

# SUMMER FOUNDATION STRATEGIC PLAN 2015 - 2018

30 August 2016

## VISION

That young people with disabilities and complex care needs will have inherent value as members of our society with access to a range of housing and support options that enhance health, wellbeing, and participation.

## MISSION

To create, lead and demonstrate long-term sustainable changes that stop young people from being forced to live in nursing homes because there is nowhere else for them.

## A CHANGE AGENT

The key aim of the Summer Foundation is to change human service policy and practice related to young people in nursing homes. The Summer Foundation utilises a range of strategies to influence health, housing and disability services policy and practice related to this target group. These strategies are depicted in the figure below. The Summer Foundation is not able to implement all of these strategies in isolation – we collaborate with other organisations, government, people with disabilities and their families to achieve this aim.



## WHAT POLICY CHANGE DO WE WANT?

There are four key areas that must be addressed to resolve the issue of young people in nursing homes in Australia. Our work will focus largely on policy and practice change in the NDIS sites. This change will have a national impact as the NDIS rolls out.



### 1. Increase the range and scale of housing

We do not expect many people to move out of nursing homes in the NDIS trial sites because of the lack of appropriate housing and support options. Housing for people with disability needs to be integrated into mainstream housing strategies instead of continuing to build segregated and specialist housing – this will create the scale and range of housing options we need.

#### GOALS

- Eight residents transitioned into Hunter Housing Demonstration Project by December 2016.
- Completion and dissemination of knowledge generated by the Abbotsford Housing Demonstration Project by December 2015.
- Publication of outcomes and projected life-time costs of Abbotsford tenants in peer reviewed journal by June 2017.
- Completion and dissemination of knowledge generated by the Hunter Housing Demonstration Project by June 2017.
- Two other integrated models of housing and support under development by June 2018.
- Publication of research regarding outcomes and projected life-time costs of Hunter project tenants to peer reviewed journal by December 2018.
- Support 30 people with disability and family members to share their experiences and outcomes related to housing via media, public speaking and advocacy opportunities by June 2018.

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## 2. Ensure that young people in RAC get access to the NDIS

The Summer Foundation is conducting action research to measure outcomes and identify any gaps, issues or barriers to young people in nursing homes getting access to services funded by NDIS in the trial sites. We are working with the National Disability Insurance Agency (NDIA) to streamline the NDIS registration process of young people currently in nursing homes and entering nursing homes. Our target group requires information, resources and support to access the services they desperately need.

### GOALS

- 80% of young people in nursing homes to receive services through the NDIS in the trial sites by June 2018.
- Publish a study of the impact of the NDIS which includes at least 60 young people in nursing homes who have received services through the NDIS by June 2018.
- Support 40 people with disability (and/or their families) who have received services through the NDIS to document their stories (40 written stories and 10 digital stories) by June 2018.
- Support 30 people with disability and family members to share their experiences and outcomes relating to the NDIS via media, public speaking and advocacy opportunities by June 2018.

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## 3. Prevent new admissions

In a nursing home, young people typically lose skills and their social networks diminish. Most (59%) young people are admitted to an acute or rehabilitation hospital before their first admission to a nursing home. We will work to improve the interface between health, Aged Care Assessment Services (ACAS) and the NDIS in order to minimise new admissions of young people to nursing homes. We will also advocate for slow stream rehabilitation services so that people with severe ABI have the time they need to demonstrate their potential before a decision is made about their housing and support options.

### GOALS

- Research the issues and barriers preventing the return of people with high and complex support needs from hospital to community based housing by December 2016
- Support 15 people with disability (and/or their families) in remote communities who are either in nursing homes or at risk of admission to document their stories (15 written stories and 10 digital stories) by June 2018.
- To develop a collaborative strategy with health, NDIA and ACAS in NDIS trial sites to reduce the number of young people in nursing homes by June 2017.
- To reduce the number of people under 55 years admitted to nursing homes in the NDIS trial sites by 30% by June 2018.

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## 4. Increase access to proactive health services

Young people with high and complex care needs often experience a narrow margin of health. Health needs must be proactively and closely managed to support sustainable community living.

### GOALS

- Conduct a review of health needs and barriers to accessing proactive community health by December 2016
- Document examples of best practice and potential solutions by June 2017
- Lead a collaboration to draft national slow stream rehabilitation principles by June 2017
- Articulate an evidence based role for the Summer Foundation to play in promoting proactive community health for young people with high and complex care needs living in the community by December 2017

## GUIDING PRINCIPLES

*Individuals and families:* Supporting, informing and empowering people with disability and their families is critical to resolving the issue of young people in nursing homes

*Collaboration:* We build partnerships with government, other organisations, people with disability and families to create positive change

*Innovation:* We strive for innovation by collaborating across sectors and disciplines and taking calculated risks

*Integrity:* Preserving our credibility is paramount; we are committed to integrity in our relationship with others and in the presentation of facts.

## THEORY OF CHANGE

### Research

Research underpins the work of the Summer Foundation and provides an evidence base for policy and practice change. However, research alone is not enough to change policy and practice. The knowledge generated by our research is disseminated to both the decision makers and the wider community. We also distil expert knowledge and make it available in formats that are accessible to people with disability, families and workers at the grassroots.

### Stories

Enabling young people in nursing homes and their families to tell their stories and distributing these stories is a powerful and effective tool for influencing the general public, decision makers and politicians. We have a rich bank of powerful stories and relationships with a broad group of people with disability and families who are keen to tell their stories in order to effect change. These stories combined with the publication of research provide an effective hook for media coverage. Politicians and decision makers are heavily influenced by stories in the media. Media coverage forces government to pay attention to our target group and allocate resources.

We also use stories as a basis to support people with disability and families to actively participate in the political process. We support people with disabilities and families to influence government by:

- Providing toolkits about writing letters to politicians and making submissions
- Conducting workshops to produce letters to politicians prior to elections and submissions to inquiries
- Supporting people with disability to meet politicians and make presentations to government
- The lived experience of people with disability and families is central to developing potential solutions.

### Prototypes

We design and pilot potential solutions and then evaluate them through action research. This is an iterative process that involves: designing, building, evaluation and learning. Our research and the perspectives of young people in nursing homes and their families are central to the design of these prototypes. These prototypes provide an evidence base to leverage the policy change and funding needed for replication and national scale.

### Knowledge

We are a knowledge hub for research about young people in nursing homes and potential solutions. We capture, document and disseminate the knowledge generated from our research and prototypes in order to encourage others to replicate and scale our work.