

Better training, better support, better lives: Online training for family and carers of people with learning disabilities or autism

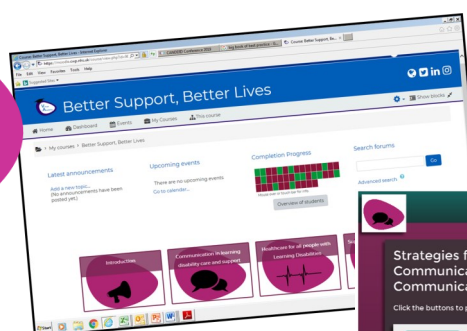
Community teams for children and adults with learning disabilities or autism with the Centre for Autism, Neurodevelopmental Disorders and Intellectual Disability (CANDDID)

I may well use [the techniques] to give guidance to the wider family to be able to communicate more effectively with [my son].

Great for people at the beginning of the journey

CANDDID

The videos are really useful



Background

Transforming Care is the national programme to improve the quality of life and quality of care for children, young people and adults with learning disabilities, autism or both. Locally, Cheshire and Mersey Transforming Care Partnership (TCP) brings together commissioners of health and social care services, NHS providers and experts by experience to deliver the national plan in line with the vision and values set out in *Building the Right Support* (NHS England, 2015).

Cheshire and Mersey TCP recognised a training gap for family and other unpaid carers, support workers and personal assistants and was awarded funding from the Local Workforce Action Board to address this. CWP successfully bid for 7 of 11 training topics.

Our Approach

Led by our Clinical Director Dr. Sujeet Jaydeokar and building on our existing training offer, we developed online training modules with our main coproduction partner, Cheshire East Parent-Carer Forum as well the Carers' Trust. An online approach was adopted to provide training that is consistent, accessible, flexible and able to signpost to wider resources, as well make most effective use of the funding available and to maximise the ability up-scale and sustain the offer.

The training is free to access for family and unpaid carers, no diagnosis is needed and focuses on practical tip and solutions giving carers the ability to apply knowledge without professional referral. There is a small charge for paid support in recognition that the training contributes to professional development and portable skills. The income helps sustain the training and enables development of new content.

Outcomes

The training has recently launched and a full marketing and promotional campaign starts in October but the anticipate outcome is reflected in the strapline: "Better training, better support, better lives". We hope better support to people on a daily basis through improved quality of care will be reflected in reduced demand for specialist services, reduced placement breakdown with fewer cases of carer burn-out and improved quality of life for those they support.

Helping people to be **the best they can be**