



## Adult Services Strategy 2023 - 2026

We are challenging and changing how we deliver social care in NPT in order to improve services, reduce our expenditure as we face a cost-of-living crisis, and live within the Council's available resources. This will put Adult Social Care on a sustainable footing whilst ensuring that people who need services receive them.

However, our fundamental vision for Adult Social Care remains – residents should live as independently as possible, carers are supported in their caring role, and adults at risk of abuse or neglect are kept safe from harm.



### Helping people to help themselves

We will promote self-care and help people to remain in their own communities with minimal intervention.

The main areas to enable this include:

- Information advice and assistance
- Supporting unpaid carers
- Increasing the use of Assistive Technology



### Building relationships and making connections

People are the most important asset we have in NPT. It is the relationship between family and friends, between the cared for and the carer, within communities, and between businesses, employees, and customers that has the biggest impact on people's lives. Three key relationships are important:

- Families and close support networks
- Formal help and support
- Wider social networks



### Living the life you want

We will continue to promote prevention and early intervention as well as informal care and support. But there will always be people who need more formal care and support. This should put the individual first so that their desired outcomes - how they want to live - are met. This will include:

- Putting people at the centre of their care
- Positive risk-taking by frontline staff
- The right type of accommodation and support
- Constantly improving our services