Milton Keynes Market Position Statement

2019 – 2022

milton keynes council

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1. INTRODUCTION

The Milton Keynes Council Market Position Statement describes the current and expected future demand for Adult Social Care services and outlines the models of provision the Council wishes to develop in the future, shaped by the following policy and strategy:

- **The Milton Keynes Health and Wellbeing Strategy 2018-2028**
- **The Milton Keynes Joint Strategic Needs Assessment**
- **The Milton Keynes Better Care Fund Plan 2017-2019**
- **Integration of health and social care services locally and at regional level through Sustainability and Transformation Partnerships (STP)**
- **The Care Act 2014 requirements**
- **Government policy for health and social care**

Milton Keynes is a large town formed in 1967, with a population of approximately 270,000. It is located 45 miles (72 km) north-west of London, near to the M1 motorway and forms part of the Cambridge-Milton Keynes-Oxford Corridor, which runs between two university cities. The Corridor is a major centre of the United Kingdom's high tech manufacturing and research industries. The Corridor has the fastest growing population of any of the similar regions within the UK and Milton Keynes is set to double in size over the coming few decades.[1] Milton Keynes alone has doubled[2] in size since 1981, a rate of expansion nearly five times faster than the English average. The National Infrastructure Commission projects that the corridor will become host to major hi-tech industrial developments and will be the site to one million new homes by 2050.

Milton Keynes has an ageing population with increasing levels of disability and frailty and, as people live longer, demand for health and social care services is expected to increase. The Council and its partners need to understand the local position and plan for the changing population to manage the need in the coming years.

The following outcomes are expected from the Market Position Statement:

- Provide the social care market with a credible document giving the priority business/market opportunities across Milton Keynes
- Create a basis for dialogue with providers regarding new models of care
- Develop improved relationships with service providers and attract new providers
- Expansion of market facilitation

[1] Milton Keynes Citizen, 23/1/18

[2] National Infrastructure Committee Consultation outcome Cambridge-Milton Keynes-Oxford: ' growth corridor' call for evidence, 20th April 2018

2. What is the Purpose of the Market Position Statement?

This document draws on existing strategies, contract monitoring information, feedback from service users, carers and service providers and the Joint Strategic Needs Assessment. It is designed to contain information and analysis that will be useful to providers of adult care and support services in Milton Keynes, to help them shape services in the short, medium and longer term.

It provides information about the current state of the market and the service models we are encouraging. This is based on projections of future demand and the changing landscapes we are all operating in. The Council is committed to stimulating a diverse market and the Market Position Statement has been produced to encourage and inform a conversation with current and potential providers of care and support.

Milton Keynes Council wants the market to feature a wide range of providers, offering a range of different services for differing levels of care and support, enabling choice and offering different ways of meeting people's needs. The market place needs to be characterised by access to information and advice with advocacy and brokerage, where required, to point people to appropriate suppliers. Milton Keynes would like to encourage user and carer led organisations, small and micro social enterprises as well larger private and voluntary organisations. The emphasis is on improving the diversity within the care market and developing quality services.

We particularly encourage voluntary and community organisations, small providers and sole traders to look to develop working relationships with the Council. We wish to promote a wider range of solutions to enable local people to choose the right services for them.

3. KEY CHARACTERISTICS OF THE LOCAL CARE MARKET

What is a Care Market?

We use the term 'care market' to describe the environment in which individuals, local authorities and the NHS buy care and support services and public, voluntary and private sector bodies supply them. The local authority and the NHS are seen as key facilitators in the development of this market both locally and regionally. Market activity by the local authority is likely to be targeted at:

- Ensuring sufficient provision to meet current demand for services
- Ensuring sufficient choice of providers within a sector of care provision e.g. domiciliary care, care homes
- Ensuring people who require support can access this from mainstream services wherever possible, including the requirement for all service providers to make reasonable adjustments for people with a disability.
- Ensuring sufficient services are available to meet future demand, informed by demographic trends
- Addressing gaps in service provision, where people are currently unsupported or require more choice to enable them to remain independent and in control of their care and support options.
- Services that can respond to both long term and reablement needs.

Milton Keynes Council Plan 2016-2022[3]

The Vision for Milton Keynes set out in the Milton Keynes Council Plan 2016-2022, is for a thriving city of 500,000 people, growing to be the greenest and most sustainable city in the world, ensuring a fairer, hardworking and more equal Milton Keynes for all.

There are three key aims for Milton Keynes:

- To help create a city of opportunity for citizens, organisations and businesses
- To be an affordable city, creating communities that can attract retain and enable people from every background
- To be a healthy city, ensuring lifelong wellbeing for all, investing in services that promote prevention, choice and empowerment

[3] https://www.milton-keynes.gov.uk/your-council-and-elections/council-information-and-accounts/strategies-plans-and-policies/council-plan-2016-2020

Health and Wellbeing Strategy 2018-2028 [4]

Milton Keynes Joint Health and Wellbeing Strategy for 2018-28 identified three priorities for the whole health and social care system, both now and in the future:

1. **Starting Well** - The first 1,001 days from conception to age 2 is crucial for lifelong wellbeing. Families are the most important influence on a child in the early years. Good emotional health and wellbeing improves a person's life chances. Over half of all mental illness starts before the age of 14 years and 75% develops by the mid-20s. Adverse childhood experiences (such as a parent's substance misuse, social deprivation, or abuse) can mean poor health and social outcomes in later life.

2. **Living Well** - How and where we live, work and play can have a strong impact on our health and wellbeing. Income, employment, education, housing quality and crime play a role in physical and mental health. Strong social networks can increase resilience and the ability of people to live independently. Unhealthy behaviours cause 40% of premature mortality and smoking is still the greatest single health risk.

3. **Ageing Well** - Health and social care will need to adapt to growing numbers of older people. Nearly a third of older people live alone and social isolation is a contributing factor to over 60% of preventable illness. Lack of social support increases the risk of hospital admission, readmission, and longer stays in hospital. Depression remains the most common mental health need for older people. Healthier behaviours and independence can increase the number of our 'healthy years'.

Integrated Services and the Better Care Fund

The Milton Keynes Better Care Fund 2017-19 is a dedicated fund of approximately £20million, to drive forward further integration of health and social care services. Much of this is focussed on care in community settings. Co-ordinating the local care market to respond to this is imperative to develop the required capacity in community services.

The Internal Market

The local authority provides of a range of internal services which include a registered home care service, day care, a Shared Lives Scheme, sheltered housing with care, community alarm and telecare plus a range of intermediate care services. Intermediate care is jointly provided by the Council and Central and North West London NHS Foundation Trust - Milton Keynes (CNWL) and delivers a range of community rehabilitation and therapy e.g. home-based care, physiotherapy, short term residential and reablement. Intermediate care data demonstrates there is increasing use of this type of provision.

[4] https://www.milton-keynes.gov.uk/social-care-and-health/health-and-wellbeing-board/health-and-wellbeing-strategies-and-the-jsna/joint-health-and-wellbeing-strategies

4. Challenges to the Provision of Care and Support

Our overall strategic direction is to move towards personalised services delivered in the community, which will promote people's quality of life, physical and mental wellbeing and their independence. However, a number of factors affect the need for services and how the Council can deliver services in the future.

With the current financial climate for local authorities, there will be increasing need for creativity and innovation in how we deliver personalised care and support services. We would always welcome the opportunity to have discussions with providers regarding how we might achieve this.

Demographic Change

Milton Keynes is changing and growing as transport links and house prices in London improve and increase respectively. This has changed the population demographic as work forces have moved into the area influencing the types of services required. Milton Keynes historically had a younger age profile than England as a whole, and a relatively small older population. This is changing as the current population continues to live longer.

The higher incidence among older age groups of many health conditions and disabilities means that Milton Keynes' ageing population poses a great challenge to the health and social care systems in terms of managing demand for services with increasingly tighter resources. Increased life expectancy in Milton Keynes implies longer periods for individuals where health, social care and support are required.

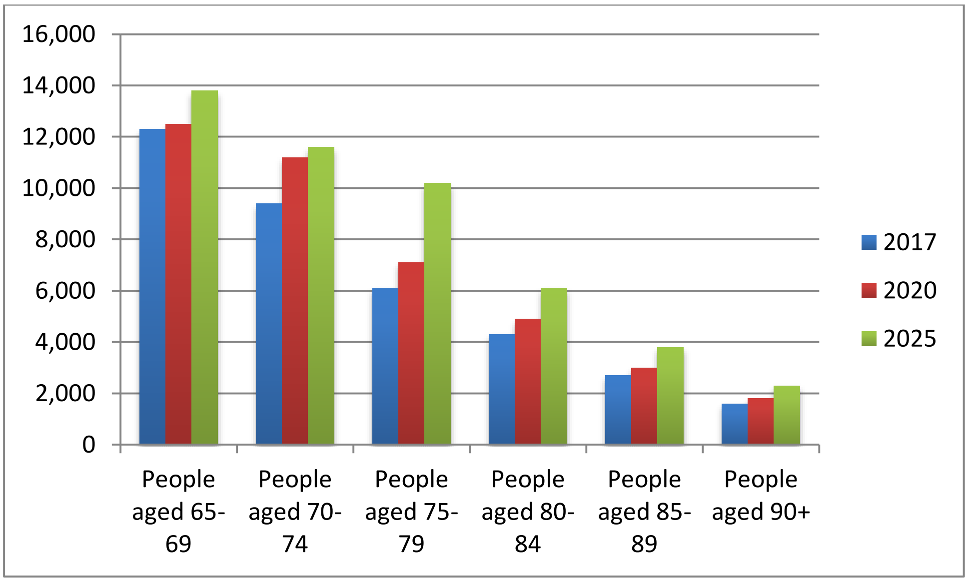


Table 1: Annual growth and percentage increase of population aged 65 and over based on 2017 population

	2017	2020 **+ % increase**	2025 **+ % increase**
People aged 65-69	12,300	12,500 (2)	13,800 (12)
People aged 70-74	9,400	11,200 (19)	11,600 (23)
People aged 75-79	6,100	7,100 (16)	10,200 (67)
People aged 80-84	4,300	4,900 (14)	6,100 (42)
People aged 85-89	2,700	3,000 (11)	3,800 (41)
People aged 90+	1,600	1,800 (13)	2,300 (44)
TOTAL	**36,400**	**40,500 (11)**	**47,800 (31)**

Source: Projecting Older People Population Information (POPPI) 23rd November 2018

Housing

Milton Keynes is actively working to grow affordable, social and council housing which reflects the growing community. The Council are currently working towards halving rough sleeping by 2019 and ending it by 2021 with additional floating support to those accommodated. This strategy means being able to identify and meet the needs of individuals with complex and or challenging needs which affects how these needs can be best met by the existing and future markets.

The Council actively encourages developers to build all new homes to the 'Lifetime Homes' standard so that they can be readily adapted to meet the needs of those with disabilities and the elderly as well as assisting independent living at home. There is a pathway for supported accommodation which allows for independence for as long as possible but accepts the inevitability for some of care home provision.

Based on limited capacity, the housing market for those over 65 and particularly those with nursing and dementia needs is an area of key growth for Milton Keynes.
The Milton Keynes Strategic Housing Market Assessment (2017)[5] provided a profile of households with supported housing and health needs, based on a sample survey. The profile found that a high proportion of households had health problems affecting their housing requirements and whose homes were not currently adequate to meet their health problems such as general mobility and managing personal care.

Care Homes

A number of recent national studies and reports have determined that the demand for care home beds, especially for older people, will outreach supply for both local authority funded

[5] https://www.milton-keynes.gov.uk/planning-and-building/planning-policy/draft-strategic-housing-market-assessment-november-2016

and self-funders. This is supported by evidence from Milton Keynes' Joint Strategic Needs Assessment that highlights population growth and prevalence of long term conditions are key factors in increased demand.

Simultaneously the Care Quality Commission data demonstrates that the number of care beds in Milton Keynes has fallen and continues to reduce, most recently due to care home failure. By 2022 the 1250 existing care beds is expected to fall to 1032 whereas it is predicted that at least 1419 beds are needed to meet demand.

Milton Keynes continues to be a popular choice for self-funders and those in neighbouring local authority commissioners, which adds additional pressures on local resources.

There are a number of care homes available in the borough but with a population that is staying at home for longer, the market has experienced a change towards requiring higher need, specialist beds as opposed to lower age, residential provision.

The Financial Challenge

Nationally, local government continues to face significant pressures brought about from reduced levels of Government funding, whilst at the same time experiencing growing demand for services in adult social care. Local authorities continue to face unprecedented financial uncertainty particularly in relation to social care funding[6].

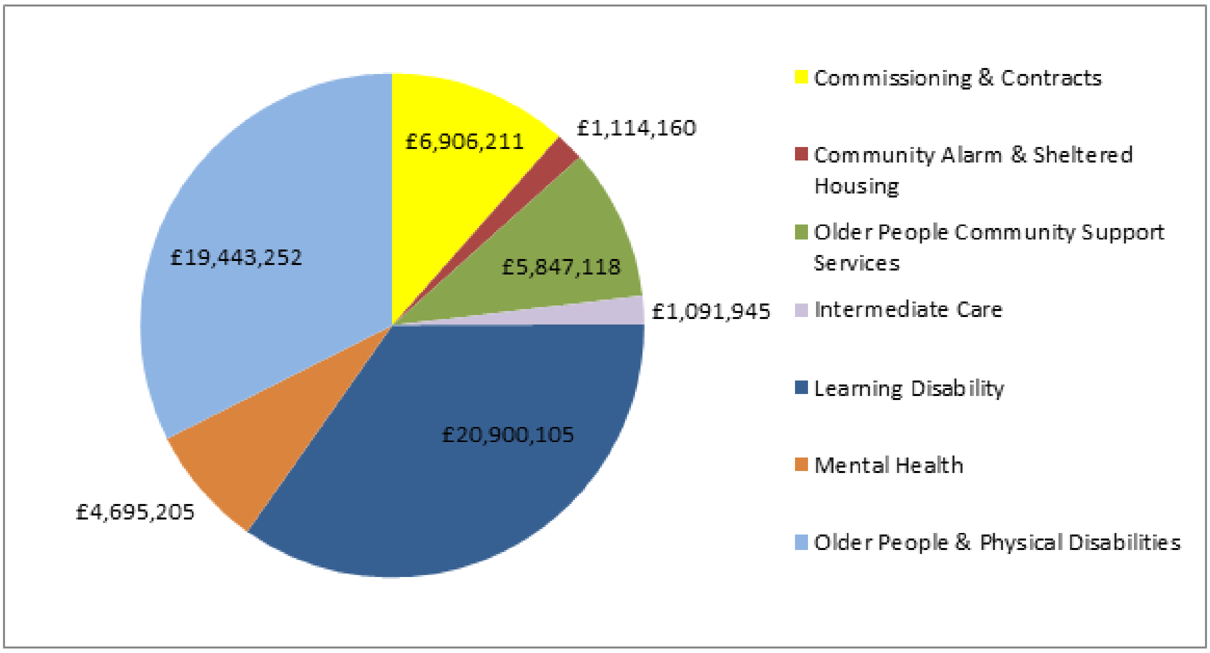
Milton Keynes Council has over the last eight years, delivered £144m of service reductions and raised additional revenue from fees and charges in order to maintain a balanced budget. However, between 2020/21 and the end of 2022/23, the Council is forecast to have a budget gap of approximately £18m.

Furthermore, these challenges will be compounded by reductions to NHS budgets locally, and the restructuring of the NHS to deliver more services at Sustainability and Transformation Partnership (STP) level. This is a regional approach to commissioning and delivering services.

What a local authority offers has significantly reduced as budget cutbacks increasingly affect frontline services. The focus for the future will be on transforming services to make the best use of resources and targeting specific requirements which meet statutory needs. Hence a growth in demand for specialist and preventative services with a limited budget requires a different approach to service delivery.

[6] https://www.adass.org.uk/adass-budget-survey-2019

The following pie chart shows the allocation of investment in Adult Social Care between service user groups during 2019/20:



Source: MKC Finance Team 2019/20

For providers, the impacts are likely to be experienced in the following ways:

- Changes to Adult Social Care and individual purchasing activity at the level of individual support packages;
- Medium to long term commissioning, decommissioning and re-commissioning of services to ensure delivery within a reduced resource envelope;
- A need for providers to create efficiencies through service delivery, or work differently to deliver services;
- The opportunities for more integrated NHS and social care commissioning of services will impact on provision in MK

To meet the financial challenges of the next five years the Council has proposed a strategic shift in the focus of the organisation from a model based largely on cost reduction and service redesign, through to a strengthened focus on a more entrepreneurial/commercial approach.

5. The Role of Commissioning and Partnership

Restrictions in local government expenditure and the duties of the Care Act (2014) require the local care market to undergo changes to support the Council to achieve their vision. Together, with both providers and citizens, the Council needs to change its approach to services; managing new demand and reshaping supply.

This requires a strategic shift in both culture and resources, managing demand through prevention and early intervention, specialist provision that meets needs, alongside support from within local communities to help maintain independence.

Market Facilitation

A new approach to commissioning is required that focuses on enterprise, co-production and building the capacity of communities long term. This new approach emphasises:

- Maximising independence, health and wellbeing and a focus on prevention
- 'Co-production' of services, for example with local communities, neighbourhood and parishes. This is where individuals influence the support and services they receive, or where groups of people get together to influence the way that services are designed, commissioned and delivered
- Supporting providers who increase capacity in key areas such as care homes and supported accommodation.
- Stimulation of the health and social care market so that people have a wealth of different care options provided by groups and organisations who know their local communities well
- Ensuring that a diverse range of options are available to everyone including those who pay for their own care
- The opportunities presented by NHS and social care integration.

Activities to ensure Milton Keynes develops market capacity to deliver services include:

- The development of this and subsequent market position statements
- A recognition that the Council needs to develop a greater understanding of providers, including their concerns and their potential for development.
- The development of better analysis of information about people who fund their own care and well-being, conducting a market review of consumers' priorities, including those who self-fund their care and support services
- The use of pilot projects to test out initiatives and innovative service developments
- Conversations with both providers and partners to inform future work.

Shaping supply requires services to support new, more creative ways of working. For example, promoting reablement, incorporating Assistive Technology, supporting carers, and encouraging individuals to have greater choice and control of their care.

The Council continues to seek a shift from dependency on services to one of increasing self-care, supporting Milton Keynes residents in the management their own health and wellbeing. To do this there needs to be a mixed market of services delivered by a range of providers, which offers a variety of care and support options.

People must be able to choose from suppliers in the knowledge that services are safe and of a stated quality and price. Milton Keynes Council will work with providers in the market to robustly monitor quality and service outcomes.

6. AGEING WELL – CARE AND SUPPORT OF PEOPLE OVER 65

More people are living longer lives than ever before. However, for some, the ageing process results in deterioration in physical and mental health that poses major challenges, in particular in how to allocate resources to meet needs. Nearly two-thirds of adult social services users in Milton Keynes are aged 65 or over; with a majority of these needing help or support in their own home, and nearly half of these become eligible for help after a spell of ill health.

Data shows that with increasing age, more people are unable to manage daily living activities. This will impact on their ability to remain independent in the community. There will be an increase in the numbers of people who are unable to manage one Activity of Daily living (ADL) by themselves. Not all of these people will require support from adult social care, but it does give some indication of the levels of increasing frailty in the population.

People with long term conditions are intensive users of health and social care services, including community, hospital and acute care services. Increasingly the Milton Keynes population is living with one or more long term conditions. As the local population ages, the number of people with long-term conditions is growing.

Table 3: People aged 65 and over with a limiting long-term illness, by age, projected to 2025: Milton Keynes

	2017	2020	2025
People aged 75-84 with a limiting long-term illness that affects their day to day activities a lot	3,149	3,633	4,935
People aged 85 and over with a limiting long-term illness that affects their day to day activities a lot	1,876	2,095	2,662
Total people with a limiting long-term illness that affects their ability to carry out ADLs a lot	**8,410**	**9,425**	**11,560**

Source: Projecting Older People Population Information (POPPI) 26th November 2018

Consequently the drive to reduce and delay entry to a care home is supported by: the focus on prevention; services that support increased independence; and people leaving hospital or in the community being offered reablement. The expansion of preventative services which support older people to regain independence following events such as a fall or hospital admission, will need to improve independence, prolonging people’s ability to live at home, and remove or reduce the need for ongoing commissioned care and support.

Housing and supported accommodation

The council has 27 sheltered housing schemes in Milton Keynes serving more than 840 residents. The council also provides housing with care in three separate units, two of which deal specifically with dementia.

The self-funder market is also flourishing in the area with many choosing to stay or move to Milton Keynes to maintain familial links. The extra care housing market is well developed, with two 'retirement villages' in the area delivering to over 600 residents.

Residential and Nursing Care Homes

There are currently 24 care homes for older people in Milton Keynes, of which approximately 70% of bed spaces are self-funders and 30% of placements are council or health funded. Considering the shift in demographics over coming years, it is expected that any further reduction in the number of care homes will leave a shortfall for Milton Keynes Council funded places.

The Council has a block residential and nursing contract until 2033 for 270 residential /nursing beds. In addition there is a preferred provider list for care homes operating in Milton Keynes. However, the number of beds in Milton Keynes has reduced whilst the older population has increased.

Currently the Council spends over £2 million on dementia related care home provision alone and, with the growing need for nursing care, this is set to increase.

Domiciliary care

Overall the number of service users in receipt of domiciliary care is expected to increase, as well as the actual hours of care per individual. The number of people supported to live at home, who would otherwise have been admitted into residential care is increasing. Furthermore, those who are supported at home are likely to have more complex needs, requiring a greater level of care.

The local independent domiciliary care provision was re-commissioned in October 2018, and configured using a zoned approach. The 10 providers, organised into one of four zones in Milton Keynes, provides a pool of services from which to commission care. Spot provision is also used to meet additional demand and choice.

We have developed a short term domiciliary care service using the Better Care Fund. Known as the recuperation service, it offers up to four weeks intervention to support people in their own homes following a period of hospital care. It is intended that people are either fully independent or referred on to intermediate care for active reablement and rehabilitation. This service is well used and has increased in capacity to meet demand.

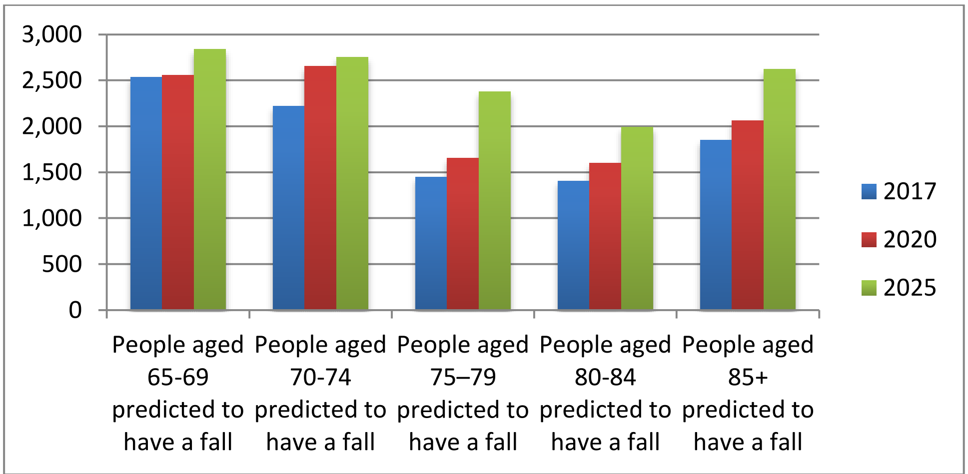
Dementia care
In Milton Keynes we have identified key priorities for dementia services:

- Increase the availability of dementia care home beds in the Milton Keynes area
- Improve the quality of care in care homes for people with dementia
- Provide a workforce fit to deliver to people living with dementia
- Improve community dementia services, and carer support, to enable people to live at home for as long as possible
- Improve the experience of hospital care for people with dementia.

Day care
For older adults, the Council provides in house support at the Simpson Day Centre and the Kitchener Centre, Olney. These services also support people with dementia. Currently they have a total capacity of 60 attendees per day.

Falls prevention
There are a disproportionately high number of reported injuries from falls within Milton Keynes, given its population size and demographics. Older people are at the greatest risk of falling and of suffering a permanent injury as a result of a fall which can greatly affect their lives.

Table 4: People aged 65 and over predicted to have a fall by age,



Source: Projecting Older People Population Information (POPPI) 26th November 2018

The consequences of falls have a significant impact on both NHS and social care services. Falling can precipitate loss of confidence, the need for regular social care support at home, or even admission to a care home. The council currently contracts with a provider for a Falls Prevention Service. This contract is until June 2020 with an option to extend for a further two years.

The Self-Funder Market

The Care Act (2014) requires Local Authorities to target investment to meet the needs of people who do not qualify for funded support, but who may require advice and guidance and signposting to providers who could help meet their needs. For example, people who would benefit from information that is designed to help maintain their independence and sense of wellbeing, such as what other funding they may be entitled to; the existence and contact details of other local organisations that could help them improve their wellbeing; and how to access equipment they may need.

Following informal discussions with local care home providers we estimate that there are over 1,000 self-funding care home residents in Milton Keynes, mostly older people, although data is difficult to confirm. In order to develop a greater understanding of this market and their requirement for local services we must form new partnerships with existing and prospective providers of a range of care and support services, to collaborate in generating market intelligence regarding self-funders.

In addition, there is the need to provide broader information to people (potentially) eligible for social care services, and those not yet eligible. This provides clear opportunities for the market.

Priorities for this client group therefore means a range of approaches that enables people to remain independent at home or in the community e.g. housing with care, specialist domiciliary care provision and assistive technology for people.

Also as well as an increased need for residential provision, there is a need for local services for people whose needs cannot be met though mainstream nursing provision, often because their behaviour is challenging and difficult to manage. People with behaviours that challenge are often placed outside of Milton Keynes.

Market Opportunities for Older People:

Care homes
Residential and nursing are required to meet the growing ageing population needs. Dementia provision is a growing market within this. The provision for residential and nursing beds requires significant time to plan to meet future needs and therefore is an area that requires long term sustainable partnerships with both existing and new providers.

This is a priority area of growth for Milton Keynes as it meets the short and long term needs of both the Council and NHS in providing accommodation based support from recuperation and reablement through to long term nursing and dementia care.

Short and long term accommodation solutions including reablement and respite care which provide rehabilitative, integrated care are an important part of the care pathway but also homes that can manage long term conditions and changing needs as conditions progress.

Given the time it takes to build care homes and increase capacity it is important that capacity should be developed ahead of expected increases in demand.

Equipment and Assistive Technology
To support increasing numbers of older people to remain in their own homes despite changing needs following discharge from hospital or increased care requirements requires further investment in equipment and adaptations. The Council commissions Community Equipment Services in partnership with the Clinical Commissioning Group, and there has been increased investment in this service over the past five years to support independence in the home.

Supporting people to proactively manage their health, including services such as telecare and other types of new technology and community equipment, will be increasingly required.

Prevention
Enabling older people to actively engage in their communities and maintain their wellbeing is fast becoming a priority of the Council. To effectively manage demand for long term care home and domiciliary services, increased attention is being paid to preventative services. The Council is keen to hear of innovative and creative ways to manage demand.

7. Living Well - Care and Support of People under 65

Physical Disabilities and Sensory Impairments

The number of service users with physical disabilities and sensory impartment is expected to see growth. As such there is a need to ensure sufficient capacity in the market to support these needs.

Table 5: People aged 18-64 predicted to have a moderate or serious physical disability, by age, projected to 2030: Milton Keynes

	2017	2020	2025	2030
People aged 18-64 predicted to have a moderate PD	12,697	13,086	13,677	14,140
People aged 18-64 predicted to have a serious PD	3,724	3,872	4,084	4,234

Source: Projecting Adults Needs and Service Information (PANSI) November 2018

Table 6: People 18-64 predicted to have a moderate or severe visual or hearing impairment, projected to 2030: Milton Keynes

	2017	2020	2025	2030
Total population aged 18-64 predicted to have a moderate or severe visual impairment	107	109	113	116
Total population aged 18-64 predicted to have a moderate hearing impairment	15,269	15,921	16,905	17,562
Total population aged 18-64 predicted to have a severe hearing impairment	963	999	1047	1074

Source: Projecting Adults Needs and Service Information (PANSI) November 2018

Market opportunities for people with physical disabilities and sensory impairments:

- Services which support the participation of people with disabilities in the design and delivery of plans and services
- The development of personalised services for individuals with physical disabilities who wish to effectively use a direct payment or access the personal assistant market
- Effective day opportunities
- Support into and in employment
- Supported living services, with suitable accommodation

Learning Disabilities

The development of personal budgets has provided an opportunity to widen choice in services for people with learning disabilities. Services have become more outcomes focussed, supporting people with learning disabilities and their families to state their aspirations and to work towards achieving them. Supported Living services have been commissioned on a preferred provider format, enabling people with learning disabilities to choose the provider they would like to support them, and work is underway to ensure that day opportunities are commissioned on the same basis.

The number of people with a moderate to severe learning disability who are living at home with their parents is forecast to rise. The number of people aged 65 and over with a learning disability is also expected to increase over time. Not only will these people require support to meet the needs resulting from their learning disability, but they will also require support to meet their physical health needs as they move into old age. Parent carers are themselves ageing, and the need for more accommodation and care options will be required, as well as addressing the financial implications of meeting these needs.

Through the Transforming Care work, and the efforts to bring people back to MK from placements elsewhere, increasing numbers of people with learning disabilities and complex needs will return to Milton Keynes requiring appropriate levels of support and suitable accommodation to transition successfully.

Accommodation Based Support

The Council has a contract for the delivery of supported living services for people with Learning Disabilities and/or Autism. There are twelve providers and they support people to live independently in the community in their own tenancies. This contract is due to expire in 2021 and a process of re-commissioning this support will get under way during 2019.

In addition there is a focus on further developing the Council's own Shared Lives scheme and commissioning specialist domiciliary care support for Learning Disabilities, Mental Health and Autism.

Day Opportunities

There are a range of services in the community to provide tailored support to individuals during daytime hours, evenings and weekends. The service model is focused on personal empowerment with a goal to develop skills and employment opportunities wherever possible. The Learning Disability Transformation Programme refocused day services offered by Milton Keynes Council, which now deliver support to people with complex needs.

Autism

Autism is a lifelong developmental disability that affects how a person communicates and relates to other people, and how people make sense of the world around them. There is now a process underway to develop an integrated autism diagnosis and post-diagnosis pathway. Numbers diagnosed are predicted to rise.

Table 7: Milton Keynes Autism Spectrum Disorders 2017-25

PEOPLE PREDICTED TO HAVE AN AUTISM SPECTRUM CONDITION	2017	2020	2025
aged 18-24	187	179	191
aged 25-34	376	374	369
aged 35-44	422	433	439
Aged 45-54	367	376	394
aged 55-64	291	311	335
Total population of people aged 18-64 predicted to have an autism spectrum condition.	1642	1,672	1728

Source: Projecting Adults Needs and Service Information (PANSI) November 2018

There are also increasing numbers of older adults with autism.

Table 8 Milton Keynes Autism data 2017 -2025

PEOPLE PREDICTED TO HAVE AN AUTISM SPECTRUM CONDITION	2017	2020	2025
aged 65-74	210	226	244
aged 75+	137	149	202
Total population of people aged 65+ predicted to have an autism spectrum condition.	347	375	446

Source: Projecting Older People Population Information (POPPI) November 2018

Market opportunities for people with learning disabilities and autism:

- Post diagnosis support for people with autism, who do not have a learning disability, including information, advice and opportunities for regular social engagement.
- The development of social enterprises that deliver products and services with a community / social purpose and offer employment opportunities for adults with learning disabilities.
- Ongoing leisure opportunities to support increased numbers of people with learning disabilities accessing personal budgets to integrate into mainstream society.
- Increased provision locally for people with complex needs so that they can return from NHS Hospitals or residential care in other areas.
- Re-commissioning the Supported Living contract to deliver high quality care.
- Supported living placements for people who have severe autism but who don't have a learning disability.
- Focus on developing day opportunities that offer support to access work related learning, work experience and support to remain in work.

Mental Health

At some point in their life, at least one in four people will experience a mental health problem whilst almost half of all adults will experience at least one episode of depression. Tackling mental illness and promoting mental wellbeing is essential.

The table below shows that the total number of people in Milton Keynes with a common mental health problem will increase moderately across all areas.

Table 9 : People aged 18-64 predicted to have a mental health problem in Milton Keynes

People predicted to have mental health needs	2017	2020	2025
People aged 18-64 predicted to have a common mental disorder (e.g. anxiety and depression)	26,640	27107	27946
People aged 18-64 predicted to have a borderline personality disorder	745	758	782
People aged 18-64 predicted to have an antisocial personality disorder	575	586	605
People aged 18-64 predicted to have a psychotic disorder mental illness	662	674	694
People aged 18-64 predicted to have two or more psychiatric disorders	11,898	12.107	12,487

Source: Projecting Adults Needs and Service Information (PANSI) November 2018

Accommodation based support

The Mental Health Improvement Programme is due to commission floating support services for people with mental health needs, who need support to maintain their accommodation and independence in the community. Time-limited supported housing to help people to transition from mental health hospital-based care, or out of area placements, into the community is also required including 24/7 intensive housing support with rehabilitation. Similarly sourcing good quality affordable housing is a priority.

Younger onset dementia presents particular challenges for individuals and their families. Often, people diagnosed are still of working age and have families to support. There are already discussions regarding the development of day opportunities for younger people with dementia, and support with employment for people with younger onset dementia

Day opportunities

The Council commissions day opportunities for people with mental health needs. The Mental Health Improvement Programme is seeking to ensure day opportunities support independence and recovery and that there are appropriate opportunities for people of all ages and diverse backgrounds. This will be achieved through an increased focus on co-production and supporting people to access mainstream activities in the community.

Market opportunities for people with mental health needs:

- Alternative housing options to meet the needs of those with medium term and long term mental health issues, enabling independent living and providing alternatives to admission for acute care, including 24/7 intensive supported housing and crisis provision.
- Floating support services to maintain accommodation and independence
- Recovery and rehabilitation based services, which actively involve service users and carers and offers both preventative and step down services providing clear information and advice on services, incorporating both community support and employment support services.
- Community services that deliver support to people with complex needs associated problematic social issues which impact on engagement and positive health outcomes.
- Development of person-centred packages of care, including the use of health and social care personal budgets, to more effectively meet individual needs and deliver agreed outcomes.
- The development of services with a focus on learning, training and work related opportunities, to enable people to work and learn to improve quality of life and options for the future

8. Carers

Carers have a vital role in supporting people who are ill, disabled, frail, who have mental health problems or learning disabilities so they can remain living at home.

In the 2011 census, 21,797 people in Milton Keynes acknowledged themselves as carers. Of these carers 64% (14,018) provided support of between 1 and 19 hours a week, 14% (2,991) provided between 20 and 49 hours a week and the remaining 22% (4,788) provided more than 50 hours a week unpaid care.

The demand upon carers is projected to increase with the increase in life expectancy, the increase in people living with a disability needing care and with the changes to services. In particular there will be a sharp increase in the demand for carers of older people and of people with dementia.

Following a review of national requirements for the support of carers, coupled with local service provision and pathways, the Council and Milton Keynes Clinical Commissioning Group decided to establish a Strategic Board for the governance of Carers Support services, and development of strategies.

This Strategic Board will take on the following:

a) Meet the Council and CCG's expected additional legislative responsibilities to carers in coming years.
b) Incorporate any changes to national best practice into the local carers pathway.
c) Meet the changing needs of the carer population over the medium term, in a personalised and flexible way.
d) Utilise the varied strengths of the Council, CCG and an external specialist carers support organisation.
e) Deliver best value to the citizens of Milton Keynes.

Priorities in Milton Keynes include the following:

- Identification of carers
- Information at the right time
- Support for carers to maintain or improve their wellbeing
- Personalised support and a life outside caring
- Communication and respect

9. Workforce and Local Authority Leadership

In Milton Keynes we want to ensure that everyone providing care and support to vulnerable people can respond appropriately and provide quality care/support. Building a skilled, talented, responsive adult social care workforce is a key priority for Milton Keynes. Our future offer will need to have a greater focus on:

- Supporting people to self-care
- Supporting staff to embed self-direction, choice and empowerment
- Supporting carers
- Training volunteers
- Identifying existing skills in local communities

New skills based around co-production, promoting independence and supporting people to use assistive technology will also be required. Our perception of who is included in the term “workforce” will need to change to reflect communities, volunteers and families if we are going to be able to meet the demand for support.

The Council already offers a programme of learning and development to care providers operating in the Borough. We must consider how this can be tailored to support the future workforce. The development of the Council’s Professional Development Centre will enhance our offer. Workforce development will need to be flexible and responsive and provided in different ways to ensure equality of access.

Strong effective leadership will be required at all levels to bring about the cultural and organisational changes required. The Council, through the ADASS Adult Social Care Regional Workforce Development group, is committed to a regional leadership qualities framework, identifying what good leadership looks like for all managers.

Partnerships with the NHS and Education are crucial in offering learning opportunities in adult social care. Work experience, apprenticeship and employment are essential to support learning and development. The Council has developed its own Care Academy to enhance its apprenticeship offering and career pathways in care. The Council is also committed to encourage apprenticeship opportunities with providers and is exploring how to provide support via the levy funding.

The council has piloted a scheme with Milton Keynes College to strengthen links with the local domiciliary care providers which would see long term placement opportunities for health and social care students. The primary aim of these schemes is to promote careers in adult social care so that we can compete with the more traditional routes of nursing and childcare once they have completed their qualification.

10. Conclusion

This document sets out a clear direction of travel that can only be achieved by working together in partnership with the care and support market. It highlights an increase in need across all of Adult Social Care.

The key areas of growth for commissioning and how current needs can be best met over the next four to five years are accommodation based solutions for the older population, care at home and increased specialist accommodation based support across all of the client groups.

The overall message is that the market is changing and that there is an opportunity for new and existing providers to meet essential needs within Milton Keynes. However, the financial challenges facing the Council will impact on the types of commissioned service provision and services will need to meet long term needs and be sustainable.

The Council would welcome dialogue about how we can best work together and offer support to focus on the best outcomes.

If you have any feedback or want further information about the Market Position Statement please email: Joint.CommissioningUnit@Milton-keynes.gov.uk