



Our new Strategic Commissioning Plan is out now and outlines how we will deliver Health and Social Care services over the next three years. It includes examples of how we will focus on prevention including the Wellbeing Service, support for people who are frail and those with respiratory diseases.

Your input to the planning process has been invaluable. Over 1,600 people told us what works well and what needs to be improved. I'd like to thank all those who took time to share their stories.



Director of Health and Social Care, Allister Short and Scottish Cabinet Secretary for Health, Jeane Freeman MSP

### Free Personal Care extended to under 65s



Free personal care is currently available for everyone aged over 65 who has been assessed as needing it. From the 1st April the Scottish Government has extended this to people under 65 as well.

This means that if you have been assessed as needing help with tasks such as bathing, going to the toilet, preparing food, medication, dressing, getting up and going to bed you will no longer have to pay for the service.

If you are already charged for these services you will see a change in your next bill. You will be still be charged for non-personal care tasks.

### Complex needs teacher turns hand to writing with Paper and Pens



As part of Autism Awareness Week we launched **Gail's Paper and Pens** - a book written by Gail Keating who taught students in Midlothian with multiple and complex needs.

She hopes it will "help all of us who share the lives of those with what is called autism to learn to think differently ourselves so they can understand us better."

This work was supported by the RS Macdonald Charitable Trust Fund and Midlothian Council's Autism Strategy. The book will be available in libraries or from [www.artlinkedinburgh.co.uk](http://www.artlinkedinburgh.co.uk)

### Local services given top marks



Two local services have been inspected recently and received top marks from the Care Inspectorate. Cherry Road provides Day Services for people with Learning Disability and Complex needs. It is a centre for learning, innovation, experimentation and creativity and has been assessed as 'very good' and 'excellent'.

Cowan Court supports older people with physical and mental health care needs, including dementia, to enjoy independence in a safe, caring, socially active supportive environment. They were awarded level 5 for the quality of care and support people received in their recent inspection.

# Our Plans for the next 3 years

After months of listening to the views of service users and staff we have published our Strategic Plan for the next 3 years. 1,600 people took time to share their views and personal stories of their experience of health and social care services. Here are the main points they told us and how we will achieve these. To read more and read the Strategic Plan go to [www.midlothian.gov.uk/MHSCP](http://www.midlothian.gov.uk/MHSCP)

## What you told us

## Did you know?

## Future plans

### Physical Health

Most people said they were active. Some people would like:

- Cheaper leisure centres with greater choice of classes.
- Better cycling and walking routes.
- 'Check Ups' to discuss concerns.

Most people said they ate healthily.

Some people would like:

- Cheaper healthy food.
- Greater choice of healthy food and help with online shopping.
- Help with ideas for healthy eating.

**Carers, people over 65 and people with disabilities can access discounted leisure services and groups such as Ageing Well and Midlothian Active Choices.**

You can download walking and cycling routes from [www.midlothian.gov.uk](http://www.midlothian.gov.uk)

**Around 60% of people in Midlothian are overweight - only 29% of people eat 5 portions of fruit and vegetables a day.**

**10% of the NHS budget is spent on Type 2 diabetes which is linked to obesity.**

We will fund schemes that support people over 55 or with a long term condition to be active.

We will use technology so people can measure their blood pressure and Body Mass Index at GP practices and support national screening programmes.

We will work with community planning and community groups to make healthy choices easier.

We will fund weight management groups, including those for people with pre diabetes.

### Mental Health

Most people said they had good mental health and felt connected to friends and family. Many people liked 1:1 support to access groups. Some people would like:

- To feel less stressed at work.
- To see more of their friends and family - nearly half of unpaid carers felt isolated.
- Information about 'What's On'.
- Help with transport.

**We spend £14 million a year (1/3 of the adult social care budget) on third sector organisations. Many of which support people to feel included in their community.**

Many people experience anxiety or depression - 19% of the population are prescribed medication for this.

We fund 'What's On?' directories.

We will build on existing services and try new initiatives to help people feel connected such as:

- Early action on mental health.
- Expanding the Wellbeing Service.
- Providing money and advice for peer support groups.
- Supporting people with frailty or who are housebound.

## What you told us

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### Day to day support - in and around your home

People who needed equipment or adaptations felt this improved their independence.

Some people would like:

- Shorter waiting lists.
- More choice of adapted accommodation.

Most people who received care at home said it helped them live independently.

Some people would like:

- More choice.
- Better continuity of care
- Shorter waiting lists.

**We provide around 1,200 adaptations a year and spend nearly £400,000 on equipment. 15% of houses have an adaptation.**

We have a range of supported accommodation - 2 'Extra Care', 1 'Very Sheltered' and 9 'Retirement housing complexes'.

**We fund around 12,000 care at home visits a week.** We have tried to recruit and retain care staff by improving marketing, increasing pay to the living wage, guaranteeing hours and offering SVQs.

We will provide equipment and adaptations if required and support people to move to suitable accommodation.

We will work with other providers to build more extra care housing. All local authority new build sites will include accessible accommodation.

Recruiting and retaining care workers is a major challenge for all care at home providers. We will continue to address this together.

We will also use technology to support people at home.

### Help in an emergency

Many people found accessing their GP hard. Some people felt this was because of all the new houses.

Some people would like:

- More appointments.
- Alternative ways to make appointments such as online, in advance and outwith working hours.

**We offer 600,000 GP appointments every year and every week GPs see 10% of the population.**

Many people work in primary care including GPs, Nurses, Pharmacists, Opticians and Dentists. We have promoted the alternatives to a GP.

We have tested out a cloud based phone system at one GP practice. This gives callers information whilst waiting and help us understand demand.

We will help you see the right person by:

- Expanding the number of Wellbeing workers, advanced physiotherapists, pharmacists and mental health nurses in GP practices.
- Strengthening mental health support.
- Increasing the capacity of our Rapid Response team (MERRIT).
- Supporting people to plan for emergencies.
- Opening a new clinic in Newtongrange and planning for additional practices.

### How would you spend £130 million if you were in charge?

Many people suggested making savings elsewhere.

Some people would like:

- Charging for prescriptions or missed GP appointments.
- Reducing cost of salaries for non-front line staff.
- Improving efficiency through joined up working and use of IT and reviewing support packages.
- Focusing on prevention.

**We spend £18 million on prescription drugs every year.** We have been reducing the money spent on prescribing and **it is now below the Scottish average.**

We have reviewed 70% of support packages in the last 2 years.

We will recruit more pharmacists to review medication.

We will continue to review all support packages and structures - a review of Social Work Teams is currently underway.

We will continue to shift our focus to preventative measures that help people live well.

# How to get in touch with us.

Your views and opinions are important to us. Our recent consultation gave us a wealth of views on what you think is working well and what needs to be improved.

We are always keen to hear from people who use our services. If there is anything you want to share, a positive or negative experience or a great idea, please don't feel you have to wait for the next consultation.

## Keeping informed:

- Follow us on Facebook **Midlothian Council** or Twitter **@MidlothianHSCP**
- Sign up to our newsletter [www.midlothian.gov.uk/MHSCP](http://www.midlothian.gov.uk/MHSCP)
- Follow some of our specialist websites such as [autismideasinmidlothian](http://autismideasinmidlothian), [midspace](http://midspace), [weebreaks](http://weebreaks) and [Forward Mid](http://ForwardMid).

## Going to a group:

We support a number of groups/events that feedback the views of service users and their carers. Why not go along and be heard. Some examples are:

- MIDPA (Midlothian Disabled People's Assembly) - [www.forwardmid.org.uk](http://www.forwardmid.org.uk)
- CAM (Carers Action Midlothian) - [www.vocal.org.uk](http://www.vocal.org.uk)
- MOPA (Midlothian Older People's Assembly) - **0131 663 9471**
- Community Councils - [communities.team@midlothian.gov.uk](mailto:communities.team@midlothian.gov.uk)
- People First - [www.peoplefirstscotland.org](http://www.peoplefirstscotland.org)
- Midlothian Voices - <http://capsadvocacy.org>
- User and Carer representatives on planning groups and the Integration Joint Board

## Taking part in a public consultation:

When we are planning changes to a specific service we consult with people who may be affected. You can find current consultations on [www.midlothian.gov.uk](http://www.midlothian.gov.uk) or look out for these in the future:

- Improving Dementia Care in a Crisis - May and June (Health and Social Care Partnership)
- Feeding into the design of the new Short Stay Elective Centre at St Johns - Until end of April (NHS Lothian)
- Hearing the effects of budget cuts for people with a learning disability - 21 March (People First)
- Feeding into the plans to reprovise the Astley Ainslie - later in the year (Health and Social Care Partnership)
- Reducing smoking in pregnancy - ongoing (Health and Social Care Partnership)
- Reducing Type 2 Diabetes - later in the year (Health and Social Care Partnership)
- Improving your cancer journey - later in the year (Macmillan Cancer)