

DUMFRIES AND GALLOWAY
INTEGRATION JOINT BOARD

HEALTH AND SOCIAL CARE LOCALITY PLAN

Easy Read



DUMFRIES AND GALLOWAY
Health and Social Care

Stewartry

2016 – 2019



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To view a full version of the
Stewartry Locality Plan

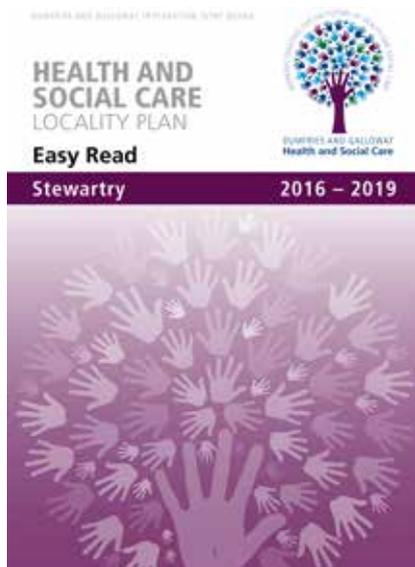
please visit

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

Introduction



We want people in Stewartry 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.



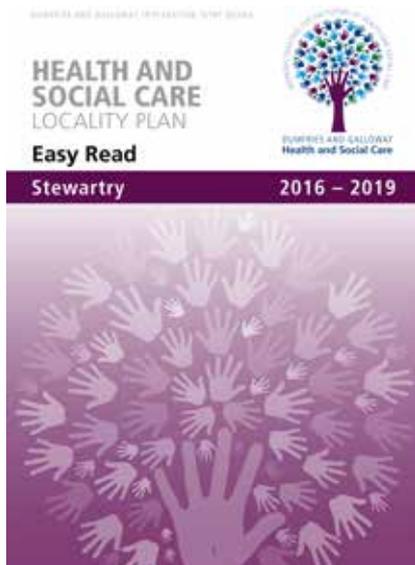
People are living longer. This is great yet many older people need some help to live the lives they want.



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 Stewartry



There are just over 24,000 people in Stewartry. Currently 1 in 4 people are over 65 years old. There are more people over 65 years than in anywhere else in Dumfries and Galloway. There are less people under 25 years than elsewhere.



About 4 out of every 10 people in Stewartry live in remote rural places

Nearly 2 out of every 10 people have no car or van.



In Stewartry 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.



Around 1200 people aged over 75 are living alone.

About 1 in every 12 people are living with a physical disability.



Nearly 4 people in every 100 have a long term mental health problem.

Last year nearly 2000 people went to hospital in an emergency.



Over 300 people receive a care at home service.

In Stewartry we have:



- 5 doctors surgeries
- 6 community pharmacies
- 2 opticians
- 4 dental surgeries
- 2 cottage hospitals

We also have:



- 8 care homes
- 155 sheltered housing flats

Delayed discharges



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

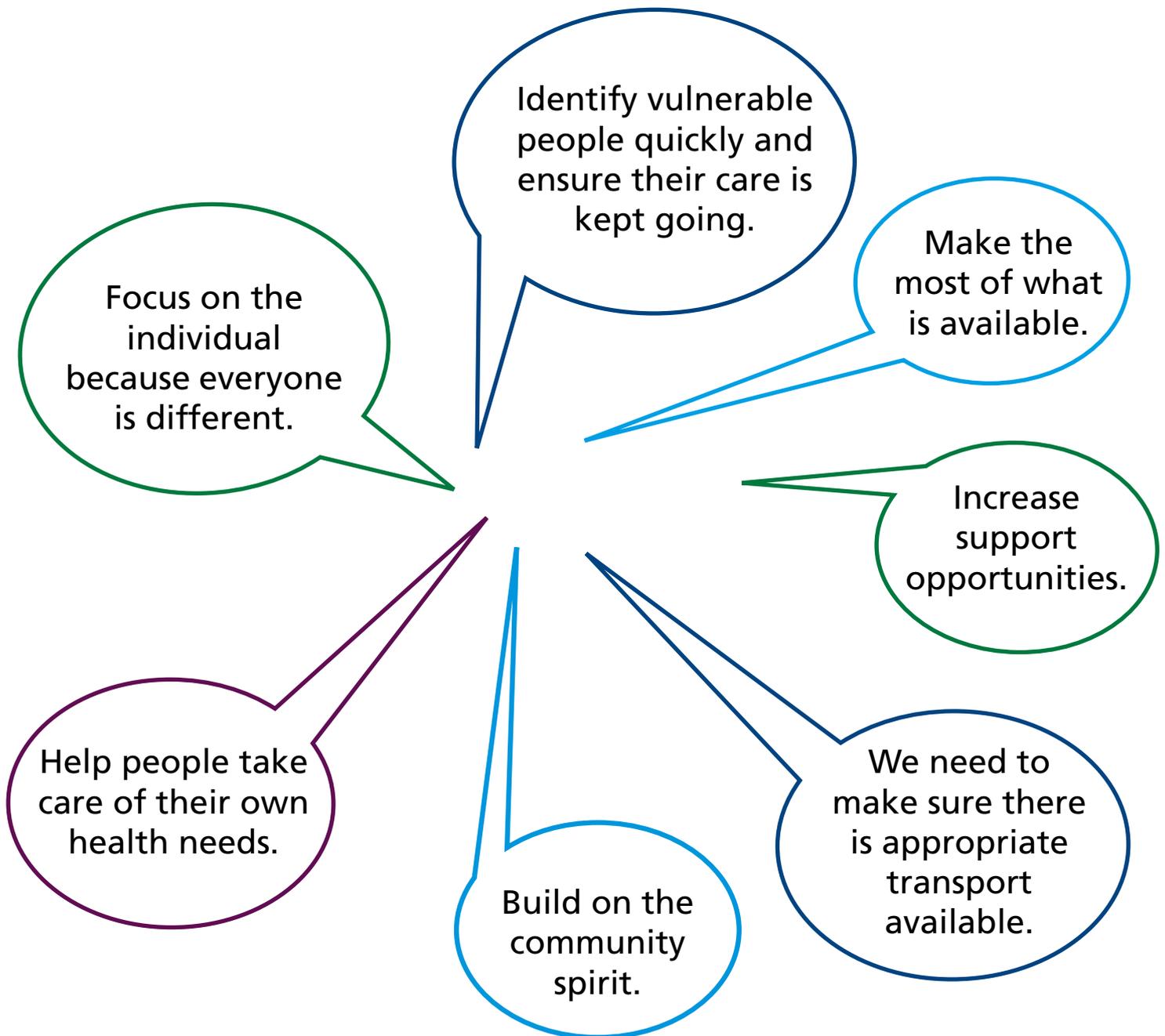


- there is no-one to help them at home
- there is no space at the care home that they want to go to

In Stewartry 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.

What people are saying

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



Where are we now?

We think that these things are working well:



- 'Healthy Connections Stewartry' - helps people with social, emotional or practical needs to get help



- 'Men's Shed' - a safe and friendly place for men to work on projects with other men



- 'Dementia Champions' - helping people in Stewartry to understand more about how to help people with dementia to live in the community



- 'e-pens' - a pen that transfers patient's notes to all the people who need to see them. This gives professionals more time to spend with the patient



- 'Time Banking' - people in Stewartry are sharing their skills to help people to live independently and healthily

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 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 staff



- 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 get involved in their communities
- work with staff and partners to look at how we provide support earlier to people
- support people to consider their options at an early stage
- work with transport services to look at options to improve access to local support and activities



The Scottish Government says:



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



We will:

- develop community based day services to meet local need
- work with staff and partners to look at how we provide support earlier to people
- help people to manage their own health and well-being better
- develop different ways of working that help stop people going into hospital or being delayed in hospital





- make support available in local communities to help people with dementia stay in their own homes



- work with care at home providers to develop services which support people to live in their own homes



- work together to provide housing support so people can live independently

The Scottish Government says:



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



We will:

- listen to people's views and share their experiences with partners to help plan services
- make sure people are involved in planning their own care
- talk to people to understand what matters to them and support them to improve their quality of life and stay independent
- promote 'living well' and end of life care in our communities
- provide people with a good overall service



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 decide what really matters to them
- make best use of technology to improve our services and support
- make sure we have the right staff to deliver good community based care
- make best use of our cottage hospitals
- make sure staff have the skills to improve support, care and treatment for people

The Scottish Government says:



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



We will:

- work together to make sure all people can access services by improving things like wheelchair access
- work with housing and other support services to make sure that people get the right help earlier
- focus on people with the most need



The Scottish Government says:



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



We will:

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



- promote the Carer's strategy and work together with unpaid Carers to support their health and well-being



- make sure Carers have rest and support opportunities

The Scottish Government says:



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



We will:

- train all staff about their responsibility to protect people from harm
- make sure people who know who are at risk and help them earlier
- work with people such as the police, fire and rescue services to improve community safety for people most at risk
- make sure we share information in a safe way between our partners
- regular check that we are doing things well
- learn from our experiences to reduce harm to people



The Scottish Government says:



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



We will:

- listen to the views and ideas of all our staff
- keep staff up to date of any changes and developments
- provide support to staff to help them manage change in the workplace
- look at ways to increase the skills of our existing staff and encourage more people to work in the region



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
- help staff to understand what can be achieved by working together
- make sure prescribing is safe and right for people
- work together to review people's care plans to make sure that they are right for the person and meet their needs
- make use of technology to improve our ways of working



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.

