

Discovery to Recovery

Innovating Adult Social Care in Essex

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Shirley Semple	Team Manager
Julia Martin	Team Manager
Steve Box	Senior Social Worker
Andrew	Essex Citizen
Mandy	Essex Citizen



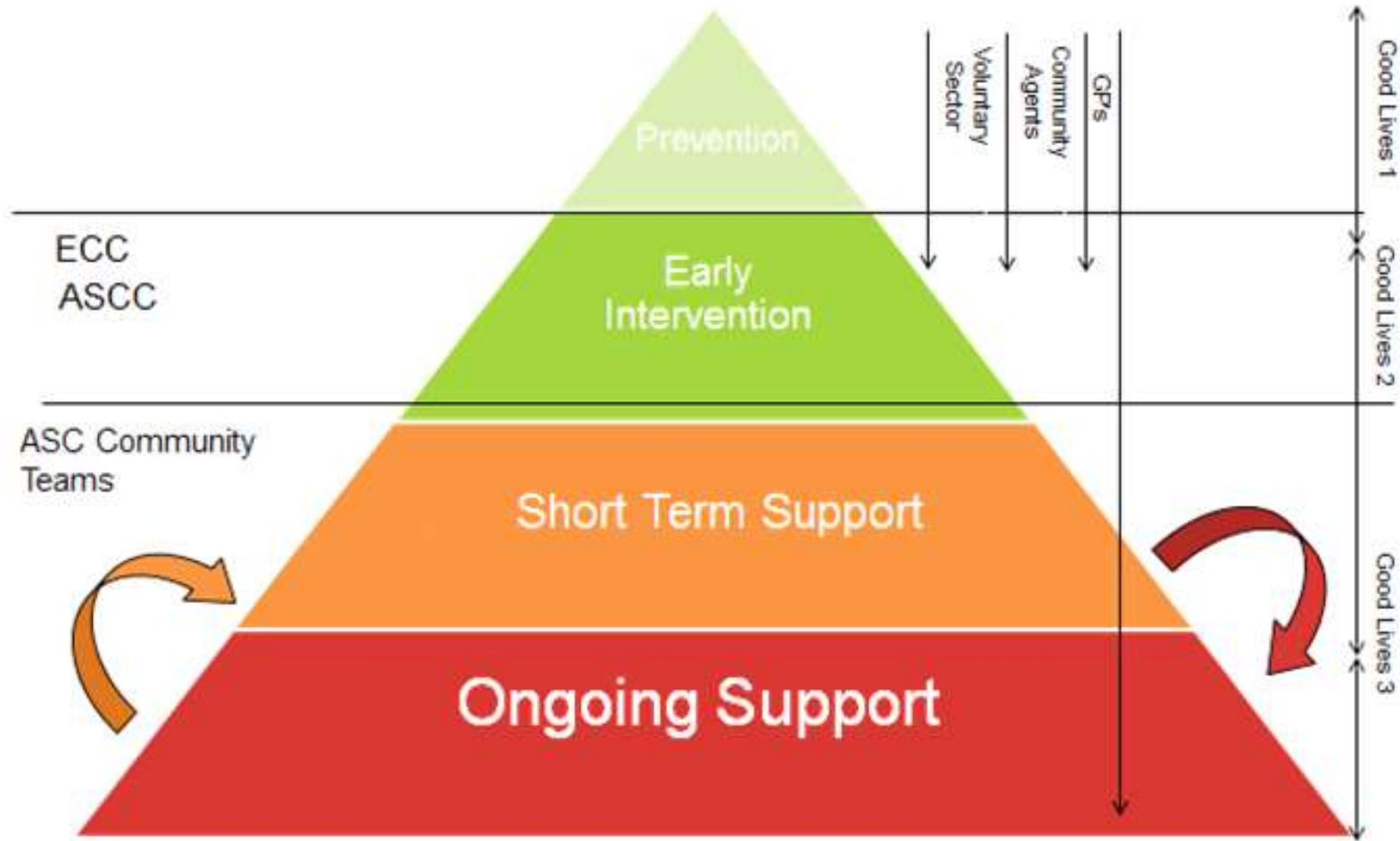
The Essex Journey so far...

The Care Act and Good Lives

Russell White
Service Manager
Adult Social Care



Essex 2017

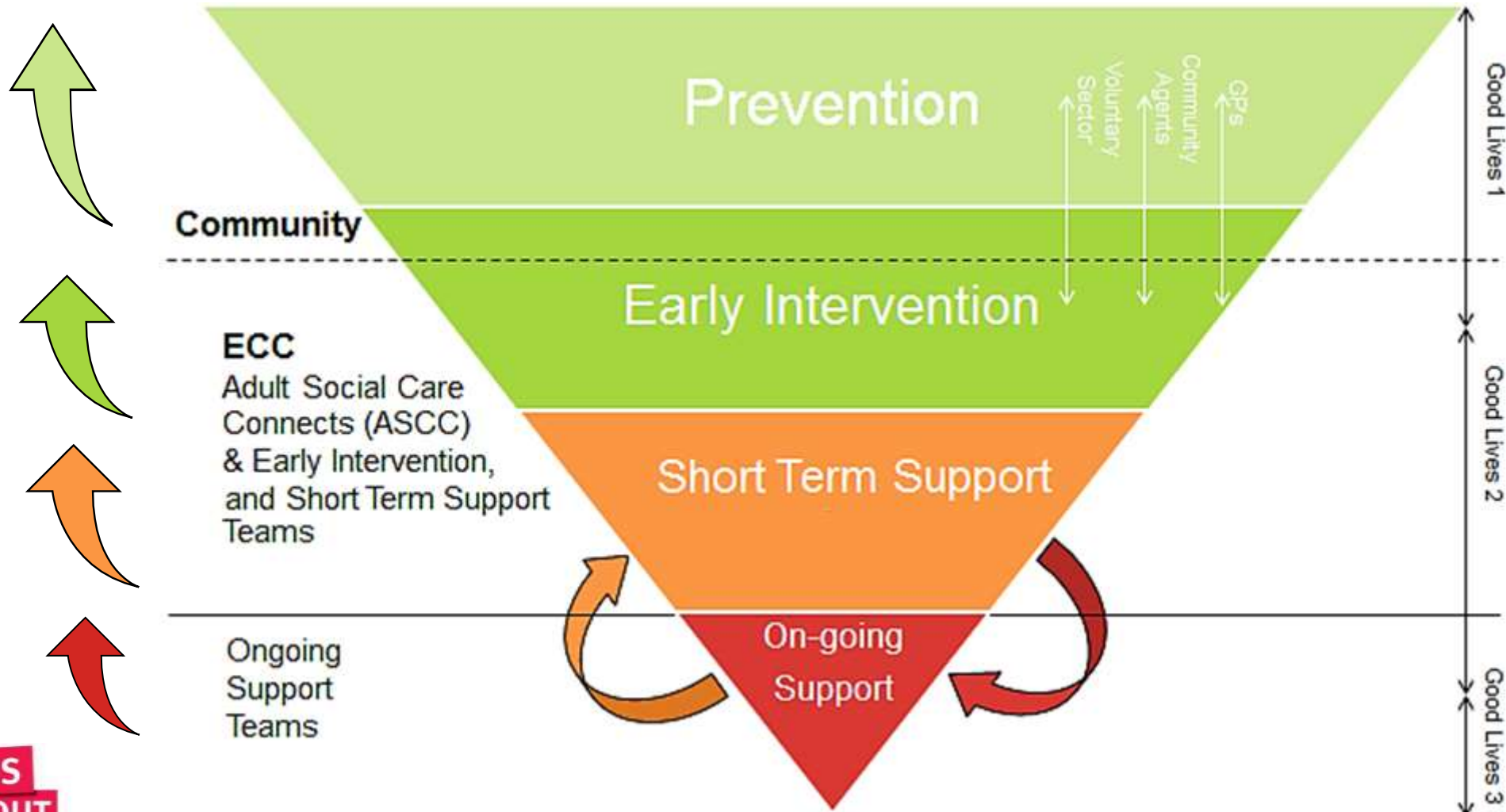


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Following our service re-design, ECC are now focussing on how to support our staff to embrace discovery based practice.

*“...a way of living a **satisfying, hopeful and contributing life** even within the limitations caused by illness. ... a deeply personal, unique process of changing one’s attitudes, values, feelings, goals, skills and roles. ...involves the **development of new meaning and purpose in one’s life** as one grows beyond the catastrophic effects of illness[or disability].” (Anthony 1993)*

ECC & ImROC work with Dr Rachel Perkins



From 'getting rid of problems' to 'getting a life': recovering a life not recovering from illness or traumatic events

From a destination or 'end point' to a continuing journey

From something that professionals do to a personal journey of discovery

Not a new 'intervention' to add to our repertoire but a
Fundamental change in culture and practice

There is no formula for recovery/discovery - everyone's journey is different, but

3 things seem to be particularly important

Hope

- Believing that a decent life is possible
- Hope inspiring relationships
- Finding meaning and a positive identity

Control and self-determination

- Becoming an expert in your own self-care
- Getting back into the driving seat of your life: deciding what is important to you and what you want to do in life
- Making decisions about what help and support is effective for you (within and outside services)

Opportunity and citizenship

- The chance to do the things you value and participate as an equal citizen
- The help/support you need to do these things (both from services and outside)

Early Intervention Team

- Discharge to Assess
- How we are working differently



Discovery to Recovery

- **Facilitating recovery-promoting relationships**
- **Personal recovery plans**
- **Using 'pro-discovery' working practices**



Mandy's Story

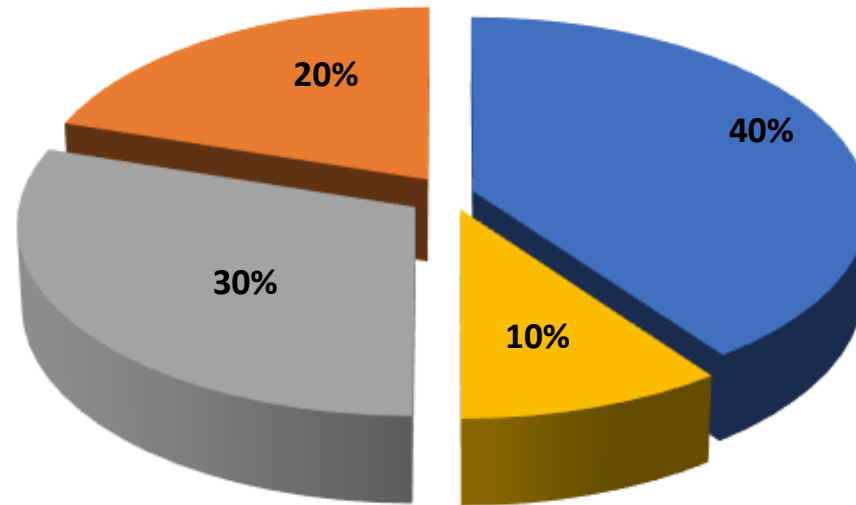
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Mandy's Story



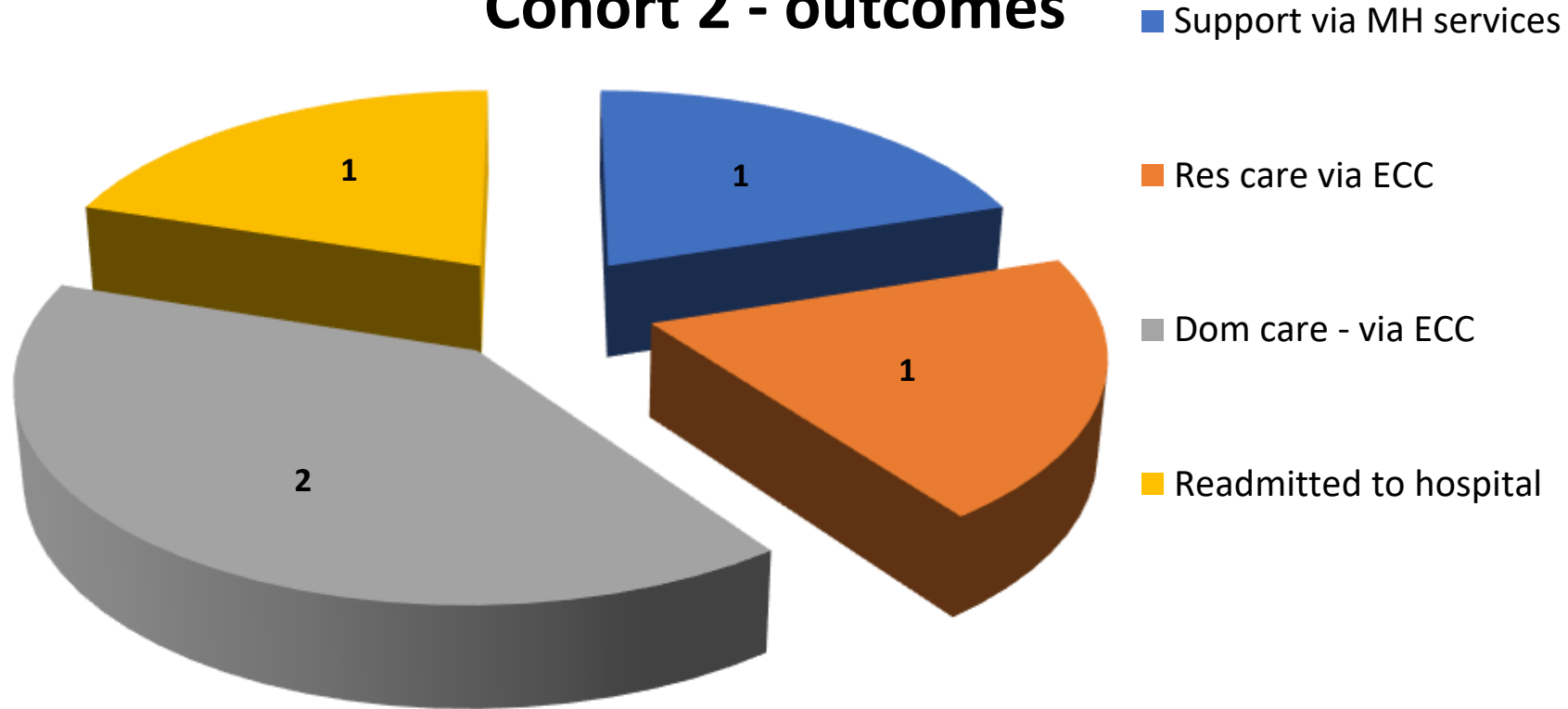
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Outcomes for adults in placements following discovery intervention:



- Return home with long term support
- Readmitted to hospital
- Return home with reablement / short term support
- Remained in residential

Cohort 2 - outcomes



Why we are working in this way?

Mandy's Story !

Developing on the 'Good Lives' approach

Shift in culture

Social work practice, ethics and values




Karen's Story

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The future is literally in our hands to
mould as we like. But we cannot wait
until tomorrow.

Tomorrow is now.

Eleanor

Roosevelt

Andrew's Story

Andrew – Essex Resident

Steve Box – Senior Social Worker, LD and Autism



...looking at every aspect of people's lives and supporting them to recognise what needs to change

...is about an intrinsic understanding of the ways in which vulnerable adults communicate what they want, their views and goals and often when there is a lack of capacity; it is about an anticipation of those needs

...is about building trust with the adult, their family and other professionals for solution focused outcomes

...helping people to be safe and to take measured risk, like we all do in life"

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Meet Andrew, and learn about his story

Andrew's goals:

- A better future.
- To consider employment opportunities.
- To go on holiday.
- To commence a relationship / find a girlfriend.

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Moving Home Stories

Shirley Semple

Julia Martin

Team Managers

Older Adults

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You've just been given notice by
your landlord - you have to move
home in 4 weeks

How would you feel?

What if you had complex
care and support needs?

How would you feel?

If you lost your friends
and community because
of the move?

How would you feel?

What if someone else is
making that decision for you?

How would you feel?



Research

Residents (older people) find such transfers severely disruptive, emotionally, psychologically and physically

(Glasby et al 2014)

Our Stories

Elaine

Agnes

John

Peter



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once again thanks for your advice appreciate all that your department has done to help with the situation with my mother. Everything has gone to plan so far and would like to thank you again for your assistance in the relocation of Mum

thank you and thank you so much for fighting our corner and getting my mum the care she deserved in her last days, they have been absolutely fantastic at the new home, the support they gave us and the care they gave her was second to none and I thank god she was there

I wish to express my sincere thanks for all your kind assistance during the transfer of my cousin... This was a worrying time for me as I was not aware of what was involved... Once again thank you for your kindness to my cousin and especially to me

care home manager explained that residents were unhappy with the closure and families felt under immense pressure due to limited availability of other placements in their preferred location

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What are the challenges ?

- Working pressures are immense and growing, and...
- Our systems are complicated – practitioners can drive case work through these systems, but need to re-learn how to create time to give the adult hope and control, and to embed the notions of citizenship.
- We need to take the whole health and social care system with us.
- We need to focus on things that we can wholly or partially alter, not focus on what we cannot change.

Thank you

Any questions

