



Planning for an Ageing Population: Issue 3

Introduction

We are continuing to gather information about the future health and social care needs of older people in East Lothian. We have made an initial report about our findings to the Community Hospitals and Care Homes Change Board. They oversee the project.

There were three main findings of the report.

1. Hospital beds

We are unlikely to need more hospital beds in the next few years. We can manage well with the hospital beds we have already.



2. Care home places

Our research shows that we have enough care home places to meet demand in East Lothian for the next few years. We may need more care home places in the longer term. This depends on the number of people choosing to use intermediate care instead of a care home place.



3. Doing things differently

We are going to have to change the way some services work. For example, some care homes might be able to offer palliative care. Or, they might specialise in care for people with dementia. Community groups could support people who are lonely. We could offer more short breaks and training to help unpaid carers.



Intermediate Care

We are continuing to look at how best to use Intermediate Care in East Lothian. We will be asking local communities for their thoughts on this over the summer.

We want to make sure that people get the support they need from the right service when they need it. People should only have to use hospital and care home beds when they really

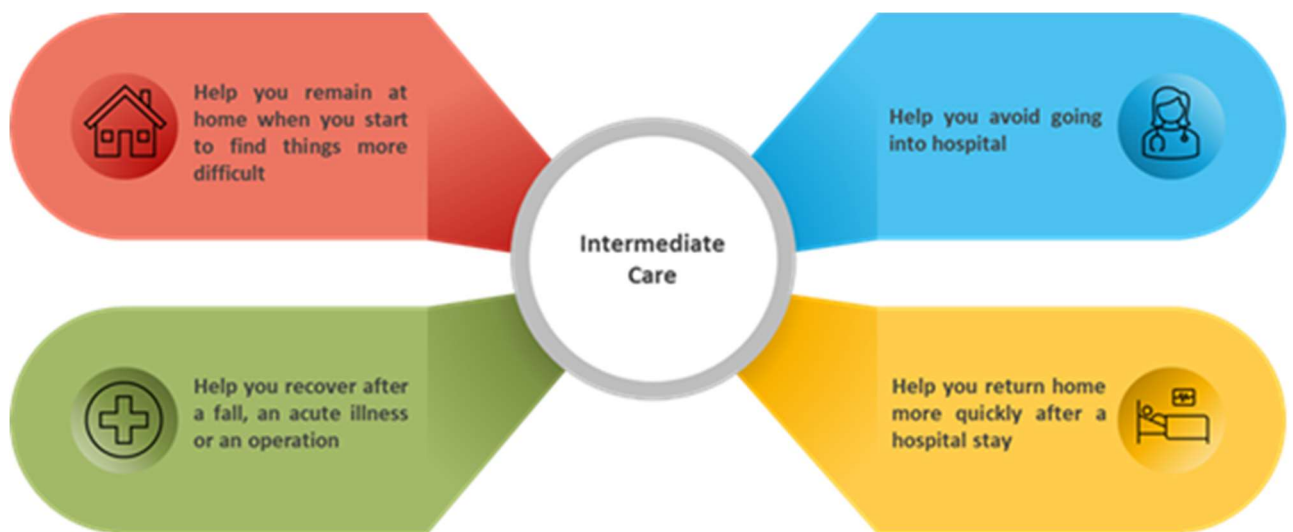
need to. ELHSCP will concentrate on helping people to stay in their own home for as long as possible.

What is Intermediate Care?

Intermediate Care services support people - usually older people – to:

- Get home from hospital quickly and safely
- Avoid having to go into hospital
- Avoid having to move into a care home until they really need to.

This diagram shows you what Intermediate Care does.



Intermediate Care Services can be provided to people in different settings in East Lothian, for example:

- In hospital
- In a care home
- At home.

Intermediate Care links services together to support the person, for example:

- Community services
- Hospital services
- Social care services
- Your local GP medical practice.

Different professionals can deliver Intermediate Care, for example:

- Nurses
- Therapists
- Social workers
- Social care workers.

It depends on what each person needs.

Some examples of Intermediate Care in East Lothian are:

- Hospital to Home Service
- Hospital at Home
- Discharge to Assess.

Our Care Home Team oversees Intermediate Care in all care homes in East Lothian.

Planning for an Ageing Population: Consultation and Engagement Plan

We have produced a Consultation and Engagement Plan. It shows how we will get your views on how you think health and social care services (including Intermediate Care), should develop:

- In your local communities
- In East Lothian.

We will add new activities to this plan regularly. You can find the Consultation and Engagement plan online at www.eastlothian.gov.uk/pfapdocs

Tell us what you think

We want to make sure that everyone can give their views on planning health and social care for older people.

Re-imagining health and social care in East Lothian survey

Empowering communities to support each other in later life

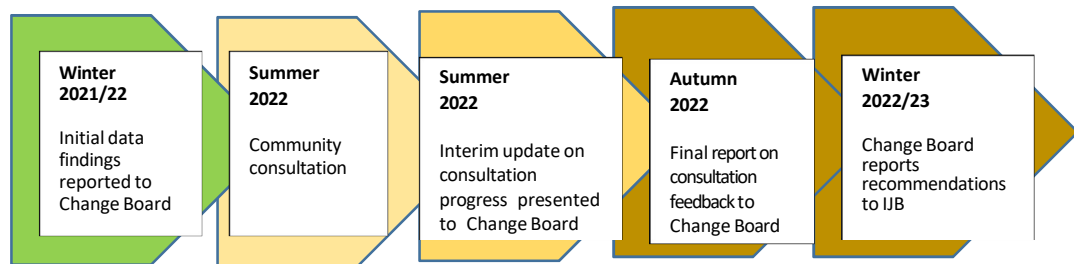
Take part in our survey! We want to hear from you about:

- What activities and services would you like to see in your community as you grow older
- Your/your family's experiences with East Lothian's existing care services
- Your ideas on how community care services (that reduce hospital admissions or helps shorten hospital stays) might be improved in the future.



You can find the survey at <https://eastlothianconsultations.co.uk/adult-wellbeing/re-imagining-health-and-social-care-in-east-lothia/> or use the contact details at the end of this update to ask us for paper copies. People taking part in the survey can also ask to be entered in our Prize Draw for a £100 shopping voucher – just let us know if you want to be entered when you fill in the survey.

Update on Timescales



Want to get involved?

If you are interested in finding out more, please email us at elhscp@eastlothian.gov.uk

- Let us know if you have any thoughts, suggestions or want to express an opinion.
- Visit our webpage – www.eastlothian.gov.uk/pfap

Not online?

If you don't have access to a computer and would like hard copies of any of the documents cited in this newsletter, please:

- Phone 01620 827 755 or
- Write to us at Planning for an Ageing Population, ELHSCP, John Muir House, Brewery Park, Haddington EH41 3HA.

Other languages and formats

We can also supply this document in other languages and formats on request. Please email elhscp@eastlothian.gov.uk for more information.