**14th December 2023**

Panel members plus additional carers attended a session with Jane Ogden- Smith, Equalities and Engagement Officer ELHSCP to participate in a discussion about the future of Older People’s Services in East Lothian. Topics discussed noted below:

Intermediate Care

Intermediate care services provide support to people either to prevent a hospital stay or to return home from hospital more quickly. Including hospital at home, Physiotherapy, Occupational Therapy, Technology Enabled Care, pain management, and mental health support, all of which helps people retain or regain independence.

**What kind of intermediate care should be the focus for your area?**

End-of-life care

ELHSCP know from engagement last year and from national data that most people would prefer to die at home. However, the number of people being supported to die at home in East Lothian is lower than the Scottish average.

**Do you have any ideas as to how we can further support end-of-life care in East Lothian?**

Palliative and end-of-life care

Palliative care is care given to improve the quality of life of patients who have a serious or life-threatening disease, such as cancer. Palliative care is an approach to care that addresses the person as a whole, not just their disease.

**Do you have any ideas as to how we can further support palliative care in East Lothian?**

Care at home

Care at home supports people with medication and personal care with short visits between one and four times a day.  There is a shortage of care at home services which is more acute in some areas of East Lothian than others. Care at home services have difficulty in recruiting people due to low pay and challenging work conditions.

*Things to think about:*

* *What is your personal or professional experience of care at home services?*
* *What works well and what doesn’t work well?*
* *Is there a role for communities and community groups and organisations to play in providing the social aspect of care at home, which is often the thing that people value most about it?*
* *How can we work together to tackle social isolation while helping people to remain living independently at home?*
* *How do we tackle the recruitment and retention crisis for paid carers?*
* *How can ELHSCP and communities work together to lessen the impact of caring on unpaid carers, besides care at home?*

Care Homes

There are currently sufficient care home places in East Lothian, but consideration must be given to future care home provision.  Care homes are not equally distributed across East Lothian and the majority of beds are within private care homes, which are located in the more affluent areas of East Lothian. There is no budget to build new care homes and limited budget to fund repairs to ELHSCP managed homes.

**How can we ensure that East Lothian’s care homes are sustainable, fit for purpose and located in the right areas to meet the needs of local residents?**

Minor Injuries Unit

Minor Injuries Units (MIUs) offer adults and children over 12 months old, advice and treatment for a variety of injuries including strains, sprains, wounds and minor burns, minor bumps to head and face, simple eye injuries and insect bites and stings.

Patients presenting with minor injuries and ailments are currently seen within some GP practices, by visiting a local pharmacy or by calling NHS24 on 111 for an appointment to be seen at the MIUs at the Royal Infirmary, Western General Hospital or Royal Hospital for Sick Children and Young People.

There have been previous suggestions from the public that East Lothian should have its own dedicated Minor Injuries Unit, based at a centralised location. This would be in addition to the minor injuries services in place currently.

**Do you think that provision of a Minor Injuries Unit should be a priority within East Lothian?**