

East Lothian Integration Joint Board
26 January 2017
Chief Officer
Older People's Day Centres

1 PURPOSE

1.1 To seek agreement to support the development of older people's day centres in line with the commitment in the East Lothian Health and Social Care Partnership Strategic Plan 2016-18.

2 **RECOMMENDATIONS**

- 2.1 The IJB is asked to support the development of an improvement programme approach to older people's day services in line with the strategic priorities as set by East Lothian's Health and Social Care Partnership and the Integrated Joint Board.
- 2.2 And to agree that the additional investment needed in order to achieve the improvement programme as detailed in the resource framework 7.1 Appendix 1 should be funded from the Integrated Care Fund subject to final budget decisions by the IJB in March 2017.

3 BACKGROUND

3.1 The current East Lothian Single Outcome Agreement contains the following contributory outcomes to Outcome 6:

'People are enabled to live at home and access opportunities in their communities for as long as possible'

'Health is improving and the gaps in health inequalities are closing'.

Scotland's national health and well being outcomes include:

- **Outcome 1:** People are able to look after and improve their own health and wellbeing and live in good health for longer
- **Outcome 2:** People, including those with disabilities or long term conditions, or who are frail, are able to live, as far as reasonably

practicable, independently and at home or in a homely setting in their community

Outcome 5. Health and social care services contribute to reducing health inequalities.

The ELH&SCP Strategic Plan includes the following strategic objectives and immediate priorities:

- Improving promotion and early intervention, shifting services towards prevention of ill health, to anticipate at an early stage the need for support and to prevent crises
- Providing care closer to home, delivering safe and effective care as close to home as possible, enabling people to remain in the homes and communities for as long as possible.

The Integrated Joint Board Strategic Plan includes the development of older people's day centres as a priority and IJB Directions include DO2.e:

- To develop and implement a modernisation strategy for day services for older people by December 2016 which recognises need, geography, resources and capacity.
- 3.2 Older people's day centres in East Lothian are run by voluntary management committees as charitable organisations and receive funding from East Lothian Council. The ten centres have developed independently over the years, leading to variations in levels of funding allocated, as well as variations in opening hours. All centres are open for 48 weeks of the year. The Care Inspectorate have accepted applications for registration from all 10 day centres. Day centres have been advised of the maximum number of clients that they should support, given their staffing complement and the condition of their premises. Service Level Agreements are in place and need to be renewed by April 2017. Day centre provision is not equally distributed across the county and there are currently fewer purpose built and adapted premises in the West locality, where the greatest population growth and need in the older elderly population will occur from 2017.
- 3.3 Older people's day centres are a key resource across East Lothian. They are a central element of both the provision of complex personal care as well as part of local preventative services and are delivered using a partnership and co-production approach. This role could be developed further in a number of ways. Day centres could play a key role in preventing admission to hospital and enabling older people to return home following hospital admission. As they offer direct personal care they could increasingly be meeting some of the need that might otherwise be met through care at home services. They could also provide extensive respite and support to carers, their family, neighbours and friends while the service user attends the day centre. Day centres could play an important part in a whole systems approach to shifting the balance of care and sustaining individuals safely at home for longer

with a better quality of life, employing a personalised outcomes approach.

Future development should be targeted to improve the knowledge, skill set and confidence of care staff to support individuals with multiple or complex needs including co-morbidities, such as physical frailty and dementia or several long term conditions. This would achieve a key recommendation in the Care Inspectorate Inspection Report that we develop better support for people with dementia through day centre provision. The day centres could also offer a focus for support from NHS services for people with dementia as NHS services move away from bringing older people to a central point for day services.

3.4 The East Lothian Health Improvement Alliance and the Joint Strategic Needs Analysis indicate the following about East Lothian's population:

- The population of East Lothian is forecast to grow at one of the fastest rates of all 32 local authorities in Scotland

- The number of people aged over 65 is forecast to grow by 72.2% between 2012 and 2037 and almost 20% of the population is aged 65 and over

- The number of households in which the head of household is aged over 75 is forecast to double between 2012 and 2037

- a projection of over 75 and over 85 populations based on GROS midyear projections suggests an increase in the population of over 75's in the West locality from 2017 onwards:

Over 85's 2017-20		Over 75 's	s 2017-20
West	1498	West	5619
East	1434	East	4467

- Evidence suggests that levels of need within the day centres are becoming more intense. East Lothian's Strategy for Physical Disability and Sensory Impairment is clear that the consistent indicator of increase in physical disability is age-related, i.e. the increase in volume and intensity of need because of physical disability relates directly to the increase in the demographic of older people.

3.5 In order to address population growth and meet the needs of older people in East Lothian, day centres will in future focus on early intervention, prevention and outreach as well as direct care and support. This paper proposes building robustness into current provision, resourcing it adequately, bringing it into current partnership priorities and making it sustainable for the next three to five years while a new older people's strategy is developed, whereupon day centre provision can be reviewed.

The day centre's redesign programme will focus on:

- Equitable distribution of funding across the day centre network, based on an agreed daily rate
- Addressing geographical inequalities in current provision, particularly in the Musselburgh area. We would seek support to find and adapt suitable premises in Musselburgh to enable people with multiple and complex needs to be supported.
- Ensuring lease arrangements for day centres are maintained
- Improving geographical links between day centres, based on current catchment areas, health and social care localities and Local Area Partnerships. This will support day centres to share their expertise and enable individuals to access the day centre that meets their needs, while maintaining freedom of choice and community connections
- Developing improved transport arrangements for day centres, as part of the planning of local community transport across East Lothian
- Enabling day centres to provide both personal care and early intervention and prevention services in various models. This will include opening extra days as well as potentially in the evenings and weekends
- Further develop the link with social work and health referrals through the Quality Assurance mechanism in order to direct people to day centres following hospital discharge or as an alternative to care at home
- Develop dementia care provision within the day centres to better support people with dementia
- Further develop links with lunch clubs and other community resources
- Play a central role in the development of new initiatives, such as the community hub.
- Continue support for the development of the Association of East Lothian Day Centres.
- 3.6 The older people's day centres with the highest level of funding provide a cost-effective resource at £25 per day for a staffing ratio of approximately 5:1. It is proposed that the funding formula of £25 per day is extended to all day centres for 52 weeks of the year, thus improving parity across the day centre network, and providing an additional 8000 days of support, including 3000 in Musselburgh.

This would require approximately £365,000 revenue funding and would enable all day centres to:

- Open at least five days per week and 52 weeks of the year
- Provide intense levels of personal care to those who need it
- Focus on prevention and early intervention work
- Dementia work
- Better provide accessible transport.

Additional funding would also be needed to:

• Adapt and provide an additional resource in Musselburgh (depending on identification of suitable facility).

In addition the partnership should continue to support the following:

- The Association of East Lothian Day Centres, to improve governance and function and to improve understanding of the contribution of day centres to the wellbeing of older people and their carers
- Access to an independent collective advocacy resource.
- 3.7 Adult Wellbeing is currently scoping the development of a community hub to provide support to older people as part of the wider network of preventative resources (see Appendix 4 Community Hub).

4 POLICY IMPLICATIONS

4.1 The development of a network of older people's day centres is in line with the commitments in the East Lothian Health & Social Care Strategic Plan.

5 INTEGRATED IMPACT ASSESSMENT

5.1 The subject of this report proposes changes that will improve the support for older people in their communities through enhanced access and support.

6 **RESOURCE IMPLICATIONS**

- 6.1 Financial additional revenue funding of £365,000 (including the development fund of £150,000 already allocated by East Lothian Council) to achieve the agreed vision for day centres, giving a net increase of £215,000. Capital funding of £150,000 to adapt an additional resource in Musselburgh (dependent on identifying and securing suitable facilities).
- 6.2 Personnel The engagement of Partnership groups will be essential to progress this work. In addition, robust staffing levels and renewed terms and conditions of service will be developed within all the centres.

7 BACKGROUND PAPERS

- 7.1 Appendix 1: Proposed resource framework
- 7.2 Appendix 2: Development plan
- 7.3 Appendix 3: Map of East Lothian Day Centres (to follow)

- 7.4 Appendix 4: Community hub (proposal)
- 7.5 Statistics (Adult Wellbeing)
- 7.6 Presentation to Association of Day Centres

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DATE	19 January 2017

Appendix 1

Day centre	Locality	10+ hours care at home per day	Client numbers	Current award	New award at Daily rate@ £25 per day	Increase/dec rease in award
West Locality		252				
Musselburgh new centre	West		18/day – 4680 places	£80,688	£117,000	£36,312
John Bellany, Port Seton	West		18/day - 4680 places	£106,640	£117,000	£10,360
Harlawhill, Prestonpans	West		16/day – 4160 places	£106,406	£104,000	-£2,406
Tranent	West		16/day – 4160 places	£64,570	£104,000	£39,430
Primrose, Ormiston	West		16/day – 4160 places	£40,479	£104,000	£63,521
East Locality		130				
Haddington	East		18/day - 4680 places	£61,258	£117,000	£55,742
North Berwick	East		18/day - 4680 places	£121,640	£117,000	-£4,640
Gullane	East		16/day – 4160 places	£48,769	£104,000	£55,231
Lynton	East		16/day - 4160 places	£49,410	£104,000	£54,590
Dunbar	East		16/day – 4160 places	£51,545	£104,000	£52,455
Total		382		£731,405	£1,092,000	£360,595

This

assumes that:

- Each day centre opens 5 days per week for 52 weeks. Lynton and Gullane open 4 days at present
- Each day centre is full. Gullane SLA for 13 clients only at present. Musselburgh requires purpose built or adapted centre to take 18 clients per day
- An allowance for transport is included in the funding award. Consider a 'rural' transport premium.

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Proposed day centre development plan October 2015

Below we have set out some proposed key development areas and stages that we could follow in order to progress this piece of work and ultimately develop a 3 year strategy for change with a detailed action plan which will set out how we get from the current position to where we agree we need to be in the future.

1	Day centres' development days Continue to organise development days in order to continue engagement and complete key stages and developments together.	Next development day: Monday 26 th October Esk Rooms, 10 am to 2pm Agenda: • Structure / membership of future events
		Beginning to shape a visionDevelopment Plan
2	Day Centre Association Further explore and develop role of Association on collaborative approaches in order to support key capacity improvement measures across the centres.	 Further collaborative approaches could include: A shared training needs analysis A training plan A registered managers' network Management of waiting lists for preventative and complex need Allocations according to need. Staffing governance
3	Funding	 Set up panel ELC/Association to allocate development funding look at funding across the network of day centres and lunch clubs Develop a funding strategy as part of the overall strategy Agree funding levels across all centres once roles and remits are developed
3	Demographic changes and statistical information / market data / forecast demand	 In East Lothian, the number of people over 65 with dementia is expected to double to by 2035 (NHS Lothian 2014) Develop dataset to inform final composition of day centre

		structure
		-
4	Strategy 2016-19: Focus could be 'Community resources for older people, including day centres and lunch clubs'	 In order to develop the strategy and action plan we would determine: What do we have? What are the gaps? E.g. an East Lothian community information hub? What resources are available? What resources do we need? Clarify demand. Registration requirements Build into the overall Joint Strategic Plan for East Lothian
5	Carry out initial geographical analysis based on West and East localities	For example: A mix of registered centres plus a specialist dementia resource plus 2 preventative centres and local lunch clubs in both the East and the West
6	Scope developing other models for example social enterprise and links to other employment opportunities, maintaining people in the own tenancies and homes, combating social isolation and mental wellbeing, nutrition and physical wellbeing	 Food Train Home maintenance Gardening Dog walking. Befriending Peer support
7	Manage transition period (the finished action plan)	Strategy to be developed and implemented over an agreed timeframe
8	Communication	 Ensure involvement of all roles within the day centres Including service users and carers Link to wider strategic reporting structures

Appendix 4 Development Opportunity: Capability Scotland service reprovision August 2015 updated September 2016

1. Introduction

Capability Scotland is modernising its services and plans to make major changes which will affect a range of service users and carers in East Lothian. All those affected by this change are being reassessed and funding for any services and transport will in future be through individual budgets.

Our current contracts with Capability Scotland are therefore due to expire and this has given us an opportunity to reflect on how we would wish to see services developed in future.

2. Current services Capability Scotland

New centres are being planned in Edinburgh in Riccarton at the Heriot-Watt campus in West Edinburgh and in Craigmillar.

• Sensory and wellbeing hub - Riccarton

The sensory and wellbeing hub at Riccarton will have a suite of purpose-built rooms providing a range of stimulating and therapeutic experiences for those with the most complex needs. This will include a sensory kitchen, physical activity room, sensory rooms and a café style communal area. The service will have two 'Changing Places' toilet facilities. Activities will include cooking workshops, calming sensory therapy sessions and exercise programmes.

• Arts and digital community hub - Craigmillar

The new arts and digital community hub will be based at the Space building in Craigmillar. There will be a suite of studios for arts and crafts (pottery, textiles, sewing, printing etc) and for digital technology (photography, design, research, Skype, social media).

Local Area Coordinators

This service is currently run by Capability Scotland (in Edinburgh the service has been taken in house). It is funded at approx £80,000 pa to employ two coordinators based in Haddington. They offer an individual one-to-one response to new referrals – 74 in 2014-15 and also an enquiry service - 50 in 2014-15.

3. Developing East Lothian's Community Hub: Improving day, evening and weekend opportunities

The finance available from both contracts outlined above can be seen as a potential resource to re-invest (with the caveat that New Trinity Centre has received S10 funding; Additional investment to support the five service users may need to be made available if they are supported into alternative types of provision).

All of our current strategies identify the need for a single point of contact about community resources, both virtual and real, including:

- Lothian Partnership Sensory Impairment Implementation Plan 2014-16
- East Lothian Autism Strategy 2014-24
- Carers Strategy: Caring Together Strategy for East Lothian 2013 2018
- Opportunity and Independence: East Lothian's Joint Physical Disability and Sensory Impairment Strategy and Action Plan 2013-20
- East Lothian's Learning Disability Strategy 2013-18
- A Sense of Belonging a Joint Strategy for Improving Mental Health & Wellbeing of Lothian's population 2011 – 2016 and local implementation plan
- East Lothian's Older People's Strategy 2012-2020.

Improving access to information is the one of the key comments from recent consultations, including the work on My Futures and young people in transition to adult services. The need for the development of a 'hub'approach was identified in particular in our strategy for physical disability and sensory impairment:

'There are many community groups and resources in East Lothian, providing a wide range of activities. A key message from consultations with physically disabled people, however, is that people do not know how to find out what is on offer or how to access appropriate transport. A community information and opportunities hub for East Lothian will provide a one stop shop, with an accessible point of contact for young people and adults and their carers wanting advice on the range of activities locally. It will provide information on disability and signpost people to activities and organisations. It will offer flexible opening hours accessible to service users and carers, including evenings, weekends and holidays. The centre will support telenetworking, and develop online resources as well as a directory of services, working with existing information and advice agencies'¹.

The benefits of such a model include:

- Service users leave with timetable of activities/opportunities and the appropriate support to access those opportunities
- Providers have a resource to help them develop personalised support
- People are supported to maintain social networks with friends
- People are supported to be independent and have the choice to do what interests them
- People are enabled to make best use of self-directed support and personalised budgets
- Dependence on statutory services is reduced
- Isolation is reduced.

The community hub model will be part of a broader drive to develop a network of preventative resources, for example shopping or gardening servicesIt is in line with the Self Directed Support Act especially in relation to our obligations to provide signposting and information. Local area co-ordination services will play a key role in

¹ Opportunity and Independence 2013-20

enabling people to access the wider choice of activities and opportunities through the community hub. Links with Local Area Partnerships would be established, especially with Prestonpans, Seton, Gosford Partnership. There is the potential for creating local employment opportunities.

The development of a community hub will take into account and complement other work being considered in East Lothian, including 'GameChanger' the Public Social Partnership work and out-of-hours support for those in emotional distress.

4. Information Resource

An information resource would need to be created by building on existing resources, including:

- A local information system for Scotland (ALISS)
- Living It Up
- Ageing Well
- Edinburgh Gateway
- Eastspace-East Lothian mental health information online.

5. Hub and spoke model

The main hub would be the Resource Centre, Prestonpans. Additional centres could include:

- Visualise base in Musselburgh
- Community Centres
- Libraries.

6. Commissioning/procurement

The Local Area Coordination service was originally developed through a tendering exercise. There is the potential to bring new providers into East Lothian to support the community hub as well as continuing to work with existing partners.

Current third sector partners include:

Local	National
ELCCF	Capability Scotland
COEL	Alzheimers Scotland
ELIS	RNIB/Deaf Action
Strive	Upward Mobility
LCIL	Penumbra

We wish to commission a new model or provision.

We should therefore:

- Scope the need and appropriate models with local partners by holding an initial stakeholder event
- Carry out local market analysis of the options
- Consider a Public Social Partnership approach.

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CaH clients (65+)			
Ward	10+ hours clients	All clients	% clients 10+ hrs
Dunbar	44	106	41.51
Fa'side	66	178	37.08
Haddington	46	144	31.94
Musselburgh East	43	133	32.33
Musselburgh West	53	121	43.80
North Berwick	44	146	30.14
Preston, Seton, Gosford	81	223	36.32

Unfilled hours (65+)

Ward	Hours	Clients	Hours per client
Dunbar	296.25	21	14.11
Fa'side	221.25	28	7.90
Haddington	243.00	23	10.57
Musselburgh East	232.75	25	9.31
Musselburgh West	183.00	20	9.15
North Berwick	283.50	32	8.86
Preston, Seton, Gosford	240.50	22	10.93

Age breakdown of curren	nt 65+ CaH clients			
Age-group / Ward	Dunbar	Fa'side	Haddington	M East
65-69	4	10	20	11
70-74	12	19	14	11
75-79	14	30	16	14
80-84	29	45	30	28
85-89	25	36	34	37
90-94	18	29	22	25
95+	4	9	8	7
TOTAL	106	178	144	133

% breakdown of current 65+	CaH clients			
Age-group / Ward	Dunbar	Fa'side	Haddington	M East
65-69	3.77	5.62	13.89	8.27

70-74	11.32	10.67	9.72	8.27
75-79	13.21	16.85	11.11	10.53
80-84	27.36	25.28	20.83	21.05
85-89	23.58	20.22	23.61	27.82
90-94	16.98	16.29	15.28	18.80
95+	3.77	5.06	5.56	5.26

Population Projections	85+ by ward			
Ward/Zone	2010	2011	2012	2012 - 2016
1/2 - Musselburgh	503	525	539	601
3 - Preston / Seton / Gosford	286	299	306	342
4 - Fa'side	217	226	232	259
5 - North Berwick	402	420	431	480
6 - Haddington	265	276	284	316
7 - Dunbar	214	223	229	255
Other	223	233	239	267
Total	2,110	2,202	2,260	2,521
Population Projections	75+ by ward			
Ward/Zone	2010	2011	2012	2012 - 2016
1/2 - Musselburgh	2,015	2,050	2,084	2,277
3 - Preston / Seton / Gosford	1,249	1,270	1,291	1,410
4 - Fa'side	963	979	995	1,087
5 - North Berwick	1,340	1,366	1,390	1,521
6 - Haddington	852	869	884	968
_	792	806	820	897
7 - Dunbar	152			
7 - Dunbar Other	816	831	845	924

M West	NB	P S G
8	12	13
15	14	21
14	15	37
26	22	55
34	36	56
19	31	29
5	16	12
121	146	223

M West	NB	P S G
6.61	8.22	5.83

12.40	9.59	9.42
11.57	10.27	16.59
21.49	15.07	24.66
28.10	24.66	25.11
15.70	21.23	13.00
4.13	10.96	5.38

2017 - 2020
699
398
301
559
368
297
310
2,931
2017 - 2020

2017 - 2020
2,539
1,570
1,210
1,701
1,083
1,001
1,032
10,136

Older Peoples' Day Centres Event Follow up event October 10th 2016

Paper being presented to the IJB at their November meeting

Purpose: To outline the proposed developed use of older peoples' day centres in East Lothian in line with the strategic priorities within the East Lothian Heath & Social Care Partnership Strategic Plan 2016–18 which includes a commitment to shifting the balance of care.

Recommendations within the paper

- The IJB is asked to support the development of an improvement programme approach to older peoples' day services in line with the strategic priorities as set by East Lothian's Health & Social Care Partnership and the IJB Strategic Plan and Directions.
- And to agree the additional investment needed in order to achieve the improvement programme as detailed in the resource framework.

IJB Direction DO2.e

To develop and implement a modernisation strategy for day services for older people by December 2016 which recognises need, geography, resources and capacity.

Strategic Fit

- Single Outcome Agreement: Outcomes 1,2 and 5 which talk of people looking after and improving their own health & wellbeing, people living independently regardless of level of need and the reduction of health inequalities.
- ELH&SCP Strategic Plan strategic objectives which include improving the promotion of early intervention and prevention and providing care closer to home helping people remain in their communities as long as possible.

Current Day Centre provision

- Ten independent organisations across EL.
- Registered to provide complex personal care to an agreed number of people per day.
- Elements of early intervention and preventative support.
- Varying levels of funding.
- Varying quality of buildings.
- Differing transport arrangements.
- Differing staff teams.

Rationale for further investment

- Reducing the need for hospital admission and supporting speedier discharge from hospital.
- Providing personal care which otherwise would come from stretched care at home services.
- Provide respite opportunities for carers.
- Day centres part of a whole system approach to shifting the balance of care and enabling people to stay at home in their own communities longer.

Rationale for further investment

- Offers opportunity to further develop the workforce to work more effectively with people with multiple and complex conditions.
- Develop services to support people with dementia in line with the Care Inspectorate recommendation.
- Link into services currently being developed within the community once delivered at the NHS Lothian Hopetoun Day Centre which is planned for closure.

Data

- Population of EL forecast to grow faster than all other LAs.
- Number of people over 65 forecast to grow by 72.2% between 2012 and 2037.
- The number of households where the head is over 75 forecast to double between 2012 and 2037.
- A projection of over 75 and over 85 populations based on GROS mid-year projections suggests increase of over 75s in the West in particular from 2017.

Future day centre provision

- Equitable distribution of funding across day centres based on an agreed daily rate.
- Standardised lease arrangements.
- Improving geographical links between day centres linked to social work and health localities and local area partnerships.
- Supporting and contributing to improved transport networks.
- All centres providing both personal care and early intervention and prevention services.

Future day centre provision

- Centres need to be regarded as health and social care day centres.
- Developed links with social work and health to support referrals to day centres and ensure places are filled.
- Increased use of emergency places to support improvement in delayed discharge.
- Developed dementia care within the centres.
- Developed links with other community resources.

Future day centre provision

- Developed links with Allied Health Professionals and the services they deliver such as speech and language therapy, diatetics, bloods taking, training services for centre staff on lifting and handling.
- New developments including technology enabled care could be showcased and trialled in centres.
- Central role in the piloting and development of community resources and support services.

Future funding

- Highest funded centres costed at £25 per day.
- Proposal to extend this to all centres linked to places offered.
- For 52 weeks of the year and for 5 days.
- Providing an additional 8000 places.
- Develop potential for evening and weekend opening.
- Representing total further investment of £365,000.

Next steps

- Following today discussions with partnership management team, corporate management team and council lead.
- Presentation to the IJB in November.
- Budget setting process.
- Development of new Service Level Agreements to be in place for April 2017.
- Development programme in year one to implement the changes.

QUESTIONS?