

DUMFRIES AND GALLOWAY
INTEGRATION JOINT BOARD

HEALTH AND SOCIAL CARE

LOCALITY PLAN

Easy Read



DUMFRIES AND GALLOWAY
Health and Social Care

Nithsdale

2016 – 2019



To view a full version of the
Nithsdale Locality Plan

please visit

www.dg-change.org.uk/strategic-plan

Contents

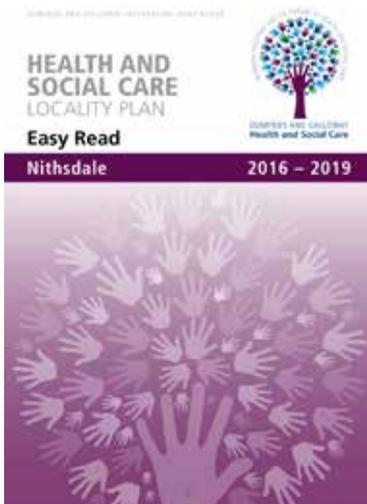
	Page
Introduction	4
About Nithsdale	6
What people are saying	10
Where are we now?	11
What do we need to do?	14
How will we know we are getting there?	21



Introduction



We want people in Nithsdale 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.



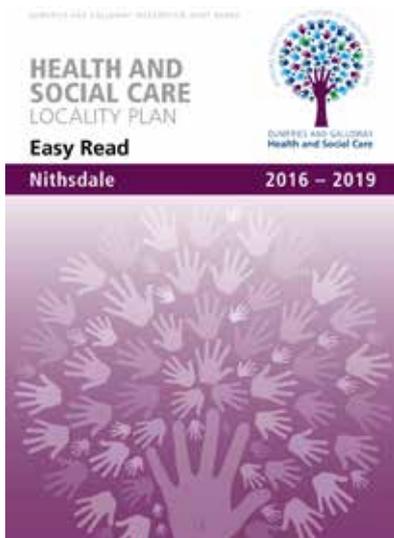
People are living longer. This is great yet many older people need some help to live the lives they want.



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 Nithsdale



There are just under 60,000 people in **Nithsdale**. 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 **Nithsdale** 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 **Nithsdale**. About one in every 4 households has no car or van. 535 people over age 65 are living alone in remote rural places.

In 2015:



Over 18,000 people went to the Accident and Emergency department of a hospital (A&E).



Of these people over 6000 people were kept in the hospital.



753 people received a care at home service.

In Nithsdale we have:



- 15 doctors surgeries
- 12 community pharmacies
- 6 opticians
- 17 dental surgeries
- 1 cottage hospital



We also have:

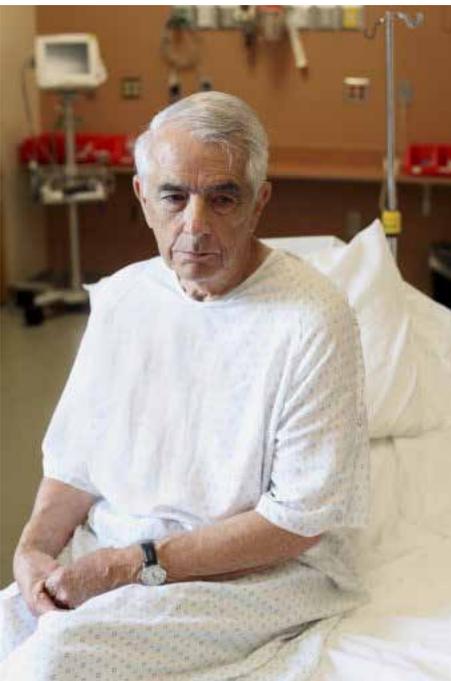


- 9 care homes
- 149 supported living places
- 266 sheltered housing flats



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 or another home close by

In **Nithsdale** there are a lot of patients staying in a hospital bed waiting to be discharged and the problem is getting worse.

What people are saying

We have asked people what would help them to keep well and live well in their communities. They told us:

We need to support people with long term conditions to help them use community services.

We want a monthly drop in at GP surgeries where we can see social work, physiotherapists and community link workers.

We want all the information to be in one place. The GP surgery would be the best place.

Provide activities to help people manage their own health and be able to support others.

A list of community activities should be made available.

Carers need more support.

People should be supported to get involved.

We will train with our partners to better support people with dementia .

We will review the best place for staff to be based.

We want our communities to be closer connected.

Where are we now?



We think that these things are working well:

- 'Mindfulness' and 'Living Life to the Full' which help people to reduce feelings of anxiety, stress and low mood
- 'Nithsdale Health and Wellbeing Partnership' which helps people who are homeless
- 'Day Opportunities Fund' which pays for programmes that help people to feel less lonely. For example, Men's Sheds in Thornhill and Dumfries
- 'Dumfries Health and Social Care Hub'
- 'Nithsdale Integrated Disability Team' is working with Social Services and Capability Scotland to get staff from different services to work better together



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 the increasing number of people who need services and support with no extra money



- 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 professionals



- 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 we need to do

The Scottish Government says:

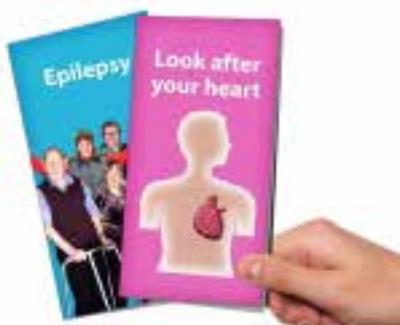


People should be able to look after their own health and well-being. We want people to live in good health for longer.



We will:

- develop ways that support people to live as healthy a life as possible in their own communities
- support people to access community activities which are important to them
- help people improve their own health and well-being
- help people know how to look after themselves for example with the 'Living Life to the Full' programme



The Scottish Government says:



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



We will:

- find ways to help our staff to work better
- develop 'Dementia-friendly' communities
- develop housing services which meet the needs of local people
- develop new ways of working with our care homes and care at home services
- support people to decide what really matters to them
- make sure that everyone has the same chance to lead a healthy life



The Scottish Government says:



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



We will:

- use community link workers to help people get involved with their communities



- make sure staff put people at the centre of the way they work

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:



- make sure staff work better together and that people are at the centre of the care and support they receive

The Scottish Government says:



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

We will:



- continue to make sure everyone can get good health what ever their background

The Scottish Government says:



Unpaid Carers should be supported to look after their own health and wellbeing.

We will:



- listen to and meet the needs of Carers in their own right

- improve support for Carers



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



- make sure our staff are trained to be 'Carer Aware'

- support Carers to live a healthy life

The Scottish Government says:



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



We will:

- make sure that all staff understand how to work with vulnerable adults

The Scottish Government says:



People who work in health and social care should be supported to improve the services they provide.



We will:

- look at ways of working together so we don't waste time, money or resources
- involve our staff in creating new ways of working
- look for ways that technology can support staff to do their job
- listen to the views of staff to develop different ways of working for the future



The Scottish Government says:



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

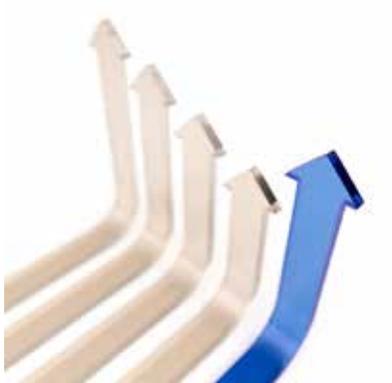
We will:



- look at ways of making sure we don't waste time, money or resources
- encourage staff and people who use services to get involved with planning services
- always work to meet the needs of the individual in a 'person-centred' way
- promote the area so people want to come and work here
- ask staff how we can do things better to make better use of resources
- make sure prescribing services are safe



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.