

Join the Conversation

Perth and Kinross
Health and Social Care
Partnership

Summary of the Draft Strategic and Joint Commissioning Plan



scottishcare 

The voice of the independent care sector in Scotland



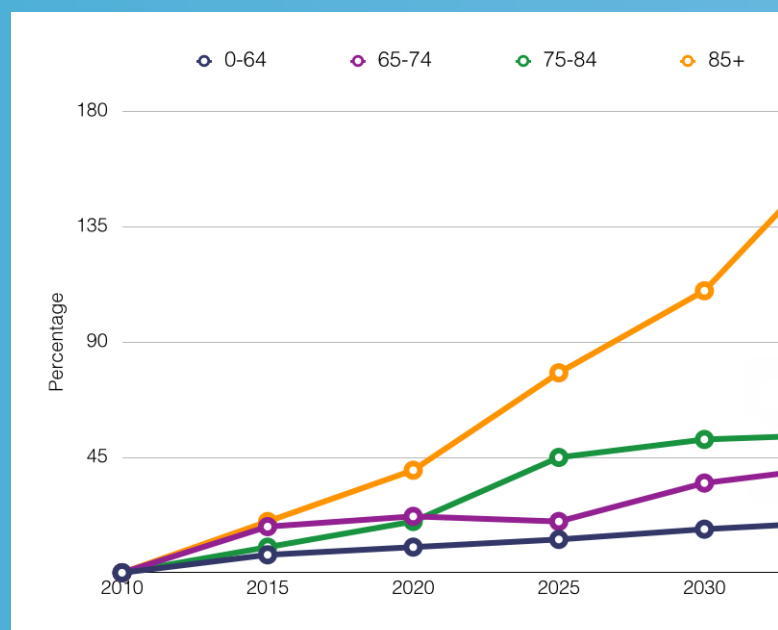
NHS
Tayside

Contents

1 Background	page 3
2 Our aims for the future of local health and social care services	page 4
3 What services will be included in health and social care integration?	page 5
4 Working and delivering locally	page 6
5 Vision and principles	page 7
6 Strategic priorities	page 8
7 What you have already told us	page 10
8 What are we planning to do?	page 12
9 Let us know what you think	page 14

Health and social care is changing. From April 2016 your local health and social care services will be provided in an integrated way through the Perth and Kinross Health & Social Care Partnership, made up of representatives from Perth & Kinross Council, NHS Tayside and other community partners. A Draft Strategic and Joint Commissioning Plan has been drawn up that sets out how health and social care services will work together to meet people's needs now and into the future. Our aim is to improve the wellbeing and outcomes of people, particularly those who have complex needs and need the support of health and social care at the same time.

We believe growing numbers of people in Perth and Kinross who have complex care needs or are growing older will benefit from better joined-up care, better anticipatory and preventative care and a greater emphasis on community-based care. We will work together to make sure people are supported to lead as independent, healthy and active lives as possible in their own homes. Our challenge is to find innovative and creative ways of doing this at a time of



Background

increased demand and expectations and reducing public finances.

Over the coming decades we are expecting significant demographic change, especially in relation to older people, the majority of whom are increasingly fit and active until much later in life and are an important and significant resource, with a great contribution to make in their local communities. Advances in health care and healthier lifestyles mean that people are living longer generally and the vast majority of older people aged 65+ live healthily at home. We know, however, that the need for support from health and social care services increases with age and the challenge for services and communities will be to ensure that people are supported to be able to lead healthy, fulfilling lives at home for as long as possible.

The projected population of people aged 65-74 (+26%), 75-84 (+48%) and 85 plus (+80%) over the next fifteen years is summarised below.



Population projections 2010-2035

- *Those aged 75+ are projected to double over the next 15 years, from 14,406 to 27,250.*
- *Those aged 85+ are projected to more than double from 4,027 to 10,651 by 2037.*
- *Based on current dementia prevalence rates for Scotland, people with dementia are expected to double over the next 25 years.*
- *Other vulnerable people, including those with learning or physical disabilities, require the support of health and/or social care services to live as independently as possible and people with mental health needs or substance misuse problems who need support on their journey to recovery.*
- *There is a small number of people with learning disabilities with specialist care needs who require high levels of care and a growing number of young people with learning disabilities.*

Our aims for the future of local health and social care services

In spite of the challenge of rising demand for services at a time of reducing public service budgets, we believe it is possible to improve outcomes for people through changes in the emphasis of services and the way we work together. We will build on and develop the progress we have made in many areas, transforming the health and social care system.

We want to have:

- *varied and responsive community-based services and support that will enable people to live as independently at home as possible with a better quality of life;*
- *high numbers of people supported through re-ablement and recovery, with no need for further care;*
- *reduced hospital emergency re-admissions;*
- *reduced hospital non-elective admissions;*
- *reduced hospital delayed discharges;*
- *reduced admissions to residential care, and none from acute hospitals;*
- *reduced numbers of people needing longer term care;*
- *reduced health inequalities and increased health and wellbeing.*



What services will be included in health and social care integration?

The services provided by the new partnership will include services provided by Perth & Kinross Council and NHS Tayside as set out in the table below. A key challenge for the partnership will be to ensure services are integrated and meet the needs of people and communities in our localities and make the shift towards prevention and early intervention.

Services currently provided by Perth & Kinross Council	Community services currently provided by NHS Tayside	Hospital services currently provided by NHS Tayside (for planning purposes)
<ul style="list-style-type: none"> • <i>Social work services for adults with physical disability and older people</i> • <i>Services and support for adults with learning disabilities</i> • <i>Mental Health Services</i> • <i>Drug and Alcohol Services</i> • <i>Adult Protection and Domestic Abuse</i> • <i>Carers Support Services</i> • <i>Health Improvement Services</i> • <i>Housing Support Services (in Sheltered Housing)</i> • <i>Aids and adaptations equipment and telecare</i> • <i>Residential care homes/nursing care home placements</i> • <i>Care at Home</i> • <i>Reablement services Respite and day care</i> 	<ul style="list-style-type: none"> • <i>District nursing services</i> • <i>Substance misuse services</i> • <i>Primary medical services</i> • <i>General dental services</i> • <i>Ophthalmic services</i> • <i>Community geriatric medicine</i> • <i>Primary medical services to patients out-of-hours</i> • <i>Community palliative care services</i> • <i>Community learning disability services</i> • <i>Community mental health services</i> • <i>Community continence services</i> • <i>Community kidney dialysis services</i> • <i>Public health promotion</i> • <i>Allied health professionals</i> • <i>Community hospitals</i> 	<ul style="list-style-type: none"> • <i>Accident and Emergency services provided in a hospital</i> • <i>Inpatient hospital services relating to the following areas:</i> <ul style="list-style-type: none"> - <i>general medicine;</i> - <i>geriatric medicine;</i> - <i>rehabilitation medicine;</i> - <i>respiratory medicine; and</i> - <i>psychiatry of learning disability.</i> • <i>Palliative care services provided in a hospital</i> • <i>Inpatient hospital services provided by GPs</i> • <i>Services provided in a hospital in relation to an addiction or dependence on any substance</i> • <i>Mental health services provided in a hospital, except secure forensic mental health services</i> • <i>Pharmaceutical services</i>

The following services are currently planned and delivered on a pan-Tayside basis, and are included in the Integrated Functions. The Perth and Kinross Integration Joint Board will host these services on behalf of the other Tayside Integration Joint Boards:

- *Learning disability inpatient services*
- *Substance misuse inpatient services*
- *Public dental services/Community dental Services*
- *General Adult Psychiatry (GAP) inpatient services*
- *Prisoner healthcare*
- *Podiatry*

Working and delivering locally

To support our planning and delivery of local services we have divided Perth and Kinross into three broad areas or localities as outlined in the map below:

- North Perthshire
- South Perthshire and Kinross
- Perth City

Our services will integrate work around GP practices, community pharmacy, dentistry, third sector providers, statutory health and social care services and communities to focus on early intervention and prevention. We want to improve outcomes and ensure that people get the health and services they need by providing support and services in local communities, empowering people to have greater control over their lives and managing their health and care where appropriate.



Vision and principles

Community planning partners in Perth and Kinross have an overall ambition for a confident and ambitious Perth and Kinross, to which everyone can contribute and in which all can share. Through our strategic objectives we aim to maximise the opportunities available to our citizens to achieve their potential, at every life stage.

For the Health and Social Care Partnership this supports our vision that:

“We will work together to support people living in Perth and Kinross to lead healthy and active lives and live as independently as possible in their own homes, or in a homely setting with choice and control over the decisions they make about their care and support.”

Our vision can only become a reality through actions and the principles which underpin our approach. We will make sure the services and support that we offer people:

- *are planned and led locally in a way which engages with the community and local professionals;*
- *are developed in partnership;*
- *are integrated from the point of view of individuals, families and communities;*
- *take account of the particular needs of individuals and families in our different localities;*
- *best anticipate people’s needs and prevent later issues arising;*
- *make the best use of available facilities, people and resources;*
- *maintain quality and safety standards as the highest priority.*

We will do this by:

- *developing an integrated health and social care system focusing on prevention, anticipation and supported self-management;*
- *developing integrated locality teams at local level, so that all clinical, professional and non-clinical staff can work together in a co-ordinated way to improve access, the journey of care and the quality of services;*
- *ensuring that people are at the centre of all decisions, which will include carers;*
- *delivering joint health and social care services to provide whole systems of care to meet the range of needs of people who require care and those who care for others, by combining staff and resources to put together packages of care, deliver a wider range of care within communities and supporting people to be cared for at home;*
- *improving the health of people and communities through wider partnership working to identify the health and care needs of their communities, focus on health promoting activity; take action to improve wellbeing, life circumstances and lifestyles and to actively address health and care inequalities.*

Strategic priorities

A radical approach is needed to transform our health and social care system to prevent the avoidable use of health and social care and respond flexibly and appropriately to people who are vulnerable and need care and support.

We already have many strong, effective, person-centred services and support so need to build on these to continue to shift the balance of care towards locally, community-based services, adapting to the specific needs of communities in the different areas of Perth and Kinross.

Based on our vision for health and social care, our knowledge and understanding of population, themes identified from community and stakeholder engagement and lessons learned from local initiatives and elsewhere we have identified five priority areas.

Prevention and early intervention

Prevention is at the heart of public service reform with integrated preventative approaches including anticipatory care, promoting physical activity and introducing technology and rehabilitation interventions to prevent or delay functional decline and disability. With this approach, we aim to have a positive impact on the health and wellbeing of people's lives by preventing deterioration in health, dependency on health and social care services and delay in recovery and loss of independence. We want to shift our resources to prevent harm rather than continually responding to acute needs and problems that could have been avoided.

Person centred health, care and support

Involving people in decisions about their care is a key priority for the partnership and the Scottish Government. We need to see and treat people as partners in their own health, care and support, able to self-manage their conditions, putting the person at the centre of the process. There is a strong body of evidence that involving people in health and social care planning leads to improved outcomes.

Work together with communities

We are committed to working in partnership with people in our communities ('co-production') to build on the skills, knowledge, experience and resources of individuals and communities. In response to the challenges facing the partnership we need to encourage an approach which is targeted, supports the development of personalisation, and works within communities



Inequality, unequal health outcomes and healthy living

Health inequalities are influenced by a wide range of factors, including access to education, employment and good housing, equitable access to healthcare and individual circumstances and behaviour. Reducing health inequalities will help increase life expectancy, increase the health of disadvantaged groups and will also help reduce the direct statutory costs and wider societal costs. Reducing health inequalities is vital to achieving sustainable economic growth - particularly among those whose lives are currently cut short due to deprivation or other inequalities.

Making the best use of available facilities, people and resources

As we prepare for integration both the Council and the NHS are facing financial challenges at a time when demands for services are increasing due to a rising population, some of whom have complex health and social care needs. We need to look at our joint health and social care resources, how we use these to improve the health and wellbeing outcomes of the local populations and what we need to change in order to focus our funding on delivering health care and support for local people. There will always be a need for hospitals and care homes, particularly as people get older, and we need to ensure that specialist services are used appropriately to meet people's needs. As we develop our locality planning model there will be a need to focus on realigning resources to provide more community-based delivery.

What you have already told us

During 2015 an extensive programme of community engagement was undertaken involving health, social care and the voluntary sector umbrella body (PKAVS). This was done to find out what people think of our health and social care system and what is important to them. Issues highlighted include:

- *the need for clear information about who to contact and how to access services;*
- *a sense that people struggle to make the system work for them and have the necessary information available to them to make this work;*
- *caring and understanding attitudes - being treated with respect and dignity;*
- *care delivered as close to home as possible;*
- *safe, effective services that provide the right care, support and information at the right time;*
- *information and support to live well for people with a long-term condition;*
- *equitable access to services irrespective of area;*
- *how a joint approach between families, communities and services was the way forward;*
- *a feeling that services aren't joined up, well-co-ordinated or personalised and some positive views that people and communities can do more to support themselves;*
- *delays in accessing care at home, lack of continuity of staff and lack of time make it a negative experience for a lot of service users.*



What are we planning to do?

Below are some examples of things we are planning to do to change the way we deliver services, achieve our vision for Perth and Kinross and meet the outcomes the Government would like us to achieve through its plans for health and social care integration.

Prevention and early intervention

- *Keep people informed through a virtual health and social care market place to improve information about services available to people in the community.*
- *Continue to work with our partners in housing to make sure that people are supported to live as independently as possible in suitable housing.*
- *Develop integrated services based around GP practices to ensure accessible and effective support at times of crisis to reduce the incidence of unscheduled and unplanned care.*
- *Roll out the delivery of Enhanced Community Support model (ECS) in GP practices to prevent and respond to crisis.*
- *Through our locality-based teams ensure an integrated approach to health and social care where more than one service is involved with an individual.*

Person-centred health, care and support

Develop a joint workforce strategy to support the workforce to:

- *empower people to make the most of their lives through participation in decisions about their health care and support;*
- *encourage and support a person-centred approach which supports people to maximise their potential and manage their long term conditions;*
- *through our commissioning plans make sure we are person-centred in our approach to the provision of health care and support services is embedded across statutory, voluntary and private sector care;*
- *continue to transform our care at home services to make sure they are person-centred and focussed on achieving positive outcomes.*

Work with Communities

- *Embed community development teams in all three localities to support individuals groups and communities to work as partners in planning and delivering services in the three localities of Perth and Kinross.*
- *Explore opportunities for Participatory Budgeting and increase opportunities for people from local communities and special interest groups to take more control over the way our resources are spent.*
- *Develop a Communities First Initiative to work alongside our communities to provide more choice and control for individuals in their localities. This will build upon the principle that community resilience and empowerment are key to further developing and supporting people to live as independently as they can.*

Reduce inequalities

- *Develop health interventions for people who are at the highest risk of ill health, to prevent illness and reduce health inequalities including: smoking, alcohol and drug use, oral health, sexual health and obesity.*
- *Focus health improvement services on those who are most at risk of health inequalities and difficult to engage and will primarily work with the most deprived individuals in Perth and Kinross. This will be achieved through community and partnership engagement, early intervention including health promotion and direct clinical interventions.*
- *Create health and wellbeing hubs across the localities.*
- *Explore opportunities for community hospitals as local community hubs for health, social care and third and independent sector with a range of services and facilities to support health and wellbeing in local communities.*

Let us know what you think...

This summary document provides an overview. **The Draft Strategic and Joint Commissioning Plan** has full details of how we plan to deliver services in future, and we would encourage you to take a look at it.

We would really appreciate it if you could complete **this short survey** to let us know your thoughts on the plans.

The opinions of local people are vital in helping us to shape health and social care services that best serve our local communities now and into the future.

If you would like any further information about the draft plan please email **HCCInfo@pkc.gov.uk** or call **01738 475000**.

For more information about health and social care integration in Perth and Kinross you can visit the **NHS Tayside Integration** web page or the **Perth and Kinross Social Integration** web page.



If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

www.pkc.gov.uk