Physical Disability Planning Group
Action Plan 2016 - 2019

Our Goal:-
All disabled people living in Midlothian have the same rights to freedom, choice, dignity and control as other citizens, at home, at work and in the community
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Welcome to the action plan!

Marlene Gill: Member of Forward Mid (Midlothian’s Disabled People’s Forum) and Joint Physical Disability Planning Group.

Adapting to life as a wheelchair user is very challenging to say the least. I am, however, very keen to do what I can to influence the things which make my life challenging and make them better. By participating I can make sure the plan and the ongoing work reflect the real issues for disabled people living in Midlothian. It is very rewarding knowing that we can - and do - make a difference.

Jayne Lewis: Planning Officer Physical Disabilities, Midlothian Council

This Plan is really important to make sure the Joint Physical Disability Planning Group focus our work on the areas identified through public consultation, the issues which have been raised by those people living with or affected by physical disability.

And you...

It’s our strong hope that this plan will activate aspiration and hope for disabled citizens. It is also an invitation to become part of what is happening, to get involved in one of the areas that you feel passionate about, whatever that may be. We encourage you to get in touch and together we can think about how that may be possible, how you may play a part in improving the lives of disabled people living in Midlothian.

JOIN US!

EQUALITY – FREEDOM – CHOICE – DIGNITY – CONTROL
How was this plan created?

Members of Forward MID – Midlothian’s Disabled People’s Forum – designed and delivered all stages of this process, in partnership with Midlothian Health and Social Care Partnership...

Forward MID – Midlothian’s Disabled People’s Forum

Disabled people, families and carers

Staff from Midlothian Council and NHS Lothian

Voluntary organisations and private service providers

Towards a Good Life, Towards an Equal Life consultation 2015

Opportunity for people to come together, say what is important to them and influence decisions, the strategy and action plan

This plan was developed from the issues and ideas people raised. We agreed...

We will work together to substantially improve the lives of disabled people in Midlothian

Our vision is:

Equality – Freedom - Choice
– Dignity – Control

“A good life; an equal life”

EQUALITY – FREEDOM – CHOICE – DIGNITY – CONTROL
1. Education and Employment

What people told us:
- Transport and physical access difficulties create barriers
- Help and support needs to be available at the time it is needed

What do we want to achieve?
- More disabled people are able to take up their place in the workforce or in education
- Employers feel confident about recruiting disabled people
- Disabled people are supported to get a job or access education

What are we going to do?
- Create an information pack for employers
- Promote good practice in employing disabled people
- Develop Edinburgh College website to show the support they provide for disabled people
- Make sure the Council's service to get people into employment or education meets the needs of disabled people
- Promote the employability service for people with cancer
- Make sure all Edinburgh College buildings are accessible

EQUALITY – FREEDOM – CHOICE – DIGNITY – CONTROL
2. Transport and Accessible Environment

What people told us:

- Availability of suitable types of taxi is an issue
- Transport for Health appointments is difficult

What do we want to achieve?

- Disabled people find it easy to get out and about independently and are confident about using public transport
- Disabled people have access to good information about transport options

What are we going to do?

- Improve information about parking at Royal Infirmary of Edinburgh
- Create a taxi directory including vehicle types and capabilities
- Promote disabled passenger assistance service
- Ensure posters at train stations are up to date and in an accessible format
- Encourage bus operators to adopt the Lothian Buses policy on wheelchairs and buggies
- Improve the accessibility of bus stops
- Arrange training for wheelchair users about using buses and trains

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3. Peer Support and Advocacy

What people told us:

- There is concern for the future funding of groups
- Co-production is really important and valued

What do we want to achieve?

- People know what peer support exists and what gaps there are
- People feel confident about developing their own peer support
- More people are “active citizens” – people who participate in community life

What are we going to do?

- Hold a "word cafe" event to identify existing peer support
- Make information about peer support widely available
- Support disabled people to access peer support
- Support people to develop new peer support

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What people told us:

Communication needs to be appropriate to the individual  
Staff need training to make sure they can signpost effectively

What do we want to achieve?

- Disabled people know about available services and opportunities including Forward MID and its role
- Up to date, accessible information is available for people in their local communities
- Disabled people, carers and professionals understand the issues that affect disabled people
- Disabled people and carers know about the physical disability planning group and how to influence it

What are we going to do?

- Print, launch and distribute widely the 2016 Directory for Disabled People
- Produce 6 Forward MID newsletters each year, including information about Self Directed Support
- Produce 1 transport special edition of the newsletter per year
- Set up a communications group to improve communication between the Physical Disability Planning Group and the public

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5. Self-Directed Support

What people told us:

- Individual budgets are quite tight
- I’m not sure if the reality is there to be seen

What do we want to achieve?

- Disabled people have more choice and control over the support they receive
- Disabled people and carers have a clear understanding of self-directed support, how it works and the benefits it can bring
- People are able to scrutinise and give feedback about Self-Directed Support

What are we going to do?

- Set up a group to improve the delivery of Self-Directed Support
- Coproduce a Self-Directed Support handbook for disabled service users
- Publish articles in the Forward MID newsletter on each of the four Self-Directed Support options

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6. Housing and Adaptations

What people told us:

- It’s good that Council new builds are accessible but difficulties when dealing with older properties
- There are delays in getting adaptations completed

What do we want to achieve?

- More disabled people live in houses that meet their needs
- Disabled people plan ahead for their housing needs
- Disabled people are supported to move house when necessary
- New build houses meet the needs of local disabled people

What are we going to do?

- Make sure council houses are used appropriately by matching houses to people
- Produce an information guide to support people to move house when necessary
- Make sure Occupational Therapists continue to have input into new council housing
- Develop and maintain a working relationship with housing and community planning

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7. Income and Welfare Reform

What people told us:

- It's difficult to keep up with all the changes
- How do we reach the people who need assistance?

What do we want to achieve?

- Disabled people receive the benefits to which they are entitled
- Disabled people are informed about changes to benefits and are supported through these changes
- Disabled people know how to get advice about money matters

What are we going to do?

- Provide training to staff about welfare reform and income maximisation
- Provide income maximisation and hardship support to people with disabilities
- Plan ahead in order to be ready for any future changes to the benefits system

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8. Health and Wellbeing

What people told us:

- What opportunities are out there?
- GPs need to take a much more holistic approach

What do we want to achieve?

- Disabled people’s health is improved
- Reduction of health inequalities – the unfair differences in people’s health across social groups and communities
- It is easy to access accurate and up to date information about health and wellbeing and local support

What are we going to do?

- Make sure health and wellbeing information is widely available - for example on websites and in the disabled people directory
- Provide health and wellbeing services to people who are most likely to experience health inequalities
- Provide services that promote health, prevent ill health and support people to self-manage health conditions

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**Group Members and Contact Details**

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Anyone wishing to get involved, in whatever capacity, to help us achieve the stated goals and improve the lives of disabled people in Midlothian, please contact one of the above named people.

A full version of this action plan, can be found on [www.forwardmid.org.uk](http://www.forwardmid.org.uk); Alternatively contact Jayne on 0131 271 3665 or Eric on 0131 663 9471.

**EQUALITY – FREEDOM – CHOICE – DIGNITY – CONTROL**