

Service Model for Milton Keynes Council Adult Learning Disabilities Day and Short Breaks Services

1. Introduction

MKC Adult Day Services and Short Breaks Services support people with;

- profound and multiple learning disabilities
- people who have learning disabilities and who also may need support with physical needs, complex health issues or support with 'behaviours that may cause concern'
- Some of the people the services support may also have autism.

The services are located at;

- Whaddon Way Day Services, Bletchley
- Tower Drive Day Service, Neath Hill,
- Short Breaks Service, Mathiesen Road, Bradville

2. What does MKC mean by Profound and Multiple Learning Disabilities (PMLD)?

By Profound and Multiple Learning Disabilities (PMLD) the Council is referring to:

- People with profound and multiple learning disabilities (PMLD) are among the people with the highest care and support needs in our community.
- They can have a profound learning disability which means that they have severely limited understanding.
- In addition, they have multiple disabilities, which may include impairments of vision, hearing, and movement as well as other challenges such as epilepsy and autism.
- Most people in this group are unable to walk unaided and many people have complex physical health needs requiring extensive help and support to enable them to meet their daily living needs.
- Most people with profound and multiple learning disabilities have great difficulty communicating; they typically have very limited understanding and express themselves through non-verbal means, or at most through using a few words or symbols.
- Some people need support with behaviour that is seen as challenging, such as self-injury.
- People with profound and multiple learning disabilities need high levels of support with most aspects of daily living: help to eat, to wash, to dress, to use the toilet, to move about and to participate in any aspect of everyday life, including identifying and managing everyday risks.

(Adapted from 'Milton Keynes Council Learning Disability Strategic Review July 2015', The Institute of Public Care (p. 31, 2015), citing Mansell, (2010).)

3. What does MKC mean by behaviour/s that cause concern?

By 'behaviours that cause concern' we mean the following:

- Behaviour can be described as causing concern when it is of such an intensity, frequency, or duration as to threaten the quality of life and/or the physical safety of the person or others.
- A variety of factors are likely to contribute towards the development, maintenance, and escalation of behaviours that cause concern. These include biological and genetic factors, communication, mental health, neurological, the quality of support, sensory difficulties, and exposure to adversities.
- Behaviours that cause concern are generally considered as learned behaviour that serves important functions for the person who displays it (it helps the individual to cope better or exert some control over their immediate environment)

The above definition is adapted from 'Milton Keynes Council Learning Disability Strategic Review' (The Institute of Public Care, p.17 2015,) citing 'Challenging Behaviour: A Unified Approach' (The Royal College of Psychiatrists et al, (p14, 2007).

4. Positive Behaviour Support

Since 2017 the services have been operating within a 'Positive Behaviour Support model' (PBS).

- PBS is a person-centred approach and involves understanding a person's behaviour to enable effective care planning aimed at enhancing a person's quality of life.
- All staff receive PBS training and where and when required bespoke PBS training to meet a person's needs.
- PBS is a holistic and multi-disciplinary approach which involves working with the person, their families and involved services and health and social care professionals.
- PBS aims to ensure people can be supported in the least restrictive way, working towards restraint reduction which will enable people to experience better outcomes in their lives and in their community.
- An underlying principle of PBS is Active Support which involves working closely with the person to empower engagement and to promote independence through support with opportunities and activities in the service and in the community in accordance with the persons needs and wishes.