



Health & Social Care Locality Plan Cheviot

2017-2019

Easy Read



About Cheviot



There are nearly 20,000 people living in Cheviot



1 in 4 people are aged 65 years and over.

In 20 years' time we expect 1 in 3 people will be over the age of 65.



This means there are less people of working age living in the area.



About 33% of people in Cheviot live outside the main towns.

This means they do not have health and social care services near them.



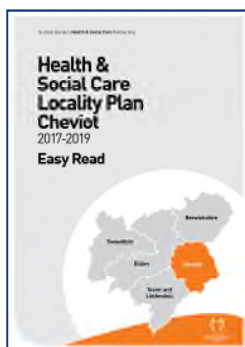
There is not much transport.

Some people feel lonely and isolated.



More people in Cheviot over the age of 65 go into hospital because of an emergency compared to other areas of the Scottish Borders.

Introduction



A locality plan is a plan that says what will happen in an area of the Borders.

This is the locality plan for Cheviot.



The locality plan gives information about the changes that are planned for health and social care.



The locality plan explains how we bring people in communities and local organisations together to:

- support people take more responsibility for their own health and wellbeing
- help support each other to live active, independent, safe and healthy lives



We need to do this because:

- people are living longer
- more people may need support from services
- we need to work together more
- we want to make services better for people.



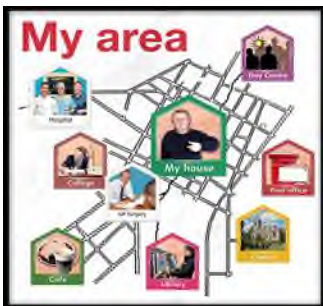
What we have done so far



Local people met together to work out what was important in their area.

They helped write this plan with their good ideas.

What we plan to do



Have more local services.

We need to improve some ways of working.



We will look at new ways to work together.

This will help us to save money and use people's time well.



We have a 'What Matters Hub' in Cheviot.

This is a place to go to find out information about health and social care.



We want to make services easier to get to.
We will look at transport problems in Cheviot.



We will have more local care and support. This will help people live independently in their own communities.

We will have more therapy staff working in or near you.



More local care and support so people can live independently in their own homes and communities.
We will have staff available to help you learn new skills when you need support to stay independent.



We will use technology to keep you safe and well.



We will look for different types of housing to help people stay well and independent.



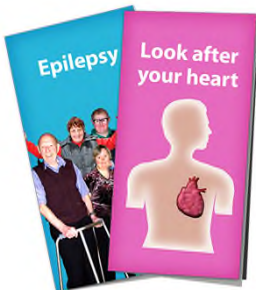
We will support unpaid Carers to continue in their caring role.

We want carers to stay fit and well



We want to support more people in the community.

We want less people to go to Borders General Hospital.



We will support people with long term conditions in the community.

A long term condition is:

- a health problem that lasts more than 1 year
- it affects your life
- you might always need care and support.

How will we know that the plan is working?



We will set up a system to check the plan is working.

We will ask people what they think.




We will check our plan is doing what the Scottish Government said we should do.



We will update the plan every year.

If you want more information please contact us.


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If you want more information about this plan please contact us.

You can get this plan in other formats like CD, Braille or other languages..

