



# ADULT SOCIAL CARE PROGRAMME

Summer 2023

## The newly developed Adult Social Care Programme aims to transform the way in which our adult social care services are delivered.

There are currently seven projects sitting within the programme of work, all of which aim to improve the quality of care for service users and enhance the training opportunities and working environment for staff, ultimately enhancing the service user experience. The projects are Enhanced Dementia Support; EMARS (Electronic Medication Administration Record System) and PCS (Person Centred Software); Night Support Service; Tweedbank and Hawick Care Villages; Adult Social Care Reablement; Integrated Reablement; Technology and Equipment.

All the projects have been identified as priorities for the Adult Social Care service. They are also aligned to the Council Plan, helping us to deliver against health and wellbeing outcomes in particular.

While some of the projects will enable savings for the Council, others will receive financial investment that will help us make significant improvements in the way services are delivered.

Staff have an important contribution to make to all the projects with their feedback and input greatly appreciated. We also hope that everyone involved enjoys playing their part in helping us to enable our clients and service users to have an improved quality of life.

Two of the projects currently underway are Enhanced Dementia Support and Reablement.

## Enhanced Dementia Support Project

The Enhanced dementia support project is not only part of the Adult Social Care programme but is also part of a wider Capital Programme with a plan having been developed for each of SBC's care homes which will enhance the environment in all our homes for all service users, staff and visitors.

We currently care for many older people living with Dementia across our five care homes with Waverley Care Home in Galashiels currently able to provide enhanced dementia support in a dedicated dementia care setting.

There are three elements to providing a quality dementia setting:

- a well-designed, dementia friendly environment
- well trained staff
- the right care and support.

This project will look at learning from Waverley to seek further improvements in the service we offer there as well as developing a dedicated dementia care service with other residential care homes in the Borders. This will enable enhanced dementia support to be provided to older people across the three care homes. Once completed, the aim is that:

- service users will suffer less stress and distress, experience fewer falls and live in an environment that enables them to maintain greater independence, all of which will improve their quality of life

### KEY FACT:

The Alzheimer's Society estimate that in 2019 there were 66,300 older people living with dementia in Scotland. By 2040, this is predicted to rise to 115,200.



# ADULT SOCIAL CARE PROGRAMME

Summer 2023

- staff will be trained to ensure they have a good understanding of living with dementia and will benefit from increased skills and confidence in supporting those with dementia.

Provision of more dementia care in our care homes should also realise a £100k saving through not paying private care homes to provide dementia care. This will also remove pressure from other areas of the service.

## Improvements at Saltgreens, Eyemouth – Capital Programme Progress

Work has already started at Saltgreens with many of the improvements well underway and residents and staff enjoying the benefits.

As well as environmental audits being carried out to benchmark against dementia best practice, residents have also been involved in the improvements they would like to see throughout the home. These range from improved signage and personalised front doors to larger environmental changes in the way both internal and external space is used.

The improvements have been positively received by residents, family carers and staff, with some of their feedback below:

- “I can see marked improvement, positive changes in environment and staff and heading in the right direction.”
- “It’s a good idea and you can see the change.”
- “It’s good, hope it continues, Harbour View sitting area is lovely, Hub is looking great.”



The environmental improvement works at Saltgreens are part of the overall Capital Programme, a wider piece of work which will see environmental upgrades in all our care homes and learning disability settings over the coming period.



# ADULT SOCIAL CARE PROGRAMME

Summer 2023

## Adult Social Care Reablement Project

Reablement is the active process of a person regaining the skills, confidence and independence to enable them to do things for themselves, rather than having things done for them. It helps people learn or re-learn the skills necessary for daily living, also known as Activities of Daily Living (ADL). These skills may have been lost through deterioration in health and/or through a change in circumstances.

The value of this approach has been highlighted by a recent pathfinder pilot which enabled the South Homecare Team to trial a Reablement Service within Upper Deanfield in Hawick, utilising existing staff already deployed in the setting.

The six week project involved a multidisciplinary team working with individuals in a homely residential setting with the aim of supporting people to regain their independence and reduce the need for ongoing assistance. By assessing individual needs and setting personalised goals, the team were able to help participants regain their confidence and abilities.



During the project, service users received support in areas such as medication management, mobility and daily tasks. Staff members provided guidance and encouragement, enabling individuals to take control of their own care and gradually reduce their reliance on external assistance.

The project has had several success stories, with participants experiencing a range of benefits including:

- greater progress towards independence
- regaining the ability to administer medication independently, perform daily tasks without assistance and improve mobility
- newfound confidence resulting in enhanced well-being and an improved quality of life.



# ADULT SOCIAL CARE PROGRAMME

Summer 2023

In a number of cases, it was possible to reduce participants' reliance on care packages. The transformative power of personalised support and encouragement that can come from empowering individuals and focusing on their specific needs was also highlighted.

Staff have been very positive, with some of the feedback received below:

- "This pathfinder has allowed me to develop and enhance my skill set as a Co-ordinator. Seeing the positive impact on service user and staff morale has been very rewarding."
- "I feel that since Reablement, there has been a positive impact on Upper Deanfield that has been a great success on working towards getting people comfortable and ready to go home."
- "Reablement has given me a more positive outlook on coming to work. I am very satisfied with my job role and my workload. Before Reablement I used to find it difficult to cope with work and how it affected my condition but I feel Reablement has really changed my outlook and makes my condition easier to deal with."

Overall, the project emphasised the importance of reablement programmes in promoting independence, enhancing self-confidence and enabling individuals to live more fulfilling lives.

Next steps are to roll out the model in Garden View, Tweedbank and develop plans for it to be available in service user's own homes.

## More information

To find out more about either of the projects highlighted above, or the programme generally, please email: [adultsocialcareprogramme@scotborders.gov.uk](mailto:adultsocialcareprogramme@scotborders.gov.uk)

NB: Could managers please share this update with staff who do not have access to email – an online version is available in the staff newsletter, SBscene at: [www.scotborders.gov.uk/sbscene](http://www.scotborders.gov.uk/sbscene)