



Easy
Read

NHS

Cheshire and Merseyside

Mental health, autism and learning disability hospital services

Our plan to improve these services



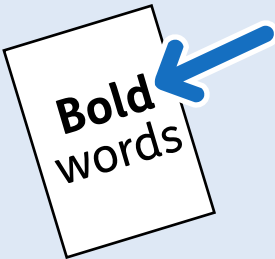
Easy Read



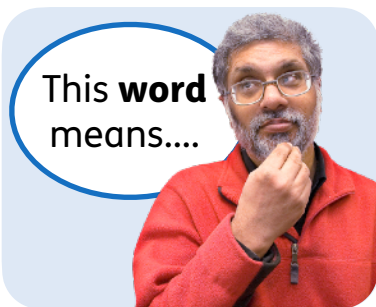
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

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About this booklet



National Health Service (NHS)
Cheshire and Merseyside have made a plan to improve certain hospital services.

This plan is about improving:



- **Mental health** services for patients who are staying in hospital.

Mental health is the way you think, feel and behave. Having good mental health means being able to cope with your emotions.



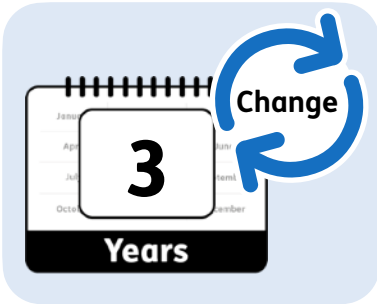
- **Autism** services for autistic patients who are staying in hospital.

Autism affects things like communication, senses, being with other people, and how you think and feel about things.



- Learning disability services for patients with learning disabilities who are staying in hospital.

Our plan shows:



- How we want to change these services over the next 3 years.



- How we will give mental health **inpatient care** to adults who need extra support.

Inpatient care is services for people who need to stay in hospital because of their mental health challenges.

This booklet will explain:



- Why we are making the plan.
- Our goals for the plan.
- How the plan will work.

About the plan



We think that our plan will help us to make mental health services better so that people:

- Get the right care at the right time.
- Do not stay in hospital longer than they need to.

We also think that our plan will help us to:



- Support people who live in Cheshire and Merseyside to stay safe and live better lives.



- Help people get the care they need closer to home.



- Spend money to support patients and staff in the best way.



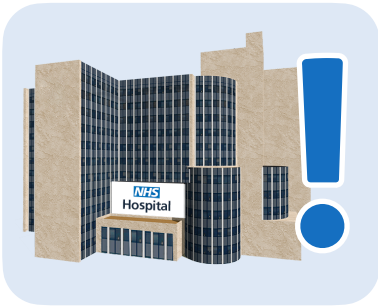
NHS Cheshire and Merseyside worked with lots of different people and teams to create this plan, like people with **lived experience**.



Lived experience is what you know from what you are going through or have lived with all your life.

People with lived experience include patients, their families, and hospital staff.

How we want mental health services to look in the future



People should only go to hospital when they need to.



There should be good services in the community to help people with their mental health, autism and learning disability needs.



People should only stay in hospital when it is not safe for them to get services in their community.



When a person needs to stay in hospital, services should work together to help them in getting their hospital care smoothly from the start to the end.



Sometimes, the hospital is not the best place for a person to get better.



This is especially true if the hospital is far away from where they live.



If a person needs **inpatient mental health care**, they should not have to wait a long time to get a hospital bed.



When they are better and ready to leave hospital, they should not have to stay for longer than they need to.



The person should stay in hospital for the shortest time possible.



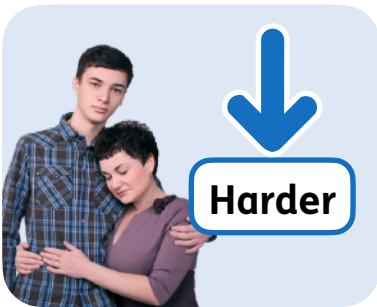
Close

When someone gets mental health inpatient care, they should stay at a mental health hospital close to where they live.

This is because if the hospital is far from the person's home and local area, it can:



- Make patients feel like they are less part of their local area.



- Make it harder for patients to get support from their families, friends, support networks and communities



- Make it harder for patients to keep getting the right care.



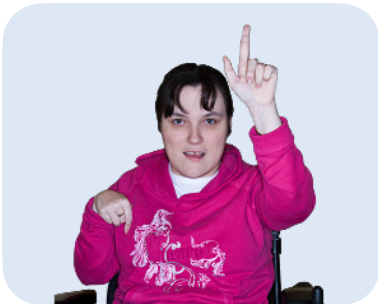
- Cost a lot of money.

Our goals



The main goal of our plan is to stop people being sent to hospitals far away from their local area.

The plan is also about:



- Making sure that we provide good mental health, autism and learning disability services in hospitals.



- Giving people the right treatment at the right time, in the right places.



- Making sure that patients stay in places where they can have as much freedom as possible.

This can help make it easier for patients to enter and leave hospital.



This plan is also about making sure that there are good mental health, autism and learning disability services outside of hospitals.



There should be good community services to help people get the right support in their local area.

We can help make sure that the plan goes well by:



- Working with people with lived experience to improve mental health hospital services.



- Listening to people whose voices are not heard enough.



- Helping different mental health services in the area work together to provide better care.

We can also help make sure that the plan goes well by:



- Bringing the right people together to make decisions.



- Checking if mental health services in hospitals are working well by asking people to who have used our services.



- Making sure that the plan works well with other plans for NHS Cheshire and Merseyside.



- Making sure that we have enough information to make important decisions about mental health hospital services.



- Making sure that hospital staff have the skills and support they need to provide good care.

How the plan will work

To make the plan work, we will:



- Plan how many beds we will need in each hospital ward to treat people.



- Plan services to make sure that people can go into hospital when they need to and leave when they are ready.



- Look at services in the community to make sure that people only go to hospital when they need to and can leave when they are ready.

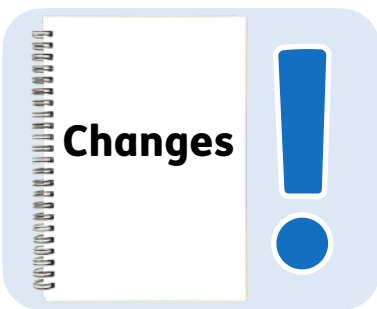


- Use technology to support staff and improve the care we give people.

To make the plan work, we will also:



- Look at how to make mental health hospital services better for people with learning disabilities and autistic people.



- Make sure that all hospitals make the most important changes in our plan.



- Understand how organisations can work together to provide the services people need.



- Make sure that everyone in Cheshire and Merseyside can get the same mental health services and support.

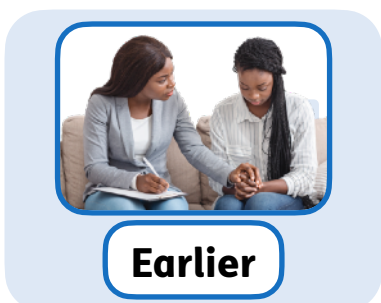
Services for different groups



When we made our plan, we thought about how to improve services for certain groups of people.

Plan for adults

By the end of our plan, we want to make sure that:



- People get mental health support in their local area earlier.

This means that they will be able to stay at home wherever possible.



- People only go to hospital when they need to.

When a person does need to go to hospital, we need to make sure that:



- There is a clear reason for the hospital stay.



- They get care and treatment that meets their mental health needs.



- They stay in hospital for the shortest time possible.



- Hospital staff start planning **discharge** soon after the person arrives in hospital so that people can leave hospital when they are ready.

Discharge is when your doctor says that you are ready to go home from hospital.

We will meet our goals by doing things like:



- Helping different mental health services in the area work together to provide better care.



- Making it easier for people to find and stay in a home that is right for them.



- Use input from people with lived experience to improve the quality of services.



- Making sure that fewer people need to get treatment in hospital.

Plan for rehabilitation



We want to change **rehabilitation** services so that more people can get these services outside of hospital.

Rehabilitation is care to help you get better and live well after a mental health illness.



We need to understand more about how rehabilitation services work in Cheshire and Merseyside.

It is hard to check if we are:



- Providing rehabilitation services that local people need.



- Spending money on rehabilitation services well.

By the end of our plan, we want to:



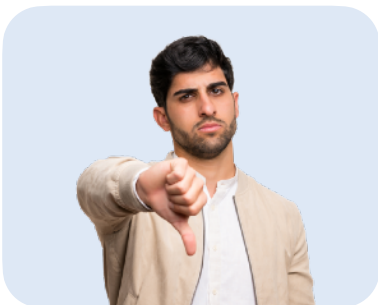
- Make sure that people can get rehabilitation care or special mental health support in their local area.



This would mean that fewer people need to go to hospital for this kind of care.



- Understand what might stop people from getting the right support.



- Make sure that people are not left out of rehabilitation services because of their background or mental health challenges.

Plan for people with learning disabilities

By the end of the plan, we want to help people with learning disabilities to:



- Get the right support so that they can stay in their local area and at home.

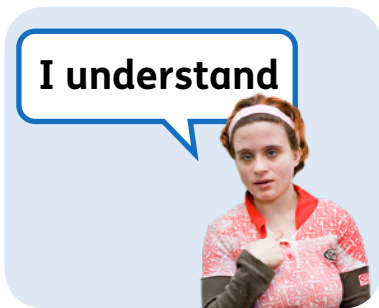


- Find and get the right learning disabilities services when they need them.



- Get the care they need earlier to stop their mental health issues from getting worse.

If a person with a learning disability has to stay in hospital, we will also:



- Make sure that they understand why they need to stay in hospital.



- Make a plan for their care involving patients, their carers, families, and advocates.



- Make a plan for support after leaving hospital so that people can leave hospital as soon as they are ready.



We will work with people with learning disabilities to help us with this part of the plan.

Plan for autistic people

By the end of our plan, we want to:



- Make mental health and learning disability services easier for autistic people to use.



- Make sure staff know how to support autistic people.

When an autistic person needs inpatient care they should:



- Be supported to find and get the right treatment and care.



- Get help to do activities that help them to get better and stay healthy.

Peer support



Autistic people who need inpatient care should also be able to get autistic **peer support**.

Peer support is when people who have had the same experiences support each other.

The past



This peer support should be from autistic people who have used inpatient mental health care in the past.

Changes



When an autistic person needs inpatient care, they should also get **reasonable adjustments**.

Reasonable adjustments are changes that services can make so that disabled and autistic people get the same chances as everyone else.

Reasonable adjustments for autistic people may include:



- Thinking about each person's support needs and how we should speak with them.



- Understanding how each person shows emotion, or how they would like to meet other people.



- Making sure that we make careful plans for when an autistic person needs to move to a different service.
This will help them know what to expect and how to get support.

We will follow this plan by:



- Using **research**, working with experts and people with lived experience.

Research is when doctors or scientists look into something.



- Working with organisations for autistic people to help autistic people feel like they belong.

Find out more



You can look at our website here:
www.cheshireandmerseyside.nhs.uk

You can contact us by:



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