



**Social Care Future On-Line Festival**

**Towards the Win-Win**

**Promoting Independence – Part of the Solution for  
Better and More Sustainable Social Care?**

**We all want to live in the place we call home with the people and things that we love, in communities where we look out for one another, doing things that matter to us.**

**That's the social care future we seek. #socialcarefuture**

**Promoting  
Independence – part  
of the solution for  
sustainable social  
care**

Professor John Bolton

November 2020

Thursday 3.15-4.15





# The Care Act

2014

Requires councils to help people in a way that reduces or delays their need for permanent care

# The message

- No one should receive long term social care without having a period that supports their recovery, rehabilitation or reablement to see if they can regain or recapture skills they have lost or to find new skills
- People should be helped to live with their long-term conditions and manage them as best as they can
- All those in receipt of longer-term care and support should be offered wherever it is appropriate the opportunity to set their own goals and be assisted to make more progress towards their independence



# What this means in practice

- Older People who come to social care for help should be offered a period of support where they are encouraged to build their own confidence, rebuild lost strength and create new networks of support (Reablement)
- Younger adults who acquire a disability should be offered a set of services that helps them to better cope with their disability - to set their own goals for what they want to achieve (Rehabilitation)
- Younger adults with a learning disability should be helped to progress to maximise their potential for independent living (Progression)
- Younger adults with mental ill health should be helped to recognise their symptoms and develop techniques to both recognise the signs that bring on their illness and develop techniques to reduce those signs as well as to develop a network of people (including professionals) who are able to help when they know that their symptoms are putting their mental health at risk (Recovery)

## People who benefit the most

- Older People being discharged from hospital
  - Older People at risk of being admitted to a Care Home
  - Younger adults with more moderate conditions
  - Younger Adults who want to live a more independent lifestyle including some who live in a Care Home
  - Younger adults with a newly acquired disability
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**Councils  
who adopt  
this  
approach:**

They have far fewer people living in residential care (saving significant sums of money)

Found a way of reducing their expenditure whilst improving outcomes for their communities

More people working towards aims and goals that they have set themselves (outcome based)

Less pressure on their social services budgets - able to better target resources to those with higher needs

## Why is this important?

About two thirds of people who need social care will benefit from this approach

It focuses on the goals and aims that people have for themselves

It can deliver significant reductions in the costs of care and ensure more resources are available to be spent on people needing longer term support