

DUMFRIES AND GALLOWAY
INTEGRATION JOINT BOARD

HEALTH AND SOCIAL CARE LOCALITY PLAN

Easy Read



DUMFRIES AND GALLOWAY
Health and Social Care

Annandale and Eskdale 2016 – 2019



To view a full version of the
Annandale and Eskdale Locality Plan
please visit
www.dg-change.org.uk/strategic-plan

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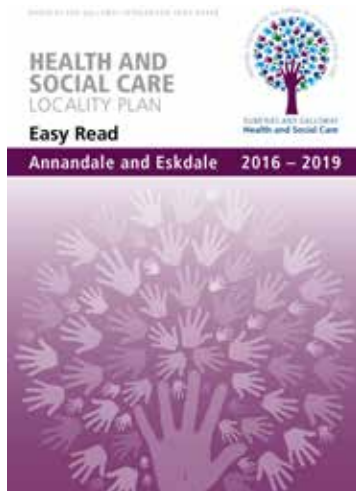
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Introduction



We want people in Annandale and Eskdale to live active, safe and healthy lives with more independence, choice and control.



This locality plan explains our ideas about how we can bring people, organisations and local communities together to support each other.



People are living longer. This is great yet many older people need some help to live the lives they want.



People need to take more responsibility for their own health and well-being. We want to build on the good work that is already there.



We have to do all the things in this plan with no extra money. This is an opportunity to find new and better ways to do things.



This Easy Read document aims to make complex information accessible to people who may have disabilities or visual impairments that can make reading difficult.

About Annandale and Eskdale



There are just over 38,000 people in Annandale and Eskdale. Currently one in every five people are over 65 years old. We think that in 20 years time one in every three people will be over age 65.



In Annandale and Eskdale about 1 in every 10 people are Carers and about a third of these Carers are providing more than 50 hours of care a week. Many Carers need extra support or have health issues themselves.



It is difficult to get around in Annandale and Eskdale. About 1 in every 5 households have no car or van. 640 people over age 65 are living alone in remote rural places.



About three people in every hundred have a long term mental health problem.



Over 3,000 people went to hospital in an emergency.



500 people received a care at home service.



At least 360 people have dementia.



Around 1500 people over age 75 are living alone.

In 2015:



About ten people in every hundred had more than one long term health problem.



About four people in every hundred had a long term mental health condition.



Over 300 people have been diagnosed with dementia.

We have:



- 10 doctors surgeries
- 9 community pharmacies
- 4 opticians
- 8 dental surgeries
- 4 cottage hospital
- 8 care homes
- 17 supported living places
- 200 sheltered housing flats



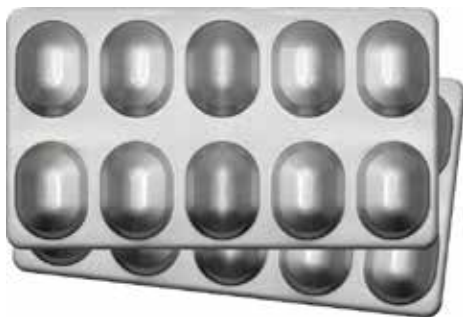


Delayed discharges

A delayed discharge is when someone is ready to leave hospital but can't – usually it is either because:

- there is no-one to help them at home
- there is no space at the care home that they want to go to

In Annandale and Eskdale there are a lot of patients staying in a hospital bed, in a cottage hospital, waiting to be discharged and the problem is getting worse.



Cost of medicines

In Annandale and Eskdale we spend over £7.5 million each year on prescriptions.

What people are saying

We have asked people what they think of our services. They told us:

We need more support in our local communities.

We need to make sure there is appropriate transport available.

We should focus on supporting people who are isolated and lonely.

We need to help people be more independent and plan ahead.

We will review care at home and residential care available.

There should be more support for people with dementia.

Carers often need some extra support.

People must be supported to look after their own health.

We will make good use of community resources.

We want to reduce our prescribing costs.

We need better respite options for Carers.

We need to be clear about cross border issues.

Where are we now?

We think that these things are working well:



- 'Community Link Workers' - who help people to do things that really matter to them – like getting out to activities in the community or meeting people in similar situations



- people have more opportunities to be active in communities



- using new technology to help people with long term conditions to live at home

- the district nursing service



- the 'One Team' approach health and care staff work together better in a community to support people in their homes



- supporting Carers



- 'Step up Care' - where people can get medical treatment at the local care home instead of going in hospital



- 'Forward Looking Care' - helping people plan for the future. Telling us what sort of care they want and supporting them to live life to the full

We think that our main challenges are:



- overcoming the differences of health between richer and poorer people



- supporting more people with long-term conditions including dementia to live independently at home



- providing more houses that are right for people



- supporting Carers more



- meeting the needs of an increasing number of people with no extra money to spend



- creating local health and community support services



- fewer people of working age to care for the increasing number of older people



- recruiting enough health and social care staff



- the expected rise in the number of people in hospital

Living in the countryside, like many parts of Dumfries and Galloway, can increase how lonely people feel and some people may not have suitable transport.

What do we need to do?

The Scottish Government says:



People should be able to look after their own health and well-being. We want people to live in good health for longer.

We will:



- support people to look after their own health and wellbeing
- support people to plan ahead with through 'Forward Looking Care plans'
- support our workforce to develop local partnership teams which will promote health and well-being
- make use of local resources to support personal health and well-being
- look at ways new technology can be used to help people to be more independent
- make sure people have the information they need

The Scottish Government says:



People with disabilities or long term conditions should live independently at home.

We will:



- support people live as independently as possible for as long as they want
- set up more services which provide care or support in the local community
- support people with long-term conditions in the community to help stop them going to a hospital
- work together to create 'Dementia Friendly' communities
- work in partnership to plan housing that meets the needs of people
- promote 'Care and Repair' funding to support people to live in their own homes for as long as possible



The Scottish Government says:



People who use health and social care services should have a good experience and be treated with dignity.



We will:

- be reliable and listen to what people say
- develop a local Group so that people can get involved with planning services
- put the needs and wishes of a person and their family first when supporting them with the end of their life
- promote ways of working together to be improve access to services



The Scottish Government says:



Health and social care services should focus on improving the quality of life of people who use those services.



We will:

- support people to do what really matters to them
- always improve our services and support
- make sure our services and support focus on improving people's quality of life
- review the 'Outcome Star' and how it is used
- make best use of our cottage hospitals
- review the way we support the different and changing needs of people



The Scottish Government says:



Health and social care services should help to reduce health inequalities.

We will:



- work together to make sure everyone has the same chance to lead a healthy life
- Focus on people with the most need
- support those we know have less chance of living a healthy life
- support people to be part of their communities so they can make their own choices
- work together to make sure everyone has the same chance to lead a healthy life

The Scottish Government says:



Unpaid Carers should be supported to look after their own health and well-being.

We will:



- listen to Carers and make sure all Carers know about their right to have an Adult Carer Support Plan

- try to find and support Carers as early as possible

- plan local services to help improve the quality of life of Carers

- make sure our staff are aware of Carers needs and support them in their own right

- make sure staff know that Carers are 'Equal Partners in Care'

- support the needs of young Carers



The Scottish Government says:



People who use health and social care services should be safe from harm.

We will:



- make sure all concerns about possible abuse are investigated and dealt with quickly

- train all staff about their responsibility to protect people from harm



- record and share information in a professional and confidential way

- work to manage risk and reduce harm

The Scottish Government says:



People who work in health and social care should be supported to improve.

We will:



- involve staff in creating and reviewing this plan
- make sure that local voluntary and community groups are involved in health and social care support
- support our staff so they feel supported to do well at work and not waste resources
- listen to the views of staff and tell them about new ways of working
- make sure new ways of working in partnership are respectful and create good experiences



- involve staff in the 'Healthy Working Lives' programme

- support staff to be the best they can be

- try out new technologies to support our staff



- promote career options so staff can train to meet any future gaps in services

- share training with our partners to help support all staff in working better together



- work with all services to make Dumfries and Galloway a great place to want to work

The Scottish Government says:



We need to be efficient and provide good value for money.



We will:

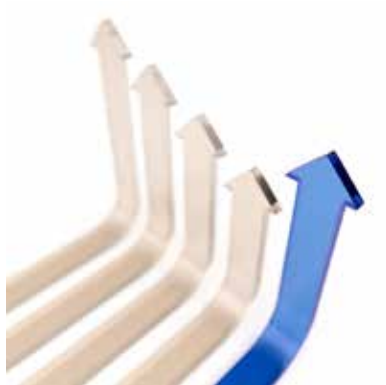
- look at ways of making sure we don't waste time, money or resources
- support people to leave hospital and use services in their local community
- review our services to make sure they meet the needs of local people
- review the cost and quality of services
- aim to meet best practice standards
- plan new ways of working with local partners for the future of General Practice
- plan a District Nursing Service which will help support people in their own home





- review the role of our social workers and support them with new ways of working together
- develop new models of community support with local partners to keep more people in their own home to improve their independence, safety and quality of life
- review the role of our 4 cottage hospitals to make sure they meet the changing needs of local people
- develop new 'step up step down' services
- develop local health and social care support to make sure services are available at the right time
- promote self-directed support
- use office buildings and support services to work better together and reduce cost

How will we know we are getting there?



We will set up a system to check that the plan is working.



Our staff will have to write reports to the Dumfries and Galloway Integration Joint Board about the work that they are doing.

The Integration Joint Board will write its own report which will explain to everyone how we are getting on with the plan.



We will measure our progress against what Scottish Government said we should do.

