

• **Strictly Seniors**

- To help us let the community know about services which are available for older people in South Ayrshire we are producing a magazine-style directory of services. This magazine will have a range of information about lots of services available to support older people. This will be available later this year.

• **South Ayrshire Seniors Forum**

- South Ayrshire Seniors Forum is up and running and currently has an office base at the Voluntary Action South Ayrshire premises at Crown Street in Ayr.

• **Invigor8**

- The new Invigor8 service to support people at risk of falls is now available in Girvan, Maybole, Ayr, Prestwick and Troon
- More information on this service is available from:
  - Janey Anderson (Activities for Health Officer, Citadel, South Ayrshire Council) contact number- 01292 294716

• **Reshaping Care Conference – October 2011**

- If you came along to our conference in October 2011 you may remember that we had a cartoonist there on the



day to record the whole event. Albi Taylor, a professional illustrator, has completed this colourful and less wordy report and if you would like a copy please email [carole.moore@aapct.scot.nhs.uk](mailto:carole.moore@aapct.scot.nhs.uk) or telephone Carole on 01292 885500

• **Independent providers**

- Scottish Care has recruited Vicky Hill as a Development Work in Ayrshire. She will work with voluntary groups and charities to ensure they are involved in the planning and development of Reshaping care.



**Date for your diary**

International Day of Older Persons is on 1 October 2012.

To celebrate, VASA is hosting a free public event at Ayr County Hall featuring demonstrations, stalls and exhibits, and lunch. More details will be provided over the coming months, but if you are interested in taking a stall, giving a demonstration, or just in attending on the day, please register your interest with [Angela@voluntaryactionsouthayrshire.org.uk](mailto:Angela@voluntaryactionsouthayrshire.org.uk), and we will keep you informed.

**Tell us what you think**

If you would like more information about Reshaping care for older people in South Ayrshire or you have anything that you would like us to feature in future newsletters please contact [Phil.white@aapct.scot.nhs.uk](mailto:Phil.white@aapct.scot.nhs.uk) or email [reshapingcare@aapct.scot.nhs.uk](mailto:reshapingcare@aapct.scot.nhs.uk) or telephone 0800 169 1441.

# Reshaping care for older people in South Ayrshire

August 2012

Welcome to the fifth edition of 'Reshaping care for older people in South Ayrshire'

The last issue featured news about services we were introducing, such as community wards and enablement.

## What's happened so far?

### Here are just some of the new Change Fund related initiatives...

We have introduced a new service 'hub' at Biggart Hospital in Prestwick. This 'hub' enables health and social work staff to work together in the same place.

The hub is the base for staff from the Integrated Care and Enablement Services (IC&ES) team (see panel), the community ward, district nurse team leaders and 12 social work staff. This 'hub' will serve the north part of South Ayrshire, while Girvan Community Hospital will be the base for a 'hub' for the south of the county.

### Intermediate Care and Enablement Services (IC&ES)

As part of our plans for reshaping care for older people, NHS Ayrshire & Arran and the three local authorities have redesigned the existing Rapid Response Service.

The new IC&ES is made up of health and social care staff from a range of disciplines, as well as private and voluntary agencies. They work in partnership to provide short-term support for people with conditions

that can safely be managed at home or in a community setting. They can offer an alternative to hospital admission and help with an early or supported discharge. The aim is to give patients the best possible chance for long term independence, choice and quality of life. This in turn will help to reduce the need for ongoing support from health or council services and reduce the number of times someone may have to visit hospital.

The teams are spread throughout the three local authority areas, but have a single point of contact. The bases for South Ayrshire are in the Biggart Hospital and Girvan Community Hospital.

The Community Ward is now up and running. The Community Ward team; made up of a GP, Advanced Nurse Practitioner and Administrator, is based in the health and social work 'hub' at Biggart Hospital and works closely with the other staff there. The team will focus on working with local GPs to help care for patients with complex needs to support them in their own homes and to reduce the risk of unplanned hospital care.

## Support for people with dementia

Support for people suffering from dementia and their carers is at the heart of Reshaping care. As well as initiatives like telecare, Community Ward, pharmacy support and Integrated Care and Enablement, we are also introducing a range of other services which are targeted towards helping people with dementia. These include:

- Dementia Liaison Nurses – we have two liaison nurses in place in South Ayrshire to support care homes. These nurses will help the care home support their residents with dementia
- A training officer whose role is to provide wider access to dementia awareness raising and training
- A post-diagnosis nurse is being recruited to support people during the crucial time when they are newly diagnosed with dementia

Improving support for people after they have been diagnosed with dementia is one of the two key improvements areas in Scotland's National Dementia Strategy published in June 2010.

The five 'pillars' of support for someone who has just been diagnosed with dementia, as described by Alzheimer Scotland, are:

- help to understand the illness and manage symptoms
- support to stay connected to the community
- peer support
- help with future decision-making
- developing a personalised care plan for their future care.

It is proposed that from 2013:

- all people who are newly diagnosed will

receive a guaranteed support

- this means they will receive at least one year of post-diagnostic support, including a support plan which is centred around each individual patient and would aim to meet all of the five 'pillars'
- support will be provided by a named person/link worker.

South Ayrshire has been invited to be one of three test sites in Scotland to explore how we can meet and achieve these aims.

## Carers' supports

The Scottish Government has stressed the importance of using some of the Change Fund to support unpaid carers.

The South Ayrshire Carers Centre, based in Ayr, is the main focus for support for carers. The Centre provides a range of support, information and advice for carers in South Ayrshire. The Change Fund has also funded the recruitment of two dedicated workers to support older carers. These workers will be able to offer one-to-one and group support, health checks and alternative therapies, financial assessment and short breaks/respites. Here are the two dedicated workers Olivia



Robertson-Gray and Amanda Tracey.

Contact details – South Ayrshire Carers Centre, 43 Sandgate, Ayr, KA7 1DA  
01292 263 000

**Crossroads** also provides support for carers

through respite and breaks.

Telephone 01292 671331

Web: <http://crossroads-sa.org.uk>

## Carers Strategy:

- We are currently developing a Carers Strategy for South Ayrshire and we will update you in the next issue

## Building our community resources

We are eager to develop community-based services and support so that they can benefit from working alongside each other.

So far Voluntary Action South Ayrshire (VASA) has recruited three Community Development Workers to work alongside existing community groups. They hope to establish new groups to support older people.



Pictured here are some of the workers from the VASA team.

VASA also has a Small Grants Fund to support community groups in their work with older people with grants of up to £500. You can get information from:

Karen Herbert

Email: [karen@](mailto:karen@)

[voluntaryactionsouthayrshire.org.uk](http://voluntaryactionsouthayrshire.org.uk)

Voluntary Action South Ayrshire

27-29 Crown Street

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KA8 8AG

Telephone 01292 281800

Web: <http://>

[voluntaryactionsouthayrshire.org.uk/reshaping-care-for-older-people.html](http://voluntaryactionsouthayrshire.org.uk/reshaping-care-for-older-people.html)

## News in brief

### • Change Fund 2012/13

- The Change Fund plan for 2012/13 was submitted to Scottish Government on 17 February.
- From the 2011/12 plans, additional funding has been put towards:
  - More nursing cover for out-of-hours (after 5pm and before 9am)
  - Investment to get enablement working in Ayr

### • Joint Strategy for Older People (Commissioning)

- NHS Ayrshire & Arran and East, North and South Ayrshire Councils are working in partnership with voluntary groups and charities to produce a 10 year Joint Strategy for Older People
- This has to be submitted to Scottish Government by the end of March 2013. A Programme Board has now been established to lead this process
- Throughout 2012 groups will have a range of opportunities to influence and shape this document
- There will be a special Ayrshire-wide newsletter produced shortly giving more detail about this