



Scottish Borders
Health and Social Care
PARTNERSHIP



Needs of our communities: Joint Strategic Needs Assessment 2022



Looking at what the Scottish Borders
need now and what services people may
need in the future



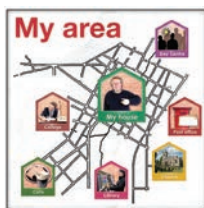
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About this assessment



Assessment means looking at something to find out more about it.

It can help you to find out if you need to change something or make it better.



Wellbeing means keeping your mind and body healthy.



This assessment is about the health and **wellbeing** of people in the Scottish Borders.

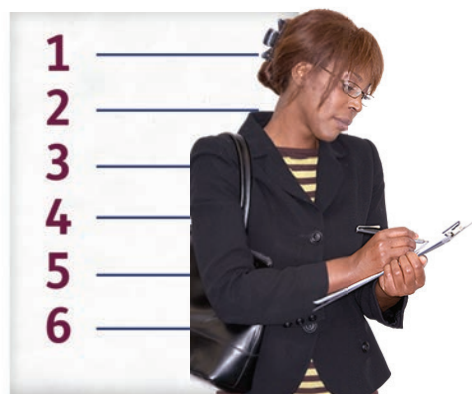


Health, social care and other organisations work together to plan and give people services.



We all use this assessment to make sure there are enough good services for everyone.

Things like local doctor surgeries, hospitals and residential homes.



We have put the information we found out in the assessment into these sections:

- 1. People**
- 2. Deprived areas and Inequality**
- 3. Thing that can stop people from living a good health life**
- 4. Long term health conditions**
- 5. People who need care and support**
- 6. Support Services**

1. People



In 2020:

There were **115 thousand 240** people living in the Scottish Borders.



By 2040 we think:

- there will be more people who are aged **75** and over



- there will be fewer people who are aged 18-64, known as **working age**



- more people will need care and support in the future. There will be fewer **working age** people to help them



Ethnicity

Ethnicity is your race, background and culture.



In the Scottish Borders:

- **7 in 10** people are **white Scottish**



- **2 in 10** people are **white British**



- **29 in 1000** people are **Asian, African, black or other ethnic group**

Local areas

Some facts about the 5 areas of the Scottish Borders:

- Eildon has the most amount of people living there. It also has the most working age people





- Teviot and Liddesdale has the least amount of people living there



- Cheviot has the most amount of people aged 65 or older



- Berwickshire and Tweeddale have a similar amount of people

2. Deprived areas and inequality

Deprived areas are where people might:



- not have a job



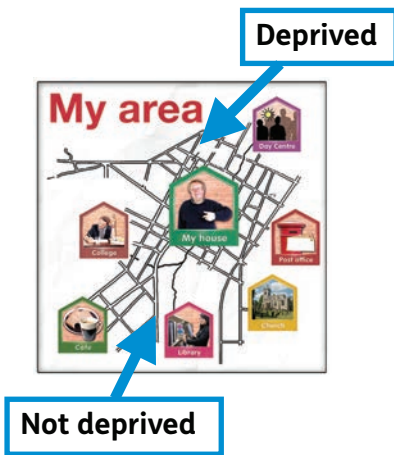
- have poorer health



- have a disability



- see more crime



Scottish Borders has a mix of deprived and not deprived areas.

Inequality between groups of people

Some groups of people are more likely to have a different experience of using services. This might be because of:



- age



- disability



- sexuality



- poverty



Deprivation and inequality have a big effect on people's health.



We are listening to people from these groups, to learn more about their experiences.

This is called **co-production**.



With less inequality people's health and wellbeing will be better.



Organisations need to work together to give better support to people.

3. Things that can affect having a good healthy life



Education

96 in 100 young people leave school with at least 1 qualification.



93 in 100 16-19 year olds are in employment, education or training.



Housing

There will be **3 thousand** more households in the Scottish Borders by the year 2038.



Many homes are not well **insulated**. This means they don't keep the heat in very well.

If your home is not insulated it can be very expensive to keep warm.



The Scottish Government has given us **£1.7 million** to insulate homes.



In the Scottish Borders we need more:

- affordable homes, especially for young people



- homes for people who use a wheelchair



- housing for older people and people who need support



- social housing for families who need 3 or more bedrooms



- ways to help people live in their own home

Homelessness



Being **homeless** means not having your own home.

You might live on the streets, stay with friends or in a hostel.



650 people became homeless in 2019-2020.



Lots of organisations work together to stop people from becoming homeless.

Lifestyles

3 in 4 people in the area think that their health is **good** or **very good**.

Peoples lifestyles affect how healthy they are.

Lifestyle means how you live your life.





Smoking and vaping

18 in 100 people smoke.

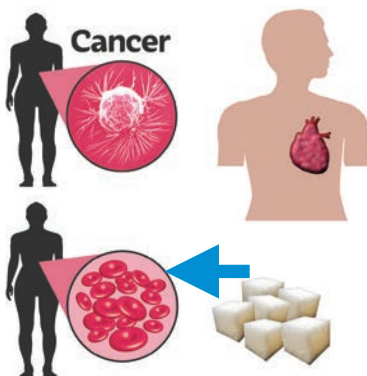


The number of people dying from illnesses caused by smoking is going down.



Exercise

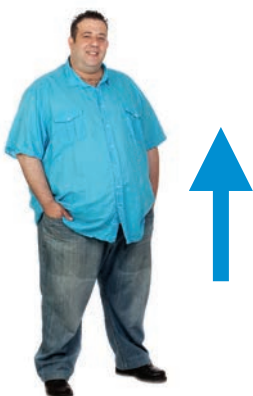
2 in 3 people in the Scottish Borders get enough exercise. More people are exercising now.



Weight

Being a healthy weight can help stop you from getting some illnesses.

Things like heart disease, diabetes and cancer.



The number of males who are very overweight is going up.



The number of females who are very overweight is going down.



Teeth

- the health of children's teeth is getting better



- **84 in 100** people have an NHS Dentist



Most NHS dentists are full, and cannot take new patients.



NHS Borders has an Oral Health Improvement Team. They help people of all ages to look after their teeth.



Falls

Older people and people with disabilities are the people most likely to have a fall.



Falls can cause broken bones or make people feel worried about doing something on their own.



Health and care services will be working together.

They will support people with things like getting stronger and eating well.



Loneliness

Around **1 in 3** people in the Scottish Borders feel lonely at least some of the time.



3 in 10 people feel that they don't get enough support with their **social needs**.

Drugs and alcohol



The Scottish Borders has more males than females who have a **problem with drug use**.

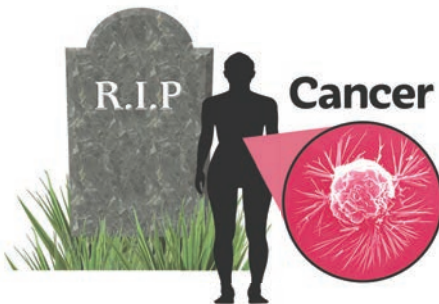


1 in 4 people in Scotland drink more than doctors say is ok.



The Borders Alcohol and Drugs Team are trying to help people drink less alcohol and stop using drugs.

4. Long-term health conditions

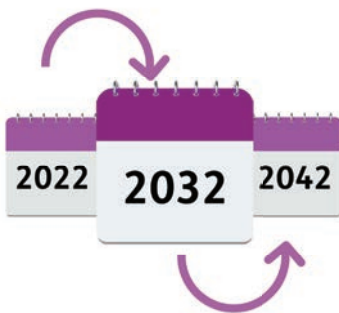


Cancer

414 people died from cancer in 2020.



Screening helps us to find cancers early. During the covid lockdowns, most screening was stopped.



More people are living longer, so we will need more cancer services in the future.

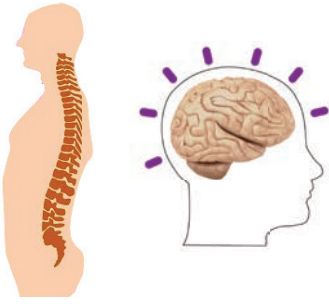


Lungs and breathing

Less people are dying from lung and breathing problems.



People are now supported to look after themselves at home. They can have a good quality of life.



Neurological conditions and stroke

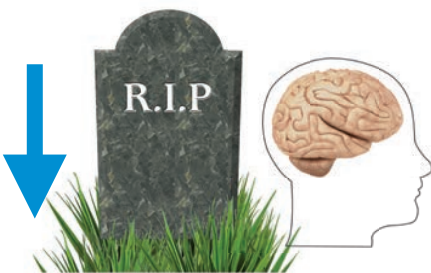
Neurological conditions are problems that affect the brain, spine or nerves.



Parkinson's affects your brain. People with Parkinson's might shake a lot and find it hard to move their body.



62 people were diagnosed with Parkinson's in 2021–2022.



The number of people dying from **stroke** has gone down by nearly a third in the past 10 years.



Stroke happens when the blood supply to part of the brain stops.



Vision and hearing

2,900 people in the Scottish Borders have sight loss.



8,500 people in the Scottish Borders have hearing loss.



People have more chance of sight and hearing loss as they get older.



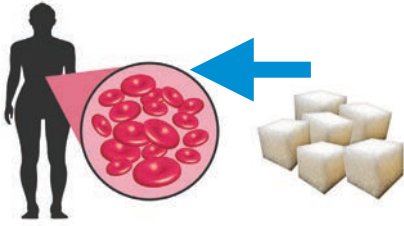
Heart problems

People have more chance of having heart problems as they get older.



Having a healthy lifestyle can help to stop people getting heart problems.

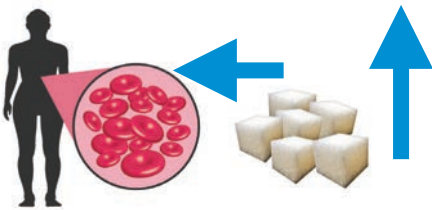
Diabetes and being very over weight



7 thousand people in the Scottish Borders have diabetes.



9 in 10 people have **Type 2 diabetes**. You have more chance of getting type 2 diabetes if you are very overweight.



More people are very overweight so we think more people will get type 2 diabetes.

NHS
SCOTLAND



Diabetes costs the NHS a lot of money.

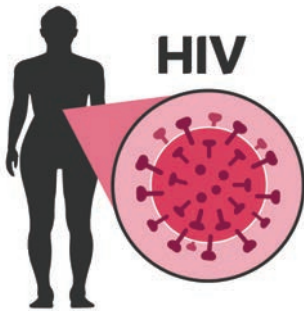


We can help stop people from getting type 2 diabetes by helping them manage their weight.



Sexual health and HIV

Less teenagers are becoming pregnant.



52 people in the Scottish Borders have HIV. A lot less people are getting HIV.

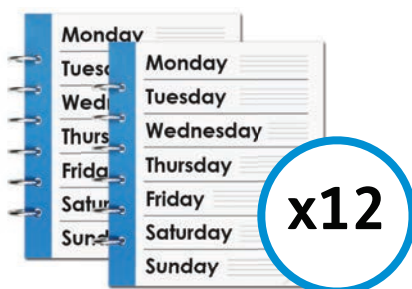


Covid-19

By June 2022, **96 in 100** people had been given at least one dose of covid vaccine.



We have been given some money to help people with **Long Covid**.



This is when covid symptoms last longer than 12 weeks.

5. People who need care and support



Older people

- 1 in 4 people in the Borders are over 65



- by 2040, 1 in 3 people will be over 65



Dementia

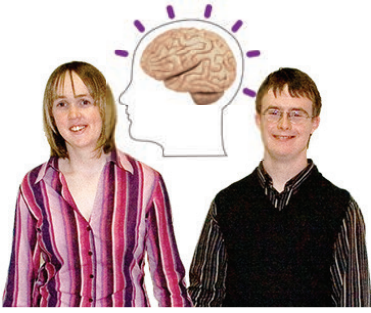
Dementia is an illness that damages the brain.

People with dementia find it harder remember or do things.

Over **500** people were diagnosed with dementia in 2019-2020.



Most of these people were given support for 1 year afterwards.



People with learning disabilities are more likely to get dementia at a younger age than people without learning disabilities.



Mental health

1 in 3 people in Scotland have a mental health condition. For example, anxiety or depression.



People in deprived areas are more likely to use medication to help with mental health.



More people get treatment at home instead of in hospital.



Some people are more likely to have mental health problem than others.

This might be people who have money worries, illness or don't have a job.



Physical disability

1 in 5 people in the Scottish Borders have a form of disability.

7 thousand people have a physical disability.



Older people are much more likely to have a disability than younger people.



Around **2 thousand** people use a wheelchair.



Learning disability

Over 700 people in the Scottish Borders have a learning disability.

The number of people with learning disabilities is going up.



Many people with learning disabilities also have physical and mental health conditions.



460 of these people get support from social care and health services.

Autism

Autism affects how a person understands information and how they interact with other people.



At least **1 in 100** people in Scotland are autistic.



Many autistic people have mental health problems. For example, anxiety and depression.



We would like to learn more about autistic people in the Scottish Borders.

This will help us to support people when they need it.



Unpaid Carers

Unpaid carers care for family members, friends or neighbours.



We think that around **15 thousand** adults in the Scottish Borders are unpaid carers.



More than **760** young people aged 4-15 are carers.



End of life care

End of life care is care for people who are very ill and will not get better.



It is about helping people to be:

- as comfortable as possible



- supported to make decisions about the future



Most this care is given in the last 6 months of a person's life. It is usually care given at home or in a care home.

6. Support services

Healthcare

This is things like doctors surgeries, pharmacies, community nurses.



In the Scottish Borders we have:

- 23 GP practices

2 in 3 people are happy with their GP practice



- 29 community pharmacies and 2 doctors surgeries with pharmacists



- 4 community hospitals – in Hawick, Peebles, Duns and Kelso



- 17 dentist surgeries



We have a plan about the work we need to do to make healthcare better.

But we don't have enough money to do everything we want to do.



Adult Social Care

6 thousand 500 people asked Adult Social Care for help in 2021.



There are around **680** people living in care homes. **6 in 10** people in care homes have dementia.



We will need more care home beds in the future. We will need nearly **200** more by 2030.



There are no day services for older people.



There are **5** day services for people with learning disabilities.

Hospitals

The Borders General Hospital has **271** beds for patients to stay in hospital.

It has an Emergency Department, and a lots of other services.



30,000 people use the Emergency Department every year.



Sometimes it takes too long for people who are well enough to leave hospital.

This problem is getting worse.





Health and care staff

4 thousand 600 people work in health and social care in the Scottish Borders.



The **Scottish Borders Health and Social Care Partnership** is planning how to get new staff. And think about how to keep the staff we already have.



People who work in health and social care need to be able to find houses they can afford.



Charities and volunteering

There are **807** charities in the Scottish Borders. They give people lots of different types of help and support.



31,000 people **volunteer** for an organisation or group.

A **volunteer** is a person who chooses to help an organisation in their spare time. The person doesn't get paid for the help they give.



During the COVID-19 pandemic, fewer people volunteered for organisations or groups.



Technology

Technology can be used to help people to stay in their own homes.

For example, alarms, video calls and reminders.



2 thousand 850 people used community alarms or Telecare in 2019-20.

These are alarms that tell someone when you need help.



We will check to see if technology can help people when they need support.



The Council and the NHS are working together on lots of different ideas.



Things like:

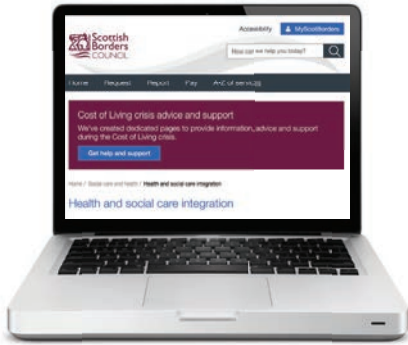
- making the **nurse call** system in care homes better



- using movement and sound sensors to make sure that people are ok.

These sensors are put in peoples homes. They can tell if someone hasn't moved for long time.

Contact us



Website:

www.scotborders.gov.uk/integration



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