Reshaping care for older people

What do we want services for older people to look like this time next year? How about in five years time or a decade from now?

We know they can’t stay the same because of the added pressures which will be created by a growing number of older people in Moray. Today 18% of the area’s population is aged 65 and over. By 2030 the population of over 65s will have grown to 53% and the over 85s age group will have doubled.

This increase will create huge challenges for health and social care services, housing, care homes and the many voluntary services and groups which do so much to support older people in their own communities. There will also be a significant impact on unpaid carers, many of who are themselves elderly and will be in a caring role for much longer.

Across Scotland there is a need to act now to encourage people to start planning ahead for their later years and to find ways of helping older people to enjoy longer, healthier, happier and more fulfilling lives.

In the past the focus has been on treating people only when they are very ill, dependent or in a crisis situation. Reshaping care will see the strengthening of services which promote independence and focus on early intervention and prevention, aiming to support people to be in good health and living in their own homes for as long as appropriate.
What have older people said?

Communities across Moray have been speaking up to influence and inform the development of services for older people through the series of Living longer, living better engagement events held over the past year.

They have been telling us what, in their communities supports their health and wellbeing - and what is missing. They have spoken out on what services work well and where change is needed.

Older people have explained that to them, independence and wellbeing is about being able to make choices and exercise control over their lives, being able to quickly get the right level of support when they need it and having opportunities to support others when they can.

Things which they have said are important to them include:

- ensuring their home is safe and secure; they can keep it in good order; and that it can meet their changing needs such as through adaptations and the use of equipment
- getting out and about with transport which is easy to access, so they can keep up their social links and not become isolated
- clear and easy to get information about the support available
- quick and easy access to health services such as GP appointments

What needs to change?

Current spend across health and social care on older people’s services in Moray is around £73 million a year. Funding will not increase at the same rate as the numbers of older people but by looking at the total resources available across health and social care, improved opportunities will be created to ensure the right services and support are available.

The most costly services are those based in hospital. In 2010/11, the spend in this area was £32.131 million and the average length of stay for a patient was 30 days.

Rather than investing in beds, we want to direct funding into services in the community which support older people to stay at home independently for longer.

Already many of the care elements which have in the past always been provided in a hospital setting are now being delivered to people in their homes. Supporting people to maintain their independence through early intervention and prevention work, and to be cared for in their own home where services come to them when their needs increase, could mean we see less demand for some services and investment in those will reduce.

We need to be bold as we work together to make changes now which result in a population of more active older people who take greater responsibility for managing their own health and well being than in past generations. We need to continue to do more to support older people to avoid emergency hospital admission or their health deteriorating to the point where they can no longer remain at home.

Acute hospital services - where specialist care is provided for a short period before a patient is well enough to be supported in the community again - remain a vital part of the health and social care system. There will be a need for greater support in the community so when hospital admission is necessary, patients can return home as soon as possible, reducing the length of time they spend in hospital.
Making the change

As part of the Scottish Government’s Reshaping Care for Older People Programme, the Change Fund was introduced to accelerate joint working aimed at bringing about lasting changes in the way the needs of older people are met.

Moray received £1.187 million in the first year which has funded almost 30 initiatives which health and social care professionals, the voluntary/third sector and independent care sector - as well as older people themselves - considered would prevent, delay or shorten a stay in hospital.

These initiatives, which were highlighted in the first Living longer, living better newsletter, will be evaluated and only if they show they are making a positive difference to the health and wellbeing of older people will they be continuing.

The Change Fund is continuing for a further three years, acting as bridging money to support us to work in partnership to make jointly-planned investment into reshaped services now, before they become unsustainable due to increasing demand and reducing budgets.

It was confirmed in April that Moray is to receive £1.36 million for 2012-2013 which will support existing and new initiatives which reshape care for older people.
Joint Commissioning

To get the direction of travel right, plans for the future are being gathered into the first Joint Commissioning Strategy setting out how reshaping of care will be delivered within total spend on health and social care in Moray.

Covering the next 10 years, it has been informed by the views of older people themselves, health and social care professionals, GPs, housing officers, representatives from the voluntary/third sector and independent care home sector.

Joint commissioning is all about working together to make evidence-based decisions on what the health and social care needs of older people are, what services we have got, what works and where are the gaps we need to be building on. Agreement will need to be reached on where we need to invest or where we need to end investment.

The key aim of the strategy is to achieve the transformation of services which deliver real control, meaningful choices and better outcomes for older people – that means supporting them to live the lives they want.

Wide-spread consultation on Moray’s draft Joint Commissioning Strategy will begin later in the summer and it is important everyone takes the opportunity to influence the future of older people’s services.

A series of public consultation meetings will be held across Moray and copies of the full document and a summary version will be made widely available.

How do I find out more?

If you would like more information, please contact Sandra Gracie, Strategy Development Officer and Change Fund Operational Lead for Moray Community Health and Social Care Partnership, who is based at Spynie Hospital in Elgin.

You can call her on:

01343 567184 or

email: sandra.gracie@nhs.net.

We welcome your comments and suggestions.

Our shared vision

We will promote a culture of choice, independence and quality with older people in Moray, where they are supported to share responsibility for leading healthy and fulfilling lives in active communities that value and respect them.