
ENGAGE
Planning for an Ageing Population
Reimagining Health and Social Care Services in East Lothian
East Lothian
Health & Social Care Partnership
Community Hospitals & Care Homes Provision Change Board

Introduction

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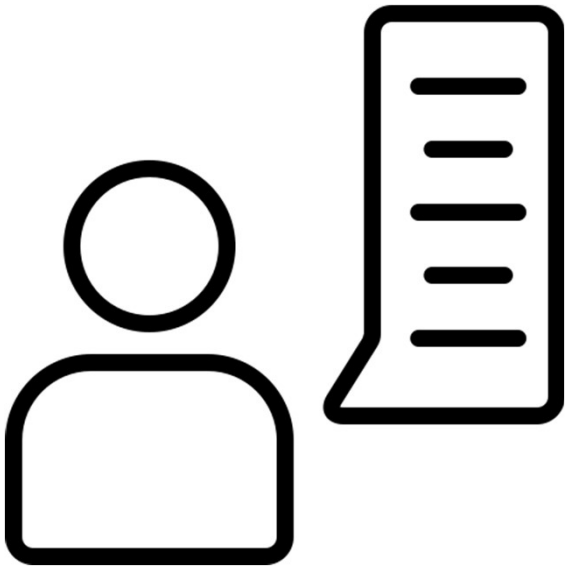

To share the initial findings of the work carried out regarding the future need of

- Hospital Beds
- Care Home Beds
- Intermediate Care

To explore with individual communities their views and thoughts on future models.

Service Planning within a Changing Health and Social Care Landscape

Old Thinking	New Thinking
Social care support is a burden on society	Social care support is an investment
Managing need	Enabling rights and capabilities
Available in a crisis	Preventative and anticipatory
Competition and markets	Collaboration
Transactions	Relationships
A place for services (e.g. a care home)	A vehicle for supporting independent living
Variable	Consistent and fair

"A National Care Service must ensure that people have equity of access to social care supports, and experience a similarly high quality of care, wherever they live in Scotland".

"There should be a consistent, national focus on preventative, early intervention and anticipatory forms of support that shift the emphasis, and experience of care, away from crisis intervention and towards better quality of life".

Feeley Review of Adult Social Care January 2021

Hospital Beds

Initial Findings Summary

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Data shows that hospital beds are being managed effectively and there is currently sufficient capacity until approximately 2032.

- Post Covid impact
- Significant increase in workforce pressure.

Therefore, we need to do more work as to how we better use these beds and ensure they are in the right place. Maintaining this position will remain challenging. We need to focus upon additional measures and investments in early intervention and prevention through intermediate care.

East Lothian continues to have a higher percentage of people in hospital beds in the last 6 months of life compared to the Scottish average.

Care Home Beds

Initial Findings Summary

In East Lothian people tend to need a care home place on average at 83yrs old.

In East Lothian we have a mixture of private care homes (14) and Council owned care homes (4) managed by ELHSCP.

It is important to note that some of the Council care homes need to be improved - they provide excellent care and support, but the buildings no longer meet the required care standards and therefore this bed capacity will require further consideration.

The data shows us we may need an additional 30 care home beds in East Lothian. However, there will be enough care home places in East Lothian as more are built each year by the private sector.

- Workforce Challenges
- National Care Service

East Lothian HSCP

Wider Considerations

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Hospital and care home bed provision planning must consider other identified HSCP premises requirements that may also need to be delivered over the medium to long term including:

- New or replacement Primary Care Premises
- Additional and Complex Needs Accommodation
- Dementia Friendly Housing
- Replacement Care Home Beds
- Future Palliative Care Provision
- National Care Service

Intermediate Care

In East Lothian, we wish to continue and further develop our successful rehabilitation approach to Intermediate Care, with a strong ethos on early intervention and preventative services which results in positive benefits to our population, as well as positive financial benefits and re-investment into Health and Social Care Services.

Intermediate Care

Priority for investment ?

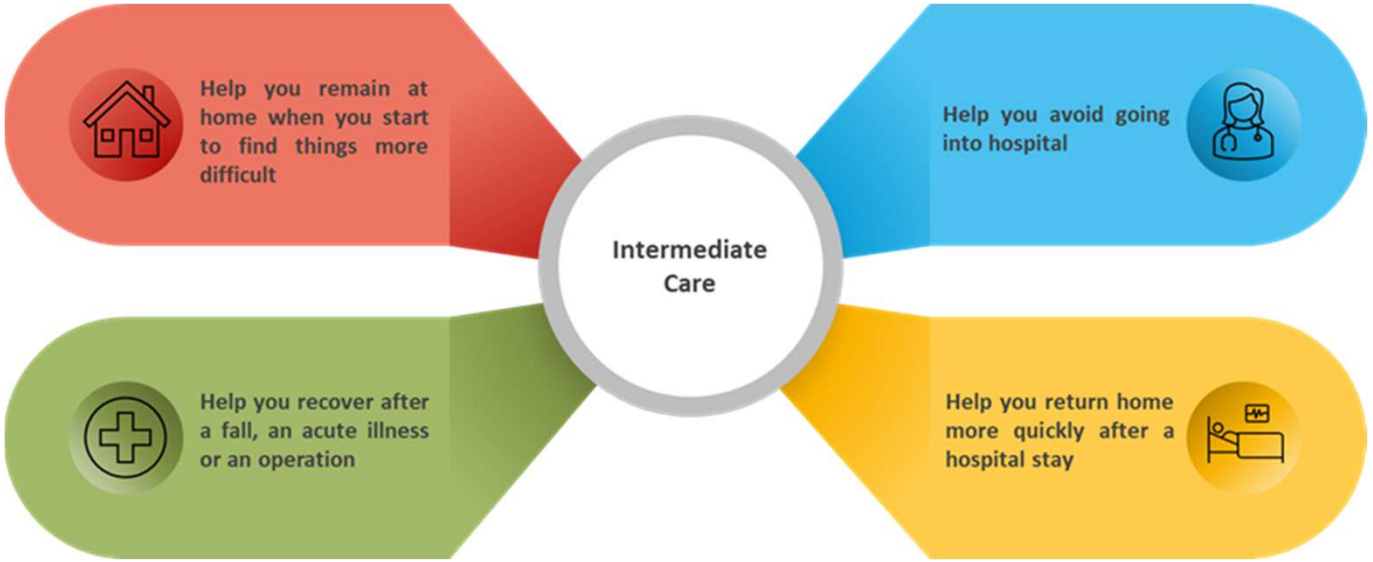

Diagram courtesy of the National Institute of Health and Care Excellence (NICE)

Intermediate Care

Hospital to Home - A re-ablement model, which leads to a reduction in the need for care through time.
The approach maximises, maintains and can improve a person's independence by helping them return to normal daily living and maintaining their independence

Hospital at Home - Service provides an urgent assessment that is responsive and able to provide monitoring and intervention for patients with an acute episode of illness that would otherwise need to go into hospital. The team work together to get the patient seen in the right place at the right time

Care at Home services – can help to provide support to allow people to continue to live independently in their own homes. This may need support on an ongoing basis, or for a short period of time.

Intermediate Care

Falls services – Short term input for patients with both Physiotherapy and Occupational therapy urgent needs either for early supported discharge from hospital or to avoid a hospital admission.

Discharge to assess – Appropriate for patients with ongoing therapy assessment and rehabilitation needs to facilitate timely discharge from hospital.

The Musculoskeletal Physiotherapy Service – provide several work streams including the MSK Advice Line, which allows timely access to physiotherapy assessment and intervention.

East Lothian Community First – The aim of this service is to improve the health and wellbeing of local people through better connections to appropriate sources of support within their local communities, including the use of volunteers.

The Challenges Faced

- Regulatory Change
- Legislative Change (National Care Service)
- Learning from Covid
- Staff Recruitment and Retention
- Funding availability
- Determining Individual Community Requirements
- Ensuring Service Equity and Access for all
- Whole System Approach (Provisioning, Intermediate Care, Primary Care, Housing Interventions)

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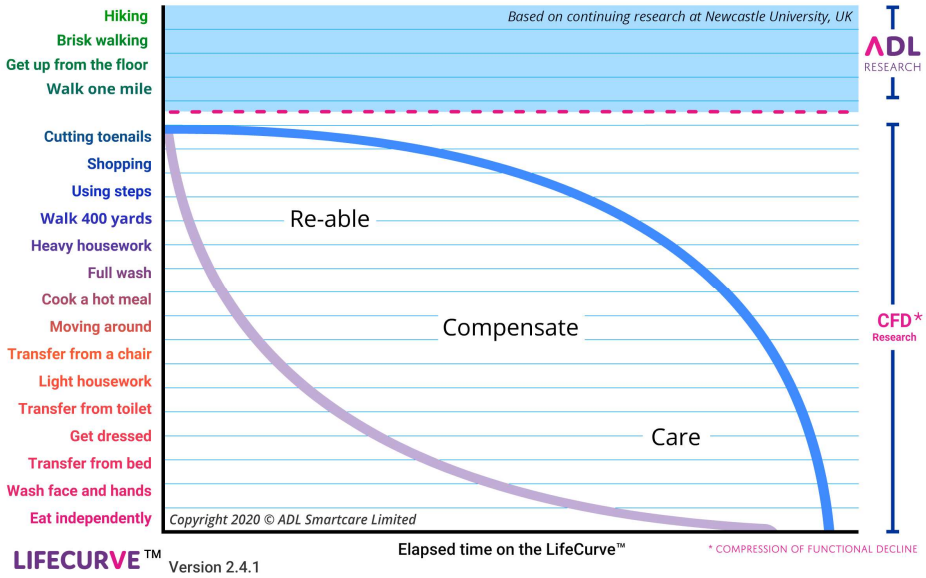
THE LIFECURVE™ APP



Research has shown that people lose the ability to complete activities of daily living (ADLs) in a particular order. By using 15 ADLs, combined with 4 fitness and strength markers, a person can position themselves on the LifeCurve™ to see how they are ageing.

Once we know where a person is on their ageing journey, we can map them to activities, services and products that will help them either maintain, or even recover, their current abilities.

https://abetterlife.eastlothian.gov.uk.

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- What are your thoughts on what you have heard- in your experience of delivering care in East Lothian where do you feel investment is required?

- Workforce feels like the biggest challenge to service delivery in HSC just now – would you agree and do you have thoughts on solutions?