

# Changes to the NHS – the Five Year Forward View

## This briefing explains the NHS Five Year Forward View and how it relates to the work of parent carer forums and the needs of families with disabled children in local areas.

It is intended as a brief overview and highlights the thinking behind the current changes within the NHS, as well as showing where there is further information on any implementation.

## What the report says

*The Five Year Forward View* is a combined report from all NHS organisations, compiled as a response to continued funding pressures and high profile failings of some NHS organisations. It sets out a plan for the changes needed to maintain the NHS's effectiveness and sustainability. The arguments that change is required are based on three widening 'gaps':

- **The health and wellbeing gap** – health inequalities will get worse if we do not start concentrating on prevention rather than cure.
- **The care and quality gap** – the 'postcode lottery' of access to, and quality of, care will continue unless ways of delivering care are changed.
- **The funding and efficiency gap** – worse services, fewer staff and restrictions on treatment are likely if funding levels and (sometimes controversial) efficiencies are ignored.

## The solutions proposed

The solutions are based around the same three 'gaps'.

### Health and wellbeing

- Public health moving to local authorities, incentivising healthier behaviour and workplace health
- Empowering patients including: improving information, supporting patients to self-care, and take more direct control of care (Integrated Personalised Commissioning)
- Supporting carers, community volunteering and partnerships with the voluntary sector.

### Care and quality gap

Exploring different models of care.

- There are 50 'vanguard' sites piloting new ways of delivering care.

### Funding and efficiency

- Better national NHS leadership with national bodies working jointly, and Clinical Commissioning Group assurance.
- Information technology – patient records paperless by 2020. Local area digital roadmaps.
- Innovation and research.
- Efficiency, productivity and funding.

## What does all this mean?

Many of the 'transformation' initiatives that are running within the NHS directly stem from the *Five Year Forward View*. Other initiatives such as *Transforming Care for Learning Disabilities* and *Future in Mind* (CAMHS) are related, but came from separate enquiries or reviews.

What it does mean is that there is enormous change within the NHS that is confusing and often unconnected.

Some of the proposals may also involve unpopular decisions, particularly involving hospitals. Here there is often a tendency to propose mergers with other local small hospitals which may result in services such as maternity, A&E and paediatrics being split across the sites.

## Need advice?

Call our freephone helpline  
**0808 808 3555**  
**helpline@cafamily.org.uk**  
Open Monday to Friday, 9.30am–5pm



## Sustainability and Transformation Plans

There is a requirement for local areas to develop Sustainability and Transformation Plans (STPs). These outline how a local area 'footprint' (a larger geographical area, often covering more than one local authority and CCG) is working towards the plan set out in the *Five Year Forward View*. The easiest way to get a feel for what should be in STPs is a series of questions in Annex 1 of the *NHS Planning Guidance 2016/7-2020/21* – generally it is about reducing the 'gaps' discussed earlier.

These 'footprints' include local authorities, so it could be a move towards more joined up and integrated health and social care, as well as linking with other NHS initiatives such as Transforming Care.

There is also a lot of emphasis on balancing NHS budgets, with much of the extra money from this year's Sustainability and Transformation Fund being used to cover existing deficits. STPs are also not 'statutory' plans – they have no legal basis – which means that they rely on local organisations agreeing to work together voluntarily, and maintaining these partnerships.

## What does it mean for parent carers and disabled children?

Disabled children are not specifically mentioned in the *Five Year Forward Plan* but many of the proposed solutions could have an impact on disabled children and their families, particularly where services are being changed or reduced.

The STPs do ask about engagement and involvement, 'patient activation' (another term for empowerment/self-care), person-centred coordinated care, and *Transforming Care for Learning Disabilities* and *Future in Mind* (CAMHS), all of which are relevant to disabled children.

The guidance on *Engaging local people – a guide for local areas developing STPs* again is not specific, but it does place particular emphasis on engagement with 'people who are less frequently heard' or 'who experience the greatest inequalities in health outcomes', both of which are relevant to disabled children. These could be used as levers to promote engagement with health.

## How can parent carer forums use this

- Find your STP and ask your local CCG and/or local authority if the forum can be involved (all STPs can be found on the NHS website).
- Highlight the connections and the relevance to the SEND reforms (person centred planning, personal budgets, individual and strategic engagement/involvement).
- Find out if you are in a pilot area and ask to be involved to highlight disabled children and young people's needs.

Because all NHS organisations now have to show how they are working towards closing these three gaps, parent carer forums could use them as a lever to address issues specific to disabled children. For example, highlighting how working with parent carer forums can address some of these gaps.

## Who to contact

This will differ in each area as CCGs may have different departments leading on 'transformational' change, but some suggestions would be:

- Children, Young People and Maternity Commissioner
- Patient and Public Voice (PPV) Lead
- Patient Experience Lead.

In NHS England the SEND reforms are led by the Nursing directorate so other useful contacts may be:

- Chief Nurses/Directors of Nursing
- Safeguarding Nurse.

If your forum is interested in learning more, or if you would like to book a one day training course for parent carer forum members on the themes in this briefing, please take a look at the Improving Health Services pages of the website or email Lynn Hoppenbrouwers, Strategic Health Lead at Contact a Family.

Whatever your involvement or engagement with health organisations or with the STPs – please get in contact and share any experiences of good practice.

✉ [Lynn.hoppenbrouwers@cafamily.org.uk](mailto:Lynn.hoppenbrouwers@cafamily.org.uk)

**Got a question about the changes?**  
**Call the Contact a Family freephone**  
**helpline: 0808 808 3555**  
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