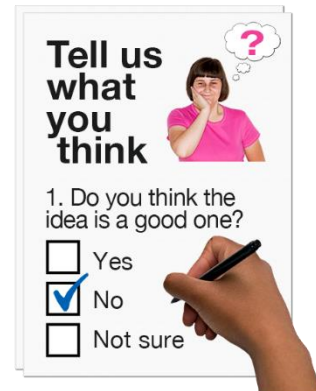


Health and Social Care Plan for Older People

Introduction and Part 1

Tell us what you think



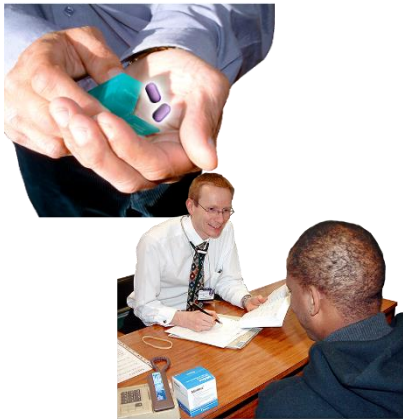
What is this consultation for?



There are a lot more people aged 65 or older in Scotland and this number is getting bigger.

Old age offers many new choices and chances.

It can also bring things that are not so good.



Many older people:

- have very bad health conditions
- take more medication
- go to more health appointments
- stay in hospital more
- have poorer health than younger people
- have delays getting discharged from hospital



Older people were one of the groups affected the most by Covid-19.



We must make sure all older people in Scotland have health and social care services to support them.

Many older people's health and social care services need to change so they are what older people need.



In March 2021 the Scottish Government published a plan called a 'Statement of Intent'.

This is how we will develop a new health and social care plan for older people.

Why Your Views Matter



This consultation is one of the ways we are asking people what they think about the new health and social care plan.

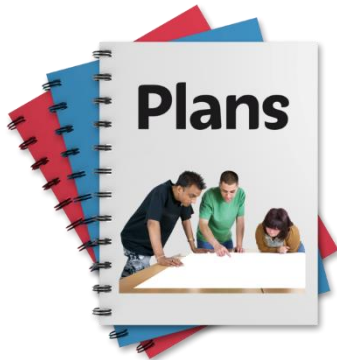
We want to hear what many different people think.



At the end of 2021 we spoke online to a lot of older people from organisations and groups that support them.

The information from the online events helped us decide what questions to ask in this consultation paper.

What will the new plan link with?



The new plan must link with actions and recommendations from:

- the [Independent Review of Adult Social Care](#)
- the [National Care Service consultation](#)
- [A Fairer Scotland for Older People](#)

What have people told us so far?



People said the most important things were:

Prevention

Staying physically and mentally active can:

- reduce our risks of dementia
- help us meet new people and keep in touch with others
- help prevent falls.



Person Centred Care

Older people must be at the centre of decisions about care and treatment.

They must be able to communicate what matters most to them and staff must listen and act on it.

Home First Approach



Home First services make sure people receive care and treatment in their homes and local communities as much as possible.

Care at Home and Hospital at Home are examples of this type of service.



Integrated Health and Social Care.

Integrated means linked and working together.

We have integrated health and social care in Scotland but it is not the same in every area.



Dignity and Respect at End of Life.

We need to talk about death and dying in an open and honest way and support ways for people to have these conversations.



We must continue to support families through their bereavement, recognising that people grieve in different ways.

Tell us what you think



There are 55 questions in the whole consultation

There is space after each question so you can type your answer.

The space will grow as you type.



You do not have to answer every question.

There is space at the end for you to add more information if you want to.



Save your document and email it to:
olderpeopleshealthstrategy@gov.scot

Send it to us by 17 June.



What you tell us will help us to decide what will be in the Health and Social Care Strategy for Older People which will be published later in 2022.

The consultation is split into 4 parts based on the main themes from what people told us:



- Part 1: Place and Wellbeing
- Part 2: Preventative and Proactive Care
- Part 3: Integrated Planned Care
- Part 4: Integrated Unscheduled Care

**This document is Part 1.
It has Questions 1 to 13.**

Part 1: Place and Wellbeing



Wellbeing means feeling comfortable, healthy and happy.

Where we are born, grow, age, live and work makes a difference to our health.

In this section we want you to think about the different organisations that support older people and how they work together to provide the care and support needed in their local community.

What You Told Us



There are some excellent examples of support being provided by voluntary organisations in Scotland.

The support they give is very important to an older person's wellbeing and helps them to stay connected to other people.

Question 1

Do you have examples of communities, voluntary and public sector organisations working together to improve older people's health and wellbeing and reduce any health inequalities which they experience?



Write your answer here:



You told us:

Many people depended on voluntary services during the Covid pandemic.

Many voluntary services are only funded for a short time.

Voluntary organisations, NHS and social care services do not share information well.

Older people have to give the same information to different services which takes too long.



Health and social care services are not the same across Scotland.

Health staff said it is important for them to know their local area and what services people need.

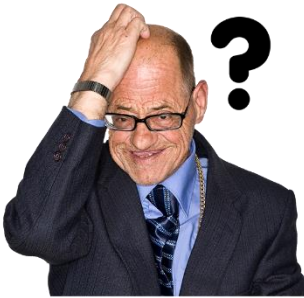


This is very important in areas of deprivation and poverty.

A **deprived** area is one where people have more difficulties in different parts of their life.

Poverty means not having enough money to buy basic things like food or housing.





These areas can have very different needs:

- older people who are **isolated**
- An **isolated** person does not have much contact with people.
- older people who are frail
 - people with very bad health conditions that have lasted a long time

Isolated older people are more likely to contact the Scottish Ambulance Service in a time of need or crisis.

Question 2

Think about your physical health. What kind of advice and support would help you make decisions about your health, care and treatment?

Write your answer here:



Question 3.

What kind of people or organisations would you like to help you with this?

Write your answer here:



Question 4.

Think about your wellbeing - what kind of support and activities would help you to stay connected to people in your community?

Write your answer here:



Question 5.

How could local organisations and places like community groups libraries, museums, art galleries or leisure centres help you with this?

Write your answer here:

Mental Health and Wellbeing



Older people are more likely to experience things that make their mental health worse, such as poverty, isolation, loneliness and poor physical health.

The coronavirus pandemic has made these things worse.

Many older people were shielding or were at high risk from coronavirus and this also affected their mental health.



Question 6

If you were worried about your mental health what health or care service would you ask for advice and support?

Write your answer here:



Question 7

Has the coronavirus pandemic made it more difficult for you to get mental health services if you needed them?

Yes

No

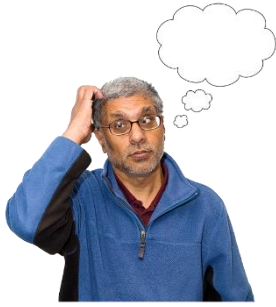
If you answered 'yes' please tell us more:



Question 8.

What could we do to make it easier for you to get mental health services if you needed them?

Write your answer here:



Question 9.

Is there anything else you would like to add about mental health services for older people?

Write your answer here:

Housing



A person's home makes a big difference to our health and wellbeing especially as we get older.

We must make sure our homes support older people to live independently at home for as long as possible.



Question 10

Tell us about the housing you live in just now.

Write your answer here:



Question 11

What kind of housing, adaptations or equipment for your housing would support you to live independently at home for as long as you want?

Write your answer here:



Question 12.

Who would you like to be able to give you the housing and adaptations you need?

Write your answer here:



Question 13

Is there anything else you would like to add about Place and Wellbeing for older people?

Write your answer here: