



Planning older people's services in East Lothian A case for change

Our population is changing. People are living longer, and our previous research has informed us that many older people want to stay in their own homes for as long as possible. We need to continue developing services that do this. We want to support people to live in their own homes, within their local communities for as long as possible.

East Lothian Health and Social Partnership (ELHSCP) is responsible for delivering effective older people's services.

ELHSCP can't do this alone. We need to draw on the support of all our citizens and communities. We need your experience of health and social care to inform how high-quality and sustainable services are developed. We want to work together to help support older people to live independent lives for as long as possible.

Why get involved?

We want you to be part of the conversation. We want you to help co-design the future provision of health and care services. These are services you may want to use yourself, for other family members and or friends who are getting older.

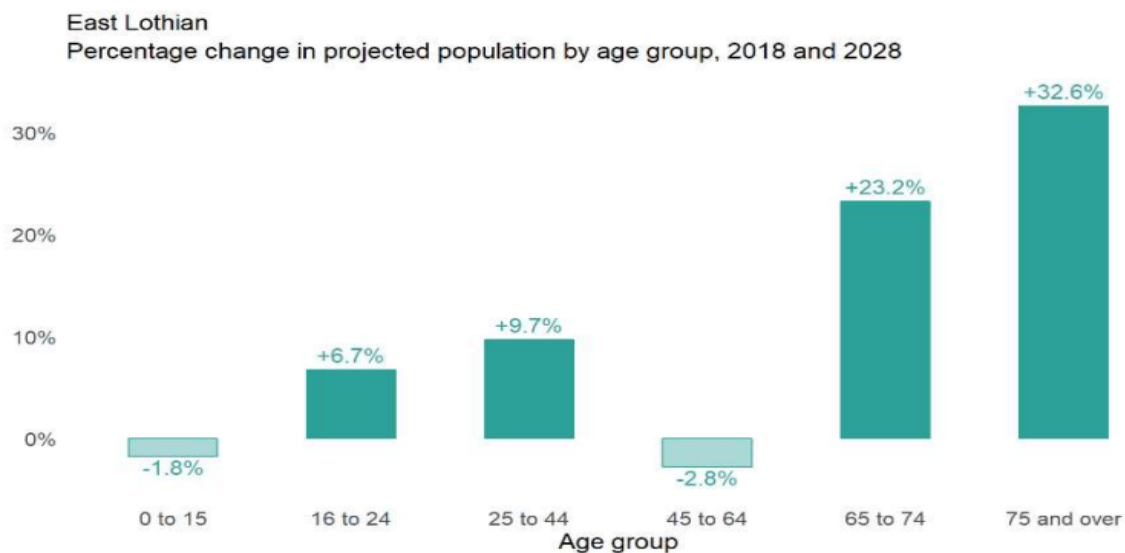
ELHSCP aims to provide the best health, best care, and best value for the people of East Lothian. Be part of the conversation and decisions that makes this happen.

As a collective entity, we need to discuss, consider and propose options regarding how East Lothian can and will deliver older peoples' services in the future.

What will shape future services?

Population

Over the next 10 years, population growth will rise in East Lothian, especially in the over 65 year age group. See Graph 1 below.



Graph 1.

This means that we have to increase our focus on:

- preventing ill health
- managing long-term illnesses
- identifying new ways of working to meet the needs of the growing population of older people

With an increasing ageing population we need to identify plans now and put in place the necessary preparations to meet future needs

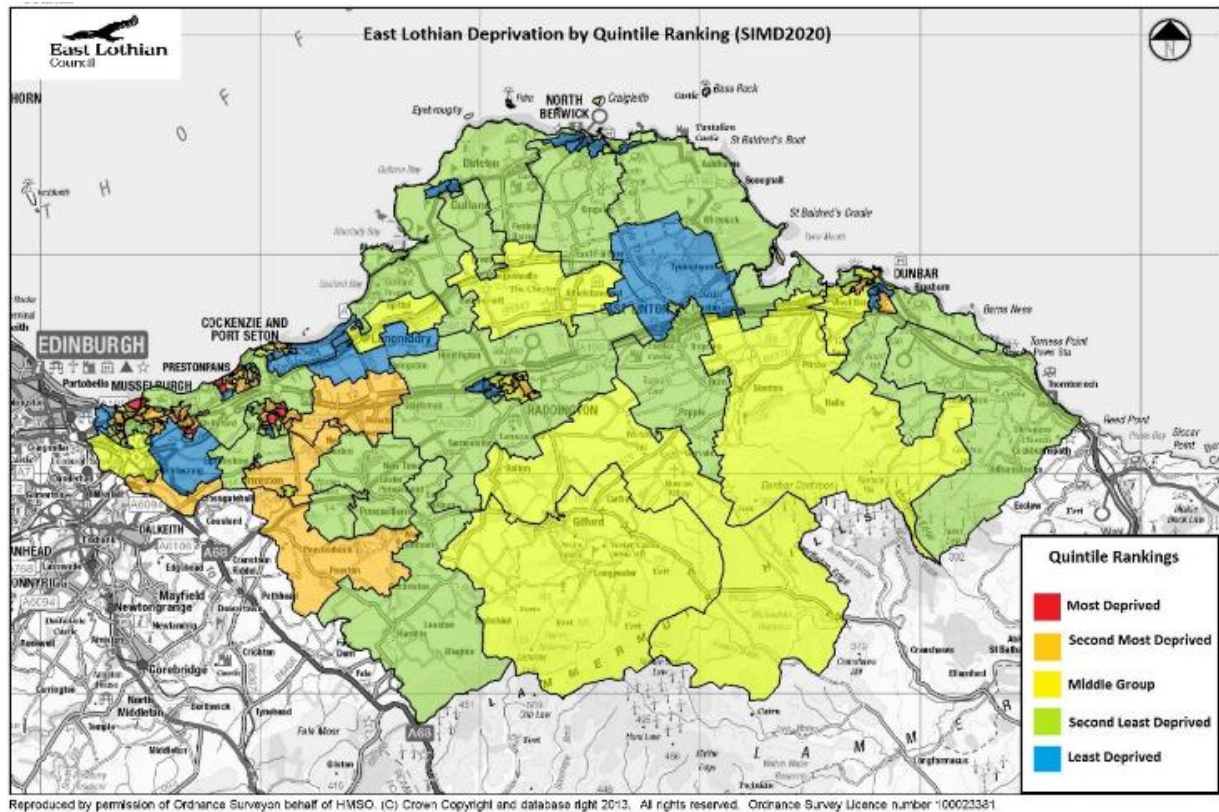
Deprivation

The Scottish Index of Multiple Deprivation (SIMD) is used to assess how deprived an area is. It divides Scotland into 6,976 small areas, called 'data zones' and measures the level of poverty in each of these areas.

It does this by looking at factors that contribute to deprivation, for example:

- income
- levels of crime
- employment
- access to services
- housing
- education
- health

Eight data zones in East Lothian register as being in the 20% of most deprived areas in Scotland. Map 1: Deprivation in East Lothian.



Map 1: Deprivation in East Lothian

Deprivation leads to health inequalities, for example:

- lower life expectancy
- higher rates of disease
- more long-term illness

We have to take deprivation into account when we are planning for the future.

Staffing

Health and social care is dealing with a staffing crisis at a national and local level. East Lothian is no exception.

Our workforce is ageing. In 2020, 80% of social care staff were female and 44% over the age of 45 years.

Many people working in the care sector receive low pay but carry out challenging roles. The majority of positions within the care sector are low paid, challenging roles, which directly compete with hospitality, retail, education and cleaning sectors. By 2043, for every 100 people of working age, 49 of them will no longer be working.

This means a much tighter labour market. At the same time, it will increase demand for public services like social care.

To be able to continue delivering services, we will have to,

- **identify effective means of recruiting enough staff**
- **identify effective ways of retaining them**

This needs a national approach as well as a local one.

Finances

Finance is another key issue. NHS Lothian and East Lothian Council fund us to deliver health and social care services. Their funds come from Scottish Government. Scottish Government has said that there are significant financial challenges ahead.

We are already seeing the impact of this. Funding has reduced for 2023-24 and it will continue to reduce over the next few years.

Any option that we put forward for services for older people must, be fully costed and analysed to ensure affordability and best value.

We need to do more with less funds.

Other issues

There are other things that need to be considered, for example:

- The impact of the proposed National Care Service
- The number of spaces available for community-based services to take place
- If we will be able to access to those spaces
- How to get people to and from community spaces using public transport.

**These are wider issues that ELHSCP does not have control over,
which may affect the way in which we can deliver services**

What do we know already?

In 2022, we engaged extensively with East Lothian communities. We asked them to tell us what they wanted from health and social care services in later life.

Here are the key things people told us:

- People would prefer to stay independently, in their own homes for as long as possible.
- If people needed care, they would prefer to have it at home, or in a homely setting and not go into hospital.
- They wanted more 'Intermediate Care Services' these services are based in the community and help people stay out of hospital or get people home from hospital with minimal delay.

In addition to asking public opinion, research was undertaken into the current provision, and future demand for care home beds and hospital beds. The results of this research identified:

- The hospital bed provision within East Lothian Community Hospital is well managed and there are enough beds available to meet current and any future demand.
- There is still a need for care home provision within East Lothian. It is likely there will be a need to replace 70 care home beds, and provide up to 30 new care home beds to meet demand.

We need to think about:

- **the best locations for care homes to best meet the need for all communities in East Lothian**
- **whether East Lothian Council or the private sector is able to provide Care Homes**

What are the challenges facing health and social care services?

Intermediate Care Services

There is an increasing demand for Intermediate Care Services. Intermediate Care services, like reablement and hospital at home, prevent unplanned hospital admissions. It also frees up hospital beds needed by others by helping people to return home quicker.

How can we ensure Intermediate Care is a priority for future care provision?

Palliative Care

Palliative care is about supporting people to die at home, or in a homely setting, if that is their wish. Fewer people die at home in East Lothian than the Scottish average. Feedback shows that most people in East Lothian would like to die at home or in a homely setting.

What improvements do we need to make to offer more palliative care closer to home in East Lothian?

Hospital Beds in East Lothian

We know that East Lothian Community Hospital has enough beds to meet future need. There are also two smaller 'satellite' hospital bed sites - the Edington Hospital and Belhaven Hospital.

How sustainable are these 'satellite' hospital beds? To answer this, we need to think about staffing resource, facilities and running costs. Are there alternatives that could support the community better than the hospital beds?

Care at Home

There is a shortage of care at home services, which is more severe in some areas of East Lothian than others. Recruiting staff into these roles is extremely difficult.

How can we support people to stay independent in their own homes? To answer this, we need to think about how we address staffing and resource shortages.

Care Homes

We have enough care home places but some places in East Lothian have more care home beds than others. The majority of beds are in private care homes. ELHSCP has no budget to build new care homes. There is only a limited budget to fund repairs which are much needed in The Abbey and Blossom House in Dunbar. Eskgreen Care Home in Musselburgh had to close in December 2022. This was due to:

- the building falling into disrepair
- the structure of the building not meeting the required quality standards

How can we support and develop the care home system to meet the future needs of East Lothian's population?

Minor Injuries Unit

Many people have asked for a Minor Injuries Unit (MIU). An MIU treats injuries that are not critical or life-threatening in East Lothian.

Do we need a Minor Injuries Unit in East Lothian?

If so, will this prevent hospital admissions or overnight care in the Royal Infirmary?

Is there enough demand to have MIU in East Lothian?

Could this resource be better used on other priorities?

Discussing, considering and proposing options

We need to come up with options that are:

- realistic
- achievable within a timescale not exceeding 10 years

The most useful options are those that will help to co-design:

- Services offered to people within their own home or local area
- Services delivered within dedicated care home facilities
- Services provided in East Lothian hospitals, where someone needs to be admitted for treatment
- Services that focus on early intervention and prevention

How will options for these challenges be discussed and decided upon?

We want people to reflect on all the information presented above. We will talk to you and work with you to identify solutions to the challenges identified above.

This work will have several stages:

- **Stage 1.** Gather interest from key stakeholder groups including community councils, area partnerships, third sector, independent sector and general public to contribute ideas and options as part of this engagement project.
- **Stage 2.** Collate ideas and suggestions from stakeholder groups, online survey, engagement events, and workshops to create a 'long list of ideas, options and suggestions'
- **Stage 3:** Assess every suggestion against 'hurdle criteria'. Hurdle criteria are conditions that need to be met for an option to progress to create a shortlist of options.
- **Stage 4.** We will investigate, model and test the shortlist of options. This will include looking at costs, timescales and demand.
- **Stage 5.** The Project Team and Stakeholder Group will then work on a shortlist. They will assess each option for desirability, viability and feasibility. They will be using an assessment framework to help them assess each option in a fair and consistent way. The options will be scored and weighted, to develop a refined options list.
- **Stage 6.** A 12 week public consultation will take place on the proposed finalised options.
- **Stage 7.** A final report will be go before the East Lothian Integration Joint Board (IJB). They will discuss all the findings of the engagement and consultation process. They will then make a decision and direct ELHSCP on which options to take forward.

Timeline

The engagement for this project begins in August 2023. We aim to present the final report to the IJB in September/October 2024.

These timescales are current indicative and may be subject to change.

Timeline



Timeline may be subject to change.

Further information resources

Email: engagement-hscp@eastlothian.gov.uk

Webpage: www.eastlothian.gov.uk/elhscp/pops

On the webpage you can find:

- Engagement and Consultation Strategy
- Options Development Strategy
- Engagement Timetable
- Findings to date