



Cyngor Sir  
**CEREDIGION**  
County Council

# Young Persons Report



An  
easy read  
summary for  
all ages

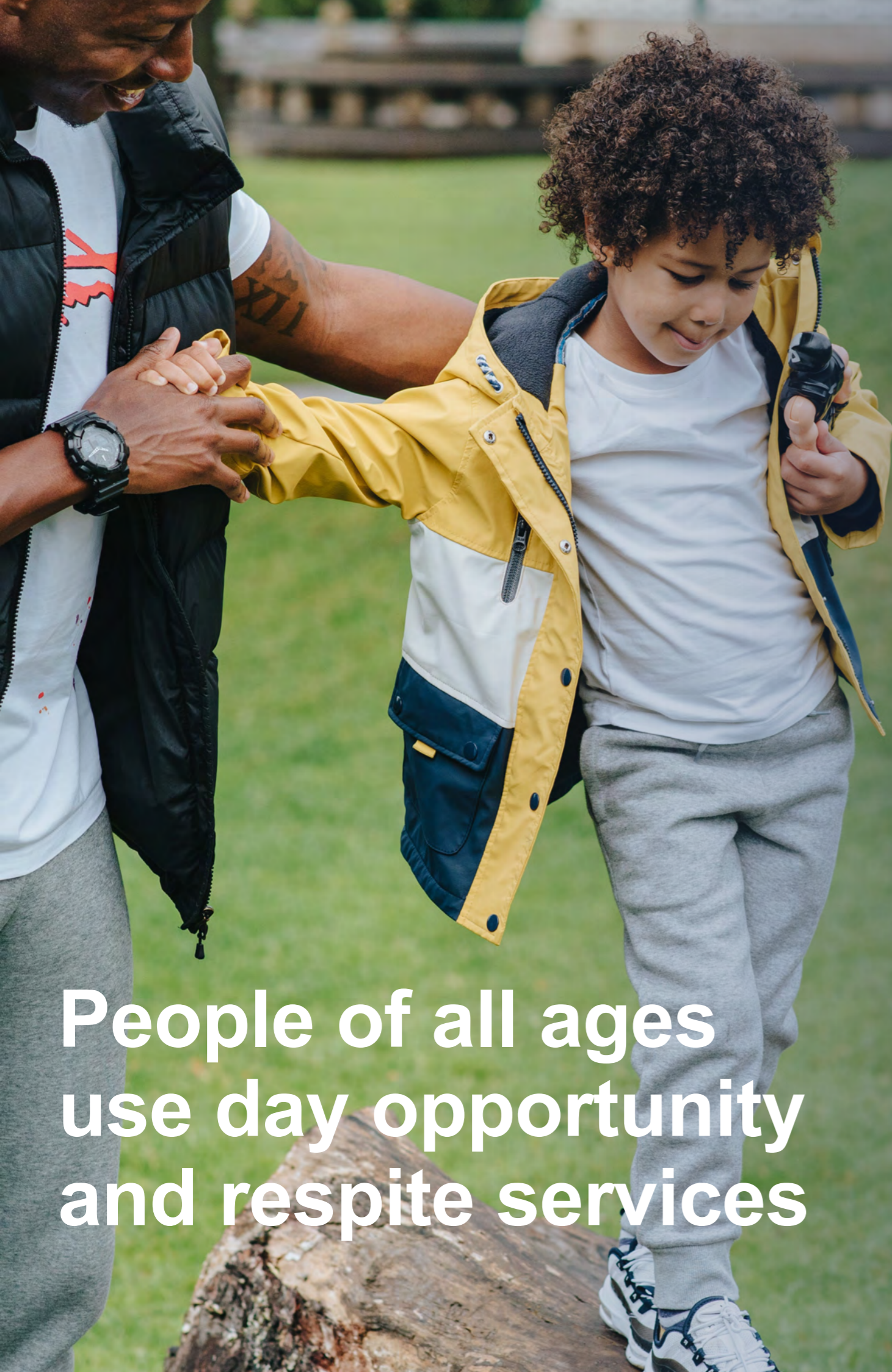
Ceredigion County Council

## Review of Day Opportunity and Respite Services

# What is this report about?

We want to make sure that Ceredigion County Council provides the services that people need and want.





# What are day opportunity and respite services?

The council provides these services to people of all ages.

People of all ages use day opportunity and respite services

## Day opportunity services

provide activities for people to learn skills, have fun and socialise.

These are usually held in day centres or community buildings during weekdays.

The activities can be social, creative or educational. They're a chance to get out and try new things.

**Respite services** provide care for people when their **unpaid carer** \* needs a break.

This can be so the carer can do important tasks, go somewhere, or just have a break.

Respite care can be for a few hours, a few days or longer.

These include day activities or staying in a care home or holiday accommodation.

\* **Unpaid carers** – These are anyone who helps care for someone. They might be a family member like a parent, sibling or child, or they might just be a friend. Unlike staff, unpaid carers are not employed to deliver care.



# How did we find out what people think about Day and Respite Services for this report?

We used different ways to find out what services are currently available and what people want and need, including various service reports and guidances.



## We also spoke to a lot of people face-to-face and online:

People that use day opportunity and respite services

Families and carers

Organisations that deliver services

Staff in social care and day opportunity centres

Health staff

People with learning disabilities

People with dementia

Children and young people

People with complex needs

We spoke to 206 people face-to-face and 205 completed an online survey that was open to the public.

In total, 411 people took part in this review, including children and young people.



# The importance of day opportunity and respite services

**Everyone we spoke to said day opportunity and respite services are very important.**

For **service users\***, these services:

- Help them to socialise with other people
- Take part in activities they enjoy learn important **occupational skills\***

\* **Service users** – This is the term for people who use services. These services can range from care support to activities. A wide range of people in Ceredigion are service users, including children in care, people with disabilities, and people with dementia.

\* **Occupational skills** – These are a set of skills and knowledge that help someone do a job. The council provide day opportunity services to help people develop these skills. These might give people more independence at home or they might help them to get a paid job

For unpaid carers, these services:

- Give them free time for rest or work
- Opportunity to socialise with other carers and staff
- They would struggle to meet the needs of the people that they care for without these services

**Day opportunity and respite services are very important to service users, families and unpaid carers.**



## Why things may need to change

**There are a lot of reasons why Ceredigion should update its services:**

- **People's needs are becoming more complex**
- The impact of the Covid-19 pandemic
- **The increased cost of fuel, food and resources**
- The availability of staff to support people who need support
- **The desire for more local community centres open for all community members to use and with shared resources**
- Transport challenges such as not enough drivers, whilst recognising that transport is essential for supporting people to access day and respite services
- **The need for social care, the NHS and third sector services\* to work closer together**

\* **Third sector organisations** – This is the term for people who use services. These services can range from care support to activities. A wide range of people in Ceredigion are service users, including children in care, people with disabilities, and people with dementia.

## Day centre names

**The council would like to offer more community activities at day centres.**

**To help promote this change, they have suggested changing the name of some day centres.**

If the council wants to go ahead with these name changes, it should check back with the public to get their support.



# Service redesign proposals

## Feedback on the proposals to reform services was mixed.

Some people said the changes were needed. Services should meet the needs of service users now and in the future.

Other people were worried by the suggestion of mixing different groups of service users in the same setting.

This is because people need specific support for their needs. They weren't against the proposals, but said it needed careful management.



Most people liked the suggestion that more activities will be available. Everyone agreed that these should be designed around what service users want and need.

Most people agreed that there should be more activities that help people to get paid jobs. The council should focus first on opportunities that were closed during the pandemic.

People liked the idea of day opportunities and respite services being available for more hours. But they wanted to make sure this didn't affect how well the service was delivered.



**People said it was important that everyone is informed on how the proposals were designed and introduced. Everyone should have their say.**

# What **children and young people** said...

We spoke with children and young people in a workshop and through a survey.

Here's what they said:

## What they enjoy about day opportunity and respite services

New people to play with

The chance to relax

Get space from siblings

## What they would change about services

One young person said they thought that "some foster parents can be bad – improve foster care."

Some young people said that other children have a negative view about social workers and being in care. More work needs to be done to change opinions so young people don't feel embarrassed or ashamed.

Young people would like the council to lift the ban on some activities that don't meet health and safety requirements, like trampolining. These rules don't affect children who aren't in care, and this doesn't seem fair.

## What services they would like to see

- Do things with animals like helping at a shelter
- Stay somewhere longer
- Go to theme parks and attractions
- Respite homes that aren't foster carers, like friends' houses
- Day trips like Llangrannog, boat trips, Jump Park, Blue Stone and more



# What young people of **transition age** said...

We also spoke to young people aged 16-24. This is called transition age, when they move from children's services to adult services

## What they want in the future from services

- They want to direct their own support rather than be tied to a service that isn't their choice
- They want to be with people their own age and out in the community
- They want work
- They want organised activities for groups of people their age with autism
- More personal assistants to help them with access
- Services that help them to access their communities
- Respite services for family members
- A day service that provides activities, friendship, opportunities, a change of scenery and a sense of belonging

## What they want in adult services

We surveyed young people about what activities would be most useful when they move to adult services. The most popular options were:

Support in making friends / relationships

Meeting people and community activities

Skills to help me live by myself

What they like about day opportunity and respite services

Seeing friends | Staff | Routine

## What they would change about services

- Boys and girls in the group
- More visits to the national library and leisure centre
- Work experience opportunities
- More day trips
- Going out into the community
- Life skills and cooking
- Want a bus or better transport
- More consistency with staff working with them
- More consistency with vehicles
- Less changes in base location
- Interactive screen in centre
- Sensory experiences
- More information about what happens when you leave transition
- Making it easier to get a place in services

## Overall feedback

### Children and young people

Children and young people said they wanted activities that helped them to develop skills.

They want activity-based services and they like using community resources.

They also want take part in activities that are open to children who aren't in care.

**76% of children & young people said they wanted activity groups with people their own age**

**67% of children & young people said they wanted creative activities**

**57% of children & young people said they wanted outdoor activities, trips, and volunteering activities**

## Young people in transition

Young people said that sometimes their needs and circumstances aren't listened to early enough. This meant there were gaps in support when they moved to adult services.

They also said that they struggled to access adult services when they transitioned.

“ It is a scramble to get things in place, no forward planning, no transition social worker in place, never knowing what's happening next.

“ Camu M'laen is a really positive structure, but what next?

“ Limited access to sheltered housing.

## Adults with learning disabilities

This group highlighted the importance of routine, continuity of support, and the need for a calm environment.

**You can read the Young Persons Action Plan to find out what our next steps are.**

# Interested in reading the full report?

If you would like to read a more detailed version, the full report and an easy-read version are available on the Ceredigion County Council website.

## Social Care & Wellbeing

Canolfan Rheidol  
Rhodfa Padarn  
Llanbadarn Fawr  
Aberystwyth  
Ceredigion  
SY23 3UE

Tel: 01545 574000



Cyngor Sir  
**CEREDIGION**  
County Council

[ceredigion.gov.uk](http://ceredigion.gov.uk)