care

**Living the life you want to live**  
**Better adult social care in Sheffield.**

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Leaflet made in March 2022.

Contact Sheffield City Council  
Strategy and Commissioning Service.



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Email

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For more information about Adult  
Social Care in Sheffield visit our  
website **www.sheffield.gov.uk.**



If you need this leaflet in a different  
format like large print or Braille  
please call **(0114) 273 4119.**

