

Report

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Report to:	Social Work Committee
Date of Meeting:	28 June 2006
Report by:	Executive Director (Social Work Resources)

Subject:	PAMIS (Promoting a More Inclusive Society) - Healthy Lifestyles Project
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1. Purpose of Report

1.1. The purpose of the report is to:-

- ◆ Advise Committee of the Council's involvement in the PAMIS Healthy Lifestyles Project, its purpose and potential outcomes for services users with profound and multiple learning disabilities
- ◆ Seek approval for a £45,000 contribution over a 3 year period, as part of a wider contribution across 6 Scottish Regions and a grant awarded from the Big Lottery Fund

2. Recommendation(s)

2.1. The Committee is asked to approve the following recommendation(s):-

- (1) that the content of the report is noted and
- (2) that the Council participates in the PAMIS Healthy Lifestyles Project and
- (3) that a contribution of £15,000 be made to the Project in each of the next 3 years

3. Background

- 3.1. Since 2004 PAMIS (Promoting A More Inclusive Society), a registered charity, has been operating in South Lanarkshire funded by Scottish Executive Change Fund money for learning disability services.
- 3.2. PAMIS offers a service to children and adults with profound and multiple learning disabilities through providing support for their carers by offering individual support and advice, information and training in key areas of concern to them and guidance to enable them to inform and influence service providers. PAMIS has also played a significant role in national campaigning for more accessible personal care facilities within public places.
- 3.3. In general the health care needs of people with learning disabilities have been given a clear focus through both policy statements and research, as evidenced in the Scottish Executive report of 2002 "Promoting Health, Supporting Inclusion: The National Review of the Contribution of All Nurses and Midwives for the Care and Support of People with Learning Disabilities" and the "Learning Disability Health Needs Assessment." For many individuals the conditions that lead to high levels of

care needs are multiple and complex and it is more so for those with profound and multiple learning disabilities, where the combination and complexity of a wide variety of health problems and their consequences result in several adverse effects. Not only do many individuals experience extreme discomfort and pain, but frequently they are subject to multiple drug prescription which in itself has unforeseen side effects. Mental wellbeing of many individuals with multiple learning disabilities is also affected through increased stress, poor quality of life and social exclusion. Equally both the physical and mental wellbeing of family members, particularly those principally responsible for direct care can be adversely affected, in returning that ability to continue caring.

4. Proposals

- 4.1. The Healthy Lifestyles Project is directed to specifically supporting improved health and meeting unmet needs through improvements in lifestyle and in ways which involve benefit on individual's family. In addition, it will increase social inclusion, as well as providing active enjoyment for all families involved.
- 4.2. The programme will adopt a two pronged approach to developing practical ways to increase healthy lifestyles for people with profound and multiple learning disabilities and their family carers. The first involves the opportunity for family carers, where possible in conjunction with their son or daughter's paid carers, to learn about health and healthy lifestyles, and secondly, the development and encouragement of an active lifestyle that leads to a good health quality of life. These two elements, will involve extensive collaboration between PAMIS and a range of professionals and agencies with comparable aims in each of the six Scottish locations.
- 4.3. This will be achieved through a 3 year work programme which will involve the delivery of a range of themed workshops aimed at increasing knowledge and understanding which in turn will lead to improved wellbeing for participants. This will also include the identification and creation of activities conducive to stress reduction through sensory experiences and positive interactions.
- 4.4. South Lanarkshire Council is uniquely placed to develop this activity, with developed policies on health improvement and well being, and with significant new resources (e.g. South Lanarkshire Lifestyles) to facilitate the development of activity.
- 4.5. The full project will undergo an evaluation monitoring process based on participants views of the workshop programmes, community activities and actual outcomes for service users and their carers.

5. Employee Implications

- 5.1. None

6. Financial Implications

- 6.1. This 3 year project will be funded from a successful application from the big lottery fund of £226,330, and contributions made from 6 local authorities/health board contributions of £15,000 each over a 3 year period, totalling £45,000 each.

7. Other Implications

- 7.1. None

8. Consultation

- 8.1. Consultation with carers is a main principle that underpins the work of PAMIS, including this proposal.

Harry Stevenson
Executive Director (Social Work Resources)

3 May 2006

Link(s) to Council Objectives

South Lanarkshire Council Forecast 2003-2007

- Creating Successful Communities
- Supporting Our Communities

Previous References

None

List of Background Papers

None

Contact for Further Information

If you would like to inspect the background papers or want further information, please contact:-

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