



**Midlothian
Health & Social Care**

**Midlothian Integration Joint Board
DIRECTIONS 2022-23**

To Midlothian Council and NHS Lothian



Who we are

The Integration Joint Board (IJB) plan and direct health and social care services for the people of Midlothian. It is a planning and decision-making body that was created by Midlothian Council and NHS Lothian in 2015 and is responsible for the integrated budget (received from Midlothian Council and NHS Lothian). It allocates this in line with the objectives set out in this Strategic Plan. The IJB has a range of responsibilities and legal duties as outlined in the Public Bodies (Joint Working) (Scotland) Act (2014).

The IJB meets regularly and includes members from NHS Lothian and Midlothian Council, the Third Sector, staff and people who represent the interests of people and communities, patients, service users and carers.

The IJB is supported to develop and monitor the delivery of this Strategic Plan by the Strategic Planning Group – with representatives from Midlothian Council, NHS Lothian and the Third Sector.

You can find the full list of services the IJB is responsible for at www.midlothian.gov.uk/mid-hscp in the Scheme of Integration. We have listed some of the services below:



Care in Hospitals which isn't planned (unscheduled care) including Accident and Emergency, Minor Injuries, Acute wards.

Midlothian Community Hospital

Community based health care (Primary care) including GPs, District Nurses, Dentists, Pharmacists, Mental Health services, Substance Use Services, Community Respiratory team

The following Health services for children and young people under 18: Health Visiting, School Nurses, Vaccinations of children. Planning for children's services is the responsibility of the Midlothian Getting it right for every child group

Allied Health Professionals –including physiotherapists, dietitians, podiatrists

Palliative and End of Life Care

Social Work support for adults including adults with dementia, learning disabilities, older people

Day services for older adults and people with learning disabilities

Care at Home services

Health services for people who are homeless

Extra Care Housing for people who need housing with extra support

Services to support unpaid carers and breaks from caring

Care Homes

Services to address health and care needs of people in the justice system

Introduction

What are Directions?

The IJB's 3 year Strategic Plan 2022-2025 sets out how they will plan and deliver health and social care services to improve and support the health and wellbeing of the people of Midlothian.

The IJB need a way to put the Strategic Plan into action and achieve their aims. To do this they send written instructions to NHS Lothian and Midlothian Council. These are called **Directions** and tell NHS Lothian and Midlothian Council what services they need to deliver, and the budget they have been allocated to do this from the IJB's budget for 2022-2023.

A Direction must be given for all of the areas that the IJB are responsible for. The directions describe the changes which need to take place in the design and delivery of health and social care services to meet the aims of integration and to achieve the strategic aims of the IJB.

Directions are also an important part of governance and accountability as they are the legal basis on which NHS Lothian and Midlothian Council deliver services that are under the control of the IJB. They are also how a legal record is kept of which organisation is responsible for what, and which organisation should be audited for what, whether in financial or decision-making terms.

Directions are agreed at the start of each financial year but can be updated throughout the year, as IJBs can make decisions about service change, service redesign, and investment and disinvestment throughout the year and need to provide new or updated Directions accordingly.

Legal and Policy Requirements

The IJB must develop a strategic plan which covers the services they plan and direct (called delegated functions) and the budgets under their control as outlined in the Public Bodies (Joint Working) (Scotland) Act 2014 (the Act). The IJB must give directions to the Health Board and Local Authority and monitor their effectiveness as outlined in Sections 26 to 28 of the Act and in the Midlothian Integration Scheme Section 5.1.

The Scottish Government published **Statutory Guidance on Directions** from Integration Authorities to Health Boards and Local Authorities in January 2020, available [here](#). These directions have been developed in line with the updated guidance.

Best Value means ensuring there is good governance, good management of resources, and continuous improvement, in order to deliver the best possible outcomes for the public. To do this the IJB must make sure there are strong arrangements in place for looking at performance, progress towards achieving strategic objectives, and holding partners to account. The IJB must ensure it meets the duty of best value under the Local Government in Scotland Act 2003. It is expected that NHS Lothian and Midlothian Council will deliver the directions outlined whilst following the duty of best value.

The IJB must make sure that everyone has equal opportunities to access our services, and comply with the **Public Sector Equality Duty** as outlined in the Equality Act 2010 (Specific Duties) (Scotland) Regulations 2012. To support this the IJB has developed Equalities Outcomes. It is expected that NHS Lothian and Midlothian council will deliver the directions whilst following the Public Sector Equality Duty.

Reporting on progress

Performance measures for each of the directions have been identified along with key deadlines. Progress against the directions will be reported to Strategic Planning Group and the IJB after 6 months and 1 year.

Financial context

The financial situation for 2022-2023 remains a very challenging one with both NHS Lothian and Midlothian Council facing major financial pressures. There are a wide range of financial risks and challenges facing the IJB which are outlined in the strategic plan.

Financial Summary

The financial values ('budgets') will be attached to these Directions when the information is available.

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Older People

(Community Services)

Planning group: Older People's Planning Group

Planning Lead: Catherine Evans

Direction to: NHS Lothian and Midlothian Council

Budget: TBC

Provide services that are accessible, available, appropriate and of high quality across Midlothian – including GP practices, home care and care homes

IJB	Action	Target	Partner	Progress
2, 4	<p>Identify a service delivery model that enables the HSCP Home Care Service to be sustainable by:</p> <ul style="list-style-type: none"> • Reviewing the HSCP internal home care service 	Review complete. Future model of delivery is identified: March 2023	Home Care Service Manager	

Provide services that connect well with each other and work holistically to support people – including mental and physical health teams, Midlothian Community Hospital, Primary Care and Community Services

IJB	Action	Target	Partner	Progress
4, 6	<p>Co-locate the relevant intermediate care teams at Old Bonnyrigg Health Centre to:</p> <ul style="list-style-type: none"> • contribute to embedding the Home First approach across the system • enable closer links and improved communication • support seamless transition between services 	Teams co-located by June 2022	Intermediate Care Teams	

Develop appropriate day support for all older people to reduce isolation and increase social connection

IJB	Action	Target	Partner	Progress
1, 2	<p>Identify a model for delivering future day support for older people by:</p> <ul style="list-style-type: none"> Carrying out a review using a human rights-based approach Ensure provision is inclusive of all people, including those who need more support Provide day support for people with complex support needs whilst Highbank Day Service is unavailable 	<p>Review complete and model identified by March 2023</p> <p>Indicator: Number of day services places available for people with more complex support needs</p> <p>Baseline March 2022: 55</p> <p>Target: Increase by 30%</p>	<p>Older People's Planning Officer</p> <p>Service Manager – Older People</p> <p>Day service providers</p>	

Support more people with rehabilitation and recovery at home or close to home

IJB	Action	Target	Partner	Progress
2, 4	<p>Provide purpose-built facility and accommodation for intermediate care, reablement and respite by:</p> <ul style="list-style-type: none"> Redesigning and re-providing Highbank Intermediate Care facility at a new site Providing 40 Intermediate Care Beds Involving people with lived experience in the redesign process. 	<p>Provision of purpose-built intermediate care facility by May 2024</p>	<p>Highbank Intermediate Care</p> <p>Service Managers</p> <p>Extra Care Housing Officer</p>	

IJB	Action	Target	Partner	Progress
4	<p>Reduce preventable admissions to hospital by:</p> <ul style="list-style-type: none"> • Providing a greater proportion of rehabilitation and reablement at home or as close to home as possible • Adopting a Home First approach across all teams • Proactively reaching out, assessing and supporting those who are moderately or severely frail with an Emergency Department admission of less than 24 hours. • Scoping to identify appropriate indicators, baseline measures and targets 	<p>Scoping complete - understand and establish baseline data then set targets in year 1</p> <p>Options for improvement identified by March 2023</p>	<p>Service Manager</p> <p>Intermediate Care Teams</p>	

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Frailty

Planning group: TBC

Planning Lead: Amanda Fox

Direction to: NHS Lothian and Midlothian Council

Budget: TBC

Improve anticipatory care planning for people living with frailty

Embed a 'thinking ahead' approach promoted by health, social care and third sector practitioners to improve the quality and quantity of anticipatory care plans shared using Key Information Summaries (KIS) for people living with frailty. This will include the development of a quality criteria and embedding person centred 'good conversations' that explore what matters to people and their preferences for care and support should their health deteriorate.

IJB	Action	Target	Partner	Progress
	Develop a joint HSCP/Quality Cluster quality improvement plan including collaborating on improving the coordination and continuity of primary care for people living with frailty			
	Learning from MidMed and local/national best practice, improve the quality and quantity of anticipatory care plans shared using Key Information Summaries (KIS) for people living with frailty. This will include the development of a quality criteria and embedding person centred 'good conversations' that explore what matters to people.			

Improve coordination of care in the community for people living with frailty

Develop a Midlothian Frailty Improvement Programme. Review the learning from the e-frailty programme, Penicuik Multidisciplinary Team frailty model, MidMed and other local/national best practice to develop a Midlothian Frailty Improvement Programme that proactively identifies people living with frailty, provides holistic assessment and improved co-ordinated care and support at an earlier stage.

IJB	Action	Target	Partner	Progress
	Learning from the Penicuik Multidisciplinary Frailty model, explore options to improve coordination of care across community services and consider scaling up the approach.			

IJB	Action	Target	Partner	Progress
	Working collaboratively with General Practices and community health and social care services, explore approaches to improve continuity of care for people living with frailty.			

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Physical Disability & Sensory Impairment

Planning group: Physical Disability & Sensory Impairment

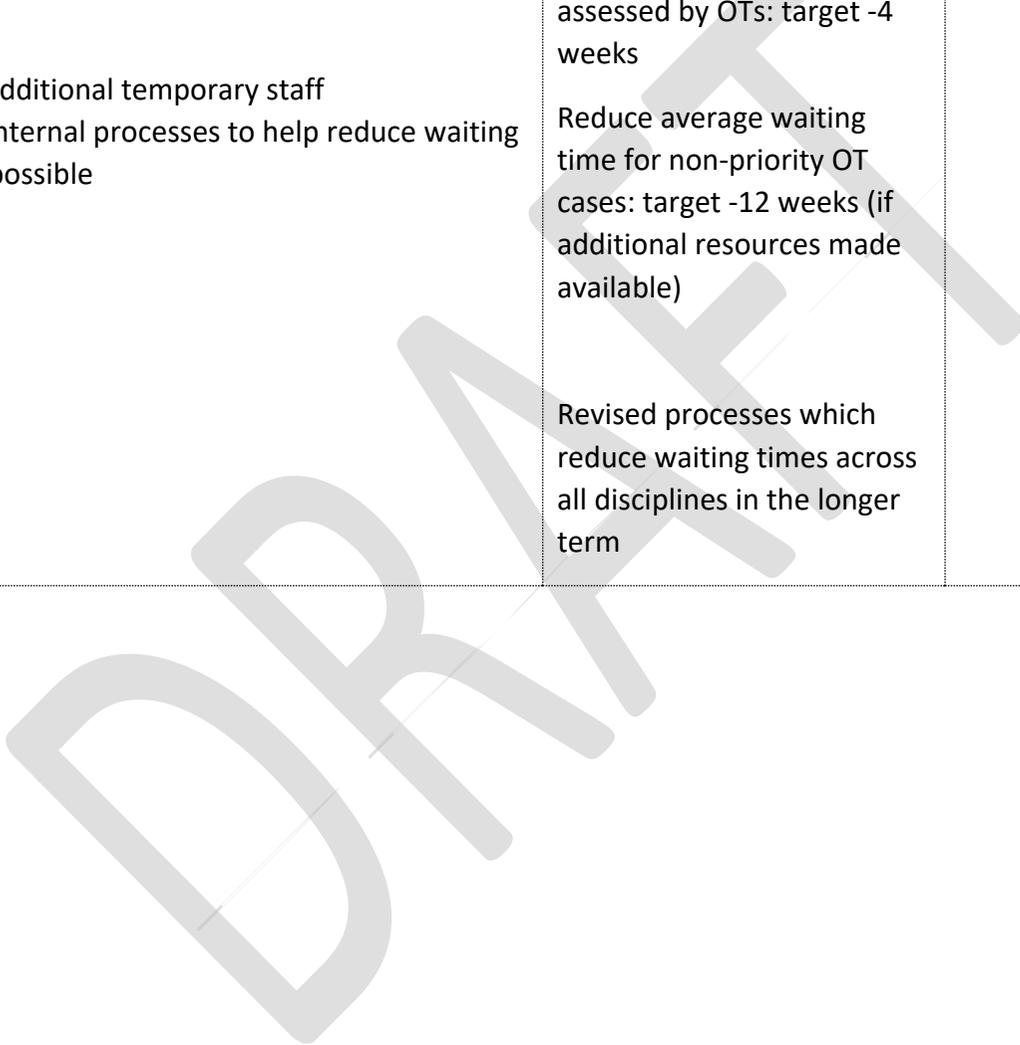
Planning Lead: Tom Welsh (Temp)

Direction to: NHS Lothian and Midlothian Council

Budget: TBC

Improve access to health and social care services

IJB	Action	Target	Partner	Progress
2	<p>Reduce waiting times in the Physical Disability Team which have arisen in part as a consequence of the pandemic</p> <ul style="list-style-type: none"> - Recruit additional temporary staff - Review internal processes to help reduce waiting times if possible 	<p>Reduce average waiting time for priority cases assessed by OTs: target -4 weeks</p> <p>Reduce average waiting time for non-priority OT cases: target -12 weeks (if additional resources made available)</p> <p>Revised processes which reduce waiting times across all disciplines in the longer term</p>		



Develop Self-Directed Support in line with Social Work Scotland's new standards

IJB	Action	Target	Partner	Progress
3/5	<p>Focus on key areas identified by staff and service users, such as “accountability” “transparency” and “flexible commissioning”</p> <ul style="list-style-type: none"> - Establish a stakeholder group to develop and implement a local improvement plan - Improve back up arrangements for personal assistants (for people who use Direct Payments) 	<p>Stakeholder Group established and plan developed and agreed by June 2022 (some dependencies at a national level).</p> <p>Track the number of improvement actions recommended by the SDS Reference Group and monitor progress in implementation.</p> <p>SDS – establish a baseline and monitor changes in how many people are on option 1, 2, 3 & 4.</p> <p>Sample analysis of assessments and support plans (Social Work & OT in PD Team) for evidence of “<i>choice and control</i>”. Baseline to be set.</p>	<p>Service User groups</p> <p>Lothian Coalition for Inclusive Living</p> <p>Matter of Focus</p>	

Increase access to Community-based Rehabilitation

IJB	Action	Target	Partner	Progress
4	Support Disabled People to stay well by working collaboratively to establish improved pathways and a tiered approach to rehabilitation in Midlothian (See Aim 1 Long Term Conditions Plan)	<p>Increase the number of people supported through Midlothian Active Choices establish baseline for 16-65 yr. old disabled people (see LTCs Action Plan A1)</p> <p>Increase numbers of disabled people accessing physiotherapy assessment advice and support</p>	<p>Third Sector</p> <p>Sport and Leisure</p>	

Strengthen local services for people with a Visual Impairment

IJB	Action	Target	Partner	Progress
1/2/6	<p>Develop local, integrated services by:</p> <ul style="list-style-type: none"> - Creating local access points to specialist visual impairment advice and support and Increase the take up of specialist services 	<p>Introduction of new measures for enhanced communication with local people and track effectiveness</p> <p>Increase number of people accessing specialist services –baseline to be established</p>	<p>Sight Scotland</p> <p>Voluntary Organisations and Care Providers</p>	

Strengthen local services for people with a Hearing Impairment

IJB	Action	Target	Partner	Progress
2/6	Working with Audiology determine the feasibility of establishing an audiology clinic(s) in Midlothian	Option Appraisal by April 2022. If capital monies required bid to NHS Capital Steering Group May 2022	NHS Lothian Audiology	
2	Re-establish and expand local hearing aid clinics for repairs for hearing aids <ul style="list-style-type: none"> • by volunteers in libraries • by Audiology in MCH 	Timescales to be set following volunteer recruitment and training programme Repair service in Dalkeith Penicuik and Gorebridge libraries Increase the number of people accessing a local hearing aid repair service	Audiology Deaf Action Libraries Sensory Champions	
2	Re-establish the local provision of hearing aid batteries in libraries and MCH	Increase the number of people accessing a local hearing aid battery service	Audiology Council Libraries	



Mental Health

Planning group: Adult Mental Health

Planning Lead: Karen Darroch

Direction to: NHS Lothian and Midlothian Council

Budget: TBC

Improve access to Community Mental Health Supports

IJB	Action	Target	Partner	Progress
1,2,3,4 6	<p>Increase access to recovery focused mental health supports in the community</p> <p>Develop single point of enquiry</p> <p>Provide recovery focused one to one support and group support in person and online</p> <p>Deliver support in the community in the local authority wards according to need</p> <p>Create baseline data set</p> <p>Measure outcomes using validated tool (I.R.O.C)</p>	<p>Single point of enquiry by Feb 2022</p> <p>Baseline data on service use 2021 -22</p> <p>Delivery of support across all 6 LA wards</p> <p>350 people in receipt of community support in 2023</p> <p>IROC scores reported for 250 people</p>	<p>Health in Mind</p> <p>Social care</p> <p>NHS</p>	

Suicide Prevention

IJB	Action	Target	Partner	Progress
1,3,4,6	<p>Review Midlothian Approach to suicide prevention</p> <ul style="list-style-type: none"> - provide training to all staff statutory, third sector and volunteers in ASIST & Safe talk 	<p>Per year train 120 people attending accredited suicide prevention courses</p>	<p>NHS</p> <p>Social Care</p> <p>East Lothian HSCP – reciprocal training arrangements</p>	

Improve access to information about self-management

IJB	Action	Target	Partner	Progress
1,2,3,4,5,6	Increase the use of Midspace to signpost people to information and self-management resources	Total Number of Midspace users: 2021= 8,382 (6 month data until 30 Sept) 2022 = 10% increase	Health in Mind NHS Social care Third sector orgs (via reference group)	

Improve holistic support

IJB	Action	Target	Partner	Progress
1,2,3,4,5,6	Improve pathways between Mental Health, Substance use and Criminal Justice at No 11 by: <ul style="list-style-type: none"> • Annual feedback from users of number 11 (collated from patient satisfaction survey) • Annual feedback from staff at number 11. 	Baseline to be set in year 1 Year 2 and 3 review and evaluate improvement	<ul style="list-style-type: none"> • NHS • MELD • Social care • OUTNAV • Justice • Third sector 	
2,3	Increase accessibility of therapy groups by: <ul style="list-style-type: none"> - Increase number of people accessing groups by running groups – peer support, support for stress and distress, cognitive stimulation and carer stress. - Improve access to groups by running them in different areas. 	Number of people accessing groups: Baseline to be set in year 1 Access to groups: Baseline: East Target: At least one group in East and one group in West	Dementia Team	

Reduce waiting times for Occupational Therapy

IJB	Action	Target	Partner	Progress
1,2,3,4,5	<p>Reduce waiting times by ensuring people waiting for Occupational Therapy are :</p> <ul style="list-style-type: none"> - On the correct waiting list through triage and offered assessment/signpost or treatment. - Review current pathway and process to improve efficiency 	<p>Review existing and develop new pathways by August 2022</p> <p>Reduce waiting times In year 1 from 10 months to 5 months</p>	NHS	

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Learning Disability & Autism

Planning group: Learning Disability & Autism

Planning Lead: Duncan McIntyre

Direction to: NHS Lothian and Midlothian Council

Budget: TBC

Empower people with learning disabilities and Autism to recognise and realise their human rights and to participate in community life free from fear, harassment and abuse.

IJB	Action	Target	Partner	Progress
	<p>Develop a Programme of Decision Making and Rights Workshops and Visits.</p> <ul style="list-style-type: none"> • Human Rights • Supported Decision Making. • Charter for Involvement. • Staff Awareness Raising • Human Rights Town App 	<p>Human Rights Expert Panel Established April 2022</p> <p>Programme devised and agreed May 2022</p> <p>Delivery of four Workshops by December 2022.</p> <p>70% of participants report improved knowledge of their Human Rights in evaluation.</p>	<p>Midlothian Local Area Coordination Service.</p> <p>People First Scotland.</p> <p>Learning Disability Providers' Forum.</p>	

Improve the Experience of Transition from School to Adult Life and Create appropriate developmental opportunities in Adult Life.

IJB	Action	Target	Partner	Progress
	<p>Develop a framework to structure current planning for young people who require additional support at key transition points.</p> <ul style="list-style-type: none"> • Form a local transitions forum. • Complete assessment of existing practice. • Identify priority actions required to deliver the 'improving' and 'delivering' categories of Principles into Practice. • Agree the scale and scope of a local Principles into Practice trial. 	<p>Transitions Forum established May 2022</p> <p>Assessment of Practice complete July 2022</p> <p>Priority Actions Agreed July 2022</p> <p>Trial Complete with 6 young people and their families by March 2023</p>	<p>ARC Scotland.</p> <p>Midlothian Council Education.</p> <p>Midlothian Children's Services.</p> <p>Midlothian Day Service Providers' Forum.</p>	

Develop Robust Community Services incorporating Positive Behavioural Support to support people with complex needs in crisis.

IJB	Action	Target	Partner	Progress
	<p>Improve Staff skills and knowledge by:</p> <ul style="list-style-type: none"> • Evaluating level 1 training (including use in induction programmes) • Developing competency frameworks for level 1 • Evaluate roll out of framework. Audit of use by providers. • Develop competency framework at level 2 for senior care staff. • Rolling out of the Video of People with Lived experience in the PBS Programme. 	<p>Evaluation demonstrates that 90% of participants at level 1 report improvement in knowledge. August 2022</p> <p>50% percent of Providers using framework at level 1 March 2023</p> <p>100% of people on PBS Pathway have risk tool completed. March 2023</p>	<p>Positive Behavioural Support Working Group.</p> <p>Learning Disability Providers' Network</p> <p>People First Scotland.</p>	

Support disabled to participate in community life, free from fear of harassment and abuse.

IJB	Action	Target	Partner	Progress
	Develop and support further Keep Safe Spaces in Midlothian Increase number of Keep Safe Spaces by <ul style="list-style-type: none"> - identifying further spaces • - training staff 	Number of Keep safe spaces: Baseline: 12 Target: 18	Police Scotland Third Sector Providers	

Support People with Complex Care Needs in Crisis

IJB	Action	Target	Partner	progress
	Develop, implement, and monitor a risk tool to identify people at risk of needing urgent behaviour support. <ul style="list-style-type: none"> • - developing, implementing and monitoring a risk tool 	Register is fully compliant with National Guidance for Dynamic Support Register March 2023	Positive Behavioural Support Working Group.	



Long Term Conditions

Planning group: TBC

Planning Lead: Hannah Cairns

Direction to: NHS Lothian and Midlothian Council

Budget: TBC

Improve screening & early detection e.g. cancer & type 2 diabetes

IJB	Action	Target	Partner	Progress
1, 2, 5, 6	<p>Improve Screening uptake rates</p> <ul style="list-style-type: none"> - Deliver training and awareness raising activities on teachable moments to frontline staff working with population groups who are less likely to attend screening e.g. people who are homeless, who have a learning disability, who are carers, to: <ul style="list-style-type: none"> o encourage people to attend national screening programmes o support informed decision making - Deliver phase 2 (community focus) head and neck cancer prevention project to reach groups who are particularly vulnerable e.g. people who are homeless, who have substance misuse issues, who are not registered with a GP or dentist - Scope opportunities for joint working to increase screening rates and support informed decision making for: <ul style="list-style-type: none"> o young women to attend cervical screening o women in their 50s and from deprived areas to attend breast cancer screening o men in their 50s and from deprived areas to participate in bowel cancer screening 	<p>10 training sessions/ workshops delivered by April 2023 involving staff from HSCP, Third Sector and Council.</p> <p>50 people participated in phase 2 by April 2023</p> <p>6 opportunities for joint working agreed and in progress by April 2023.</p>	<p>NHS Lothian's Screening and Early Detection Team lead this work.</p> <p>Primary Care, Third Sector, Midlothian Council (Housing, Homelessness and Communities and Lifelong Learning)</p>	

Increase the number of people who are supported to stop smoking

IJB	Action	Target	Partner	Progress
1, 2, 5, 6	<p>Increase the number of women who quit smoking during pregnancy</p> <ul style="list-style-type: none"> - Allocate resource from the existing scheme of establishment within NHS Lothian Quit Your Way Service to develop and deliver a service model of best practice for pregnant women including: - the employment of a specialist pregnancy advisor (0.6wte) within Quit Your Way. - the implementation of mandatory training for perinatal professionals. 	<p>Once the service model is established, work towards a monthly engagement (quit date set) rate of 30%.</p> <p>Once the service model is established, work towards an annual 12 week quit rate of 35% of those who have set a quit date.</p>	<p>NHS Lothian Public Health team</p> <p>NHS Perinatal Services, Sure Start Midlothian</p>	t

Embed the Midway - Support self-management, understanding trauma & addressing inequalities

IJB	Action	Target	Partner	Progress
1, 2, 3, 4, 5, 6	<p>Increase access to health and wellbeing support for people at higher risk of health inequalities</p> <p>- Continue to invest in the provision of the Health Inclusion Team, providing 1:1 and group support from specialist nurse practitioners to</p> <ul style="list-style-type: none"> • people in homeless accommodation, • people in receipt of justice services, • carers, • people in receipt of drug and alcohol services, • gypsy travellers 	<p>100 people receive a health intervention from the Health Improvement team by March 2023.</p>	<p>Third Sector, Midlothian Council</p>	.

IJB	Action	Target	Partner	Progress
	<ul style="list-style-type: none"> people <55 who have had more than 3 attendances at emergency departments in the Lothian's within the last year. 			

Provide local support and treatment for people with Cancer

IJB	Action	Target	Partner	Progress
2	<p>Deliver treatments locally</p> <ul style="list-style-type: none"> Work with the Edinburgh Cancer Centre to explore, and if feasible, deliver treatments locally. 	Exploration to be completed and next actions agreed by date TBC	Edinburgh Cancer Centre	

Improve support to manage Type 2 Diabetes and increase remission

IJB	Action	Target	Partner	Progress
1, 2, 6	<p>Reduce potentially preventable admissions related to Type 2 Diabetes</p> <ul style="list-style-type: none"> Complete a deep dive of 60 patients most frequently admitted to acute with diabetes complications Complete Test of Change: trial an Advanced Dietetic Practitioner. 	<p>Establish a clear understanding of the issue and baseline with an interim report by July 2022</p> <p>Complete Test of Change: Advanced Dietetic Practitioner in post 1 Feb 2022 – 1 August 2022..</p>	NHS Lothian Dietetics, Primary Care, Secondary Care, Pharmacies, Podiatry	



Falls & Fracture Prevention

Planning group: Strategic Falls Group

Planning Lead: Gillian Chapman

Direction to: NHS Lothian and Midlothian Council

Budget: TBC

Improve Information on Respite

IJB	Action	Target	Partner	Progress
2	<p>Produce information on entitlement, access, and costs</p> <ul style="list-style-type: none"> - Develop guidance on carer's entitlement to respite and the process of allocation. Promotion of materials to HSCP, Third Sector and public. - Produce & promote accessible information about availability of respite facilities and up-take in Midlothian (hard copy & online) - Develop pathway for information sharing between respite planning and processes and providers 	<p>Hard copies in all libraries and GP practices.</p> <p>Number of packs distributed</p> <p>Respite Planning Group agreement / SMT agreement</p> <p>Guidance agreed and distributed to partners</p>	<p>Gillian Chapman Respite Lead / Shelagh Swithenbank Unpaid Carers' Planning Officer / Wendy Fleming Communications Officer</p> <p>Gillian Chapman Respite Lead</p>	

Increase physical activity programmes and falls prevention activities

IJB	Action	Target	Partner	Progress
1,2,3,4,6	<p>Develop a falls prevention programme</p> <ul style="list-style-type: none"> - E.g. Strength & Balance classes covering Ageing Well, Sport & Leisure and third Sector. - Promote activity for falls prevention within Leisure Centres and Older Peoples' Housing (e.g Retirement / Extra Care Housing) working in partnership with third sector 	<p>Number of sessions 150 per annum</p> <p>5% Reduction in falls</p> <p>20 venues targeted</p>	<p>Gillian Chapman Falls Lead Allan Blair Sport & Leisure</p> <p>British Red Cross</p>	<p>H&SC / Sport & Leisure budget</p>

IJB	Action	Target	Partner	Progress
1,2,3,4,6	<p>Provide options around physical activity</p> <ul style="list-style-type: none"> - Level 4 instructor led weekly postural stability classes for those with more needs plus access to the current MAC programme - Best Step Forward - new project started offering weekly strength and balance exercises as well as short guided walks. - Ageing Well weekly programme including walks, dance and other activities (outdoors) - Other identified programmes or opportunities 	<p>Number of sessions per annum:</p> <p>Postural Stability classes = 192</p> <p>Best Step Forward = 96</p> <p>Ageing Well programme = 1100</p> <p>5% Reduction in falls</p>	Allan Blair Sport & Leisure / Vivien Wallace Ageing Well	H&SC / Sport & Leisure budget

Build an integrated approach to falls and fracture prevention

IJB	Action	Target	Partner	Progress
1,6	Develop a dedicated protocol for identifying, monitoring and recording falls across partnership services	<p>Establish a baseline from which to monitor progress.</p> <p>Identify current reporting mechanisms</p> <p>Identify gaps in available data</p> <p>Agree data required</p> <p>Agreed reporting procedure</p> <p>Dedicated analyst support</p>	Zoe Graham Performance & Improvement Lead	

IJB	Action	Target	Partner	Progress
1,6	<p>Develop and implement an integrated & coordinated Falls Pathway across H&SC and third sector providers</p> <ul style="list-style-type: none"> - Explore current service provision - Consider pathway models from other areas - Create Midlothian specific Falls Pathway - Consultation with key providers – service users, carers and staff 	<p>Publish & implement pathway October 2022</p> <p>Review of pathway March 2023</p>	<p>Hannah Cairns Chief AHP</p> <p>Amanda Fox Programme Manager</p> <p>Gillian Chapman Falls Lead</p>	

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Under 18

Planning group: GIRFEC, Children and Young People Wellbeing Board, EMPPC

Planning Lead: Fiona Stratton

Direction to: NHS Lothian

Budget: TBC

These directions relate to the services for children and young people which are the responsibility of the Midlothian IJB. A wide range of other services for children and young people are planned and managed from other parts of the NHS Lothian system, by Midlothian Council and the third sector. The Midlothian GIRFEC Board has oversight of the development and delivery of the Integrated Children's Services Plan which covers the full range of health and social care services for children and young people.

Reduce inequality

IJB	Action	Target	Partner	Progress
	<p>Deliver consistent and effective Health Visiting interventions to use public health approaches responding by:</p> <ul style="list-style-type: none"> • increasing access to appropriate interventions through targeted support • responding to vulnerable groups including homeless families, gypsy/travellers and families affected by addiction • ensuring that the right number of Health Visitors are in the right place, with the right support available to them to enhance their professional practice. 	<p>Appropriate application of caseload weighting tool</p> <p>Workforce planning</p>		
	<p>Provide targeted support for Care Experienced children and adults up to 25 years</p> <ul style="list-style-type: none"> • LAC advisors • Corporate Parenting • 'The Promise' • Family Group Decision Making • Interagency and multidisciplinary working with Children and Families teams and other relevant agencies. 	<p>Solace data evidence appropriate contact with children who are care experienced.</p>		

Support Parents

IJB	Action	Target	Partner	Progress
	<p>Provide Mental health and wellbeing support for families and care givers by</p> <ul style="list-style-type: none"> - Implement the Solihull Approach, and associated models to support infant and perinatal mental health - Deliver peer Solihull training among work force. - Family learning model 	Training	<p>Early years</p> <p>CLL</p> <p>Hawthorn Family learning</p>	

Prevent avoidable illness

IJB	Action	Target	Partner	Progress
	<p>Increasing uptake of vaccinations by:</p> <ul style="list-style-type: none"> - Deliver core vaccination programme for under 5s utilising Child health information to provide timely and accessible services. - Deliver flu and seasonal vaccination programmes - Proactively support families who do not bring children for immunisation 			
	<p>Improve early detection of concerns by</p> <ul style="list-style-type: none"> - Respond to the findings of child health reviews, including appropriate onward referrals and advice. - Undertake quality improvement work around multi-disciplinary meetings. 	Appropriate data to evidence impact	GP	

Improve children and young people's physical & mental health

IJB	Action	Target	Partner	Progress
	Implement School nursing pathway – CP advisors, SLTI			
	<p>Improve support for school staff, CAMHS, Community Child Health and Educational Psychologists by:</p> <ul style="list-style-type: none"> - LIAM (Lets Introduce Anxiety Management), - Community Child health, CAMHS - MEAP - MH Strategic Group 	we shall need to liaise with CAMHS to identify targets that are meaningful for Midlothian Children also recognising the many projects already in operation	<p>LAC teams</p> <p>GIRFEC</p> <p>MEAP</p> <p>MH Strategic Group</p>	

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Public Protection & Community Justice

Public Protection:

Planning group: East Lothian and Midlothian Public Protection

Planning Lead: Kirsty MacDiarmid

Direction to: NHS Lothian and Midlothian Council

Budget: TBC

Community Justice:

Planning group: Community Justice

Planning Lead: Fiona Kennedy

Direction to: Midlothian Council

Budget: TBC

Improve risk management of Adult Support and Protection practice in care homes

IJB	Action	Target	Partner	Progress
1,2, 4, 5, 6	Identify and share good practice and common areas for improvement in care homes by: <ul style="list-style-type: none"> • Undertaking a thematic review of Large Scale Investigations in East Lothian and Midlothian. • Developing and delivering staff briefings and training • Promoting the EMPPC Practice Guidance for Care Homes Reporting Incident and ASP Concerns through briefings for staff. 	Thematic review completed No of staff who have received briefings/training	Care Inspectorate HSCP Adult Protection Lead Officer Care Homes Practice Learning and Development Practitioner, Adult Services, Midlothian Council	

Improve staff knowledge about Adult Support and Protection and improve transfer of learning into practice

IJB	Action	Target	Partner	Progress
4, 5, 6	Better equip HSCP staff to fulfil their role as an (Adult Support and Protection) Council Officer by: <ul style="list-style-type: none"> - Revising our approach to ASP Council Officer training to modular training, with a new emphasis on consolidation of learning into practice 	CO training programme developed No of staff engaging in programme Training evaluation	HSCP Adult Protection Lead Officer	

IJB	Action	Target	Partner	Progress
	<ul style="list-style-type: none"> • ASP Lead Officer supporting regular development sessions with Council Officer staff 			

Support staff to manage cases that do not meet Adult Support and Protection criteria

IJB	Action	Target	Partner	Progress
1, 4, 5, 6	<p>Develop and implement an escalating concerns procedure by:</p> <ul style="list-style-type: none"> - Working in partnership with HSCP, third sector partners, police and fire and rescue - Raising awareness of the procedure and promoting its use 	<p>Procedure developed</p> <p>Review of cases where procedure is used to assess its effectiveness in care planning and intervention</p>	<p>HSCP</p> <p>Third sector partners</p> <p>Police</p> <p>Fire and Rescue</p> <p>Adult Protection Lead Officer</p>	

Improve staff knowledge about Violence Against Women and Girls and improve transfer of learning into practice

IJB	Action	Target	Partner	Progress
1,4,5	<p>Increase HSCP staff knowledge of gender based violence by:</p> <ul style="list-style-type: none"> - Ensuring all HSCP staff complete the Domestic Abuse Awareness Raising Tool (Daart) and attend the 'Introduction to VAWG: Spotlight on Domestic Abuse' training course (delivered by East Lothian and Midlothian Public Protection Office) • Further developing our training offering to ensure we cover all aspects of VAWG, specifically including working with men and with young people 	No of staff attending Introduction to VAWG: Spotlight on Domestic Abuse course	HSCP EMPPPO	

Strengthen Midlothian's commitment to embed the Equally Safe priorities to prevent and tackle violence against women and girls

IJB	Action	Target	Partner	Progress
	<p>Embed the four Equally Safe priorities across Midlothian HSCP and Midlothian Council by:</p> <ul style="list-style-type: none"> - Reviewing Midlothian's approach to tackling violence against women and girls in partnership with the Improvement Service - Creating a local strategy to implement the four equally safe priorities across Midlothian Council and HSCP 			

Support the HSCP to fulfil their statutory duties to report concerns about harm and co-operate with Adult Support and Protection investigation

IJB	Action	Target	Partner	Progress
1,4,5,6	<p>Plan for and implement any changes arising from the review of the Adult Support and Protection (Scotland) Act 2007 Part 1 (Guidance for Adult Protection Committees) and the Code of Practice – 2022, by</p> <ul style="list-style-type: none"> • Training • Communications, including revisions to current procedures and guidance documents 	<p>Communications updated and disseminated</p> <p>Training provided</p>	<p>HSCP</p> <p>Adult Protection Lead Officer</p>	

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Improve understanding of Community Justice.

IJB	Action	Target	Partner	Progress
2, 3, 4, 6	<p>Improve engagement with communities and businesses by:</p> <ul style="list-style-type: none"> • Stories about CPOs & Unpaid Work on social media • Advertising campaign on the link between education/training, employment, health inequalities, substance misuse, housing, positive attitudes, relationships and (re)offending • Second Chancers spin off with press – voices of unpaid work telling their story (film) • Rebrand CJ logo with Newbattle High School • Launch ALISS database of services for Midlothian • Publish Community Justice Directory. 	<p>Increase the number of combined followers on CSJP social media platforms (Facebook and Twitter) by 5%</p> <p>Positive feedback received from pupils</p> <p>ALISS publicised to all Community Councils in Midlothian</p> <p>Promotion of ALISS</p> <p>Number of Midlothian searches carried out on ALISS (target tbc)</p> <p>Booklet published, distributed and marketed online.</p>	<p>Community Justice</p> <p>Edinburgh College</p> <p>Education – Newbattle college</p>	t.
1, 2, 3, 6	<p>Improve MLC staff knowledge of Community Justice:</p> <ul style="list-style-type: none"> • E-learning toolkit 	E-toolkit completed by 20% of staff	Community Justice	.
2, 3, 4, 6	<p>Consult with public:</p> <ul style="list-style-type: none"> • Understanding of Community Justice • Setting objectives and goals for the partnership 	% of people reporting they are aware of Community Justice	Community Justice Partners	

Prevent and reduce the risk of further offending

IJB	Action	Target	Partner	Progress
2, 3, 4, 6	Explore Restorative Justice using Community Justice Scotland guidance	Initial fact-finding carried out and plan made to develop a Restorative Justice service	Justice Social Work Community Justice	
1, 2, 3, 4, 5, 6	Improve understanding of experiences of people on Community Payback Orders by: <ul style="list-style-type: none"> Adverse Childhood Experience (ACE) questionnaire Redesign exit questionnaires 	Initial analysis carried out, recommendations on support needs made and gaps in service provision identified.	Community Justice Justice Social Work	
1, 2, 3, 4, 5, 6	Improve support for people after a Community Payback Order by: <ul style="list-style-type: none"> Develop a volunteering pathway Develop an after care service 	25% justice social work clients involved in volunteering, training or employment at the point of completion of order. New process initiated for recording of telephone calls 6 weeks post completion - Attempt made to contact 100% of clients 6 weeks post CPO	Community and Lifelong Learning Justice Social Work	
1, 2, 3, 4, 5, 6	Develop a trauma informed service that focuses on tailored, structured intervention and access to wraparound services for men on Community Payback Order supervision	Consult, plan, design and implement new holistic service	Justice Social Work	.

Improve resilience and capacity for change and self-management

IJB	Action	Target	Partner	Progress
1, 2, 3, 4, 5, 6	<p>Develop the SPRING service - 'Stepping Stones' and 'Next Steps'</p> <ul style="list-style-type: none"> Incorporate Cognitive Behaviour Therapy and Decider skills into Stepping Stones 	<p>Increase the number of referrals to SPRING by 5%</p> <p>Increase the number and percentage of women who attend Spring initial appointment who go on to engage for at least three months – by 5%</p> <p>Number of women engaging with the Next Steps phase (target tbc)</p> <p>Feedback from women that demonstrate positive change for individuals.</p>	<p>SPRING</p> <p>Psychological therapies</p>	.



Substance Use

Planning Group: MELDAP

Planning Lead: Martin Bonnar

Direction to: NHS Lothian and Midlothian Council

Budget: TBC

Reducing Harm and promoting recovery

IJB	Action	Target	Partner	Progress
1,2	<p>Improve and sustain waiting times to better than national standard.</p> <p>- Implement new access process with MELD triaging referrals into joint services - removing the need for “Gateways to Recovery Clinics”</p>	<p>Access Standard [90% of people seen within 3 weeks –referral to treatment. 100% of people seen within 5 weeks.</p> <p>Number of people accessing support through new telephone based service</p>	<p>MLHSCP MELD MELDAP Scottish Government</p>	
1,2	<p>Ensure that the provision of Medication Assisted Treatment [MAT] is safe, effective, acceptable, accessible and person-centred to enable people and their families to benefit from high-quality treatment and care.</p> <p>- Ensure sustained Delivery of Medication Assisted Treatment [MAT] Standards</p>	<p>Number of people starting OST within 1 week of referral.</p> <p>Number of clients receiving:</p> <ul style="list-style-type: none"> • Methadone • Buprenorphine • Buvidal 	<p>MLHSCP MELDAP NHS Lothian</p>	

Commissioning and Assuring High Quality, Cost Effective Outcomes Focused Services

IJB	Action	Target	Partner	Progress
1,2	<p>To maintain innovative practices implemented during the Covid 19 pandemic through the recovery phases and beyond</p> <p>- Review impact on services of Covid-19 with all service managers using digital platforms.</p> <p>- Identify effective and innovative practice and build into new Service Specifications and Service Level Agreements</p>	<p>To maintain level of support to marginalized groups to help people get of stay connected</p> <p>Type of digital support provided:</p> <p>Basic SMART phones/Digital top-ups/Tablets/lap-tops</p>	<p>MELDAP MELD Access to Industry Number 11</p>	

RESOURCES

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Workforce

Planning Group: Workforce Strategic Planning Group

Planning Lead: Anthea Fraser

Direction to: NHS Lothian and Midlothian Council

Budget: TBC

Workforce Plan 2022-2025

IJB	Action	Target	Partner	Progress
	<ul style="list-style-type: none"> Developed a collaboratively produced workforce plan for 2022-2025, agreed by the IJB Identify challenges and opportunities to improve accuracy and specificity of workforce planning Agree action plan as identified and implement change actions to improve workforce planning capacity 	June 2022 April 2022 June 2022		

Attract staff to fill vacancies including hard to fill posts

IJB	Action	Target	Partner	Progress
	<ul style="list-style-type: none"> To complete a staffing needs analysis and produce an action plan reflecting accurate workforce planning delivered through the analysis of high-quality data by December 2022. To work alongside HEIs to increase the number of student placement offers within integrated services to at least the level of offers to those pre-pandemic. To work alongside community and education partners to offer relevant experience through the City Region Deal. Target reduction in the vacancy rate for the hardest to fill posts of 10% 	December 2022 January 2023 ongoing March 2023		

Reduce vacancies, retain, support and upskill staff

IJB	Action	Target	Partner	Progress
	<p>To deliver quality learning and development opportunities for all staff appropriate to role and development needs</p>	March 2023		
	<ul style="list-style-type: none"> • Establish a 'Training, Learning and Development Centre of Excellence' within Midlothian that provides a range of learning and development opportunities that not only meets mandatory training requirements but also delivers quality professional development across all careers and posts <ul style="list-style-type: none"> - Agree facilities plan to include appropriate accommodation and equipment - Dedicated training rooms are operational 	Completed		
		October 2022		
		October 2022		
		October 2022		
	<ul style="list-style-type: none"> • Establish and evaluate the introduction of a framework that supports the delivery of competency-based assessment in an integrated way alongside The Lothian Care Academy <ul style="list-style-type: none"> - To have the framework for assessment signed off by October 2022 - To have 50% of all staff having completed and signed off competency training by January 2023 - To ensure each staff member who has completed an area of competency has a follow-up supervision session to reflect and consolidate learning 	January 2023		
		February 2023		

Reduce workforce Inequalities

IJB	Action	Target	Partner	Progress
	<p>To adopt and embed a culture of wellness and wellbeing across the workforce that recognises the shared corporate and individual roles in promoting a healthy working culture</p> <ul style="list-style-type: none"> • Review models of meaningful distributed working across all teams • Target reduction in the number of work-related long-term absence of 10% 	<p>June 2022</p> <p>March 2023</p>		

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Unpaid Carer

Planning group: Carers Strategic Planning Group

Planning Lead: Shelagh Swithenbank

Direction to: NHS Lothian and Midlothian Council

Budget: TBC

Identify more carers

IJB	Action	Target	Partner	Progress
2	<p>Increase awareness of the caring role.</p> <ul style="list-style-type: none"> - Continue to highlight the positive contribution of unpaid carers and caring in supporting our services and communities. - Develop Communications Plan to promote carer awareness including publicising carer rights, issues relevant to carers, and support available. 	<ul style="list-style-type: none"> • Number of completed ACSP by the HSCP: Target: 60 • Number of completed ACSP by VOCAL: Target: 600 • Number of new adult referrals in to VOCAL: Target 400 • <i>10% Increase in the number of referrals received by the HSCP for adult carer support. Target 10%</i> • Number of carers accessing information and advice services from VOCAL: Target: 600 • Number of carers receiving: 1-1 support from VOCAL: Target 300 • Number of carers receiving peer group support from VOCAL: Target 250 • Percentage of carers who report increased 	<ul style="list-style-type: none"> • Midlothian Council Communications Team • HSCP Training & Development Team • HSCP Wellbeing Officer • NHS Healthy Working Lives • Midlothian Council Healthy Working Lives • Third sector Partners 	

IJB	Action	Target	Partner	Progress
		knowledge or confidence having attended training delivered or arranged by VOCAL: Target: 150		

Improve Carer Health & Wellbeing including Breaks from Caring

IJB	Action	Target	Partner	Progress
1, 5	<p>Evidence improved quality of life and managing the caring role outcomes of carers receiving support.</p> <ul style="list-style-type: none"> • Carer group activity around carer health and wellbeing. • Carer 1:1 support • Training to HSCP staff, Third sector and Voluntary groups around breaks from caring. • Access to Counselling via VOCAL 	<p>% of carers reporting maintenance or an improvement in the quality of life outcomes captured during their adult carer support planning review (VOCAL).</p> <p>% of carers reporting a maintenance or an improvement in the quality of life outcomes captured during their adult carer support planning review (HSCP).</p>		

IJB	Action	Target	Partner	Progress
		<p>% of carers reporting a maintenance or an improvement in managing the caring role outcomes captured during their adult carer support planning review (VOCAL).</p> <p>% of carers reporting a maintenance or an improvement in managing the caring role outcomes captured during their adult carer support planning review (HSCP).</p> <p>% of carers reporting a maintenance or an improvement in their health & wellbeing and management of their caring role captured during Red Cross Self-Evaluation reviews.</p> <p>Target for all above baseline established in Year One.</p>		
1, 2, 3, 6	Increase the number of carers supported to take a break from caring.	Number of carers accessing the Wee Breaks service: Target: 90 – 100	VOCAL HSCP	

IJB	Action	Target	Partner	Progress
	<ul style="list-style-type: none"> - Training to HSCP staff, Third sector and Voluntary groups around breaks from caring. - Continue with Wee Breaks Grant scheme - Support opportunities for non-funded/non statutory breaks (e.g. Respitality) - Exploring the use of SDS/Direct Payments for funded/statutory breaks 	<p>Number of carers accessing Respitality opportunities via VOCAL: Target: 40</p> <p>Training to relevant staff and volunteer groups around short breaks and breaks from caring. Target 50</p> <p>Review of SDS/Direct Payment funding breaks for carers by March 2023.</p>	Third Sector Partners	

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Respite

Planning group: Respite & Short Breaks

Planning Lead: Gillian Chapman

Direction to: NHS Lothian and Midlothian Council

Budget: TBC

Improve Overnight Respite

IJB	Action	Target	Partner	Progress
2	<p>Increase respite bed availability in Midlothian by:</p> <ul style="list-style-type: none"> - Work with existing (and potential) respite providers including Care Homes to explore ways to increase provision. - Explore the level of unmet need for carer respite beds, and the potential for the freeing up of non-carer respite beds to meet this. - Offer residential respite within Cowan Court Extra Care Housing complex as 6 month pilot for decision on permanent establishment and roll out to ECH new build facilities. - Provide 6 Respite beds in Highbank Intermediate Care re-provisioning project - Investigate 'respite at home' options 	<p>Consultation completed by April 2022</p> <p>Review completed by May 2022</p> <p>Increase of carer respite beds</p> <p>Report to Senior Management Team for decision March 2022</p> <p>Number of respite recipients</p> <p>Feedback from recipients</p> <p>New build completion October 2023</p> <p>Number of providers identified</p> <p>Increased uptake of home based day / overnight respite</p>	<p>Gillian Chapman Respite Lead / Muriel Reid Care Home Support Team</p> <p>TBC</p> <p>Gillian Chapman Respite Lead</p> <p>Katherine Malone Intermediate Care Manager</p> <p>Shelagh Swithenbank Unpaid Carers' Planning Officer</p>	

Improve equality of access to respite across Midlothian

IJB	Action	Target	Partner	Progress
2, 6	<p>Ensure Locally Based Respite Provision with an even distribution across Midlothian</p> <ul style="list-style-type: none"> - Consider the inclusion of respite beds in Penicuik, Bonnyrigg and Dalkeith New Build Extra Care Housing following review of Cowan Court respite flat pilot. - Consider ways of supporting resilient communities – respite opportunities for older people in local community facilities such as Day Care in a church hall - Map where people feel their community is in terms of respite need, and looking at ways to fill respite gaps with communities themselves - Explore options to offer day care/support to older people in Midlothian who are isolated 	<p>Increased number of community led resources</p> <p>Increased Day Care capacity</p> <p>Identification of gaps</p> <p>Reduction in self-reported feelings of isolation.</p>	<p>Gillian Chapman Respite Lead / Simon Bain MC Housing</p> <p>Catherine Evans Older Peoples’ Planning Officer</p> <p>Catherine Evans Older Peoples’ Planning Officer / Catherine Duns CLL</p> <p>Catherine Evans Older Peoples’ Planning Officer</p>	

Plan respite for future need – efficient & effective use of resources

IJB	Action	Target	Partner	Progress
1, 2	<p>Develop accurate systems for recording respite</p> <ul style="list-style-type: none"> - Develop processes for recording all respite provision across Midlothian and use that information to monitor, evaluate and plan. - Monitor unmet need by looking at Carer Support Plan information and statistical data of provision. - Consider ways of anticipating future carer support needs through the Carer Support Plan processes. 	<p>Review of current processes</p> <p>Identified current reporting mechanisms</p> <p>Identified data required</p> <p>Agreed reporting procedure</p> <p>Improved identification of areas of unmet need.</p> <p>Reduction in number of hospital admissions</p> <p>Reduction in carer strain</p>	<p>Gillian Chapman Respite Lead / Zoe Graham HSCP Lead Performance & Improvement Officer</p> <p>Shelagh Swithenbank Unpaid Carers' Planning Officer</p> <p>Gillian Chapman Respite Lead / Shelagh Swithenbank Unpaid Carers' Planning Officer</p>	
	<p>Analyse demand for residential respite beds</p> <ul style="list-style-type: none"> - Inform business case for development / build / purchase a property exclusively for residential respite. 	<p>Review completed and report to SMT May 2022</p> <p>Number of beds required</p>	<p>Gillian Chapman Respite Lead</p>	
	<ul style="list-style-type: none"> - Identify potential sites for development to standalone residential respite purposes. 	<p>Report to Respite Planning Group January 2022</p>	<p>Gillian Chapman Respite Lead</p>	

Improve Information on Respite

IJB	Action	Target	Partner	Progress
2	<p>Produce information on entitlement, access, and costs</p> <ul style="list-style-type: none"> - Develop guidance on carer's entitlement to respite and the process of allocation. Promotion of materials to HSCP, Third Sector and public. - Produce & promote accessible information about availability of respite facilities and up-take in Midlothian (hard copy & online) - Develop pathway for information sharing between respite planning and processes and providers 	<p>Hard copies in all libraries and GP practices.</p> <p>Number of packs distributed</p> <p>Respite Planning Group agreement / SMT agreement</p> <p>Guidance agreed and distributed to partners</p>	<p>Gillian Chapman Respite Lead / Shelagh Swithenbank Unpaid Carers' Planning Officer / Wendy Fleming Communications Officer</p> <p>Gillian Chapman Respite Lead</p>	

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Primary Care

Planning Group: TBC

Planning lead: Grace Cowan

Direction to: NHS Lothian and Midlothian Council

Budget: TBC

Develop the Community Treatment and Care services to support all practices in Midlothian.

IJB	Action	Target	Partner	Progress
	<p>Establish referral pathways for people to access CTAC services from all practices in Midlothian – phased 2 – provide wider access to service, hone and develop CTAC service, fully implement Good Conversations,</p> <p>Agreement information sharing between CTAC and GP and HSCP – to support performance monitoring (and compare across practices)</p> <p>Develop relationship between CTAC and GP</p>	<p>Identify baseline data</p> <p>Develop information sharing agreement By April 2023</p>	HSCP/General Practices	

Develop Primary Care premises to meet service requirements and respond to population growth in Midlothian

IJB	Action	Target	Partner	Progress
	<p>Implement plan on securing clinic space to provide the vaccination programme for the flu and COVID Booster vaccinations (subject to approval at NHS Lothian LSIG)</p>	<p>By September 2022 plan implemented (if approved)</p>	NHS Lothian LSIG	

Improve communication about primary care to improve sign-posting to the right support

IJB	Action	Target	Partner	Progress
	Develop and implement a joint communication plan between HSCP and General Practices to improve communication and increase understanding about access to GP, access to community services, and options for self-management.	Have primary care communications capacity in place by June 2022.		

Support uptake and optimisation of technology across primary care

IJB	Action	Target	Partner	Progress
2, 4	<p>Develop and implement a joint digital plan to support the optimizing of existing technologies and adoption of new technologies in primary care.</p> <p>Develop of technology in diagnostics and management of long term conditions in primary care</p> <p>Move people to new people developed by Scottish Government (from Florence to In-Reach)</p>	<p>100% of people moved by April 2023</p>	<p>General Practices/HSCPs</p> <p>Scottish Government</p>	

Increase the adoption of data-led collaboration between General Practices and the HSCP to improve health outcomes for people.

IJB	Action	Target	Partner	Progress
	Develop a data-led programme across primary care to improve shared understanding about demand and capacity	Implement April 2023	General Practices/HSCPs	

Review admission to hospital via primary care services in evenings, at night and weekends through the Lothian Unscheduled Care Service to facilitate provision of care close to home

IJB	Action	Target	Partner	Progress
	Review data on admissions to hospitals via LUCS (out of hours) from care homes to identify opportunities for earlier intervention (in hours)	Have baseline data April 2023	LUCS Care Home Support Team	



Acute Services

Planning group: Acute Services Planning Group

Planning Lead: Grace Cowan

Direction to: NHS Lothian and Midlothian Council

Budget: TBC

Reduce potentially preventable admissions by improving access

IJB	Action	Target	Partner	Progress
1	<p>Reduce admissions due to flu and COVID by:</p> <ul style="list-style-type: none"> Working to improve the uptake of the flu vaccination Continue rollout of Covid-19 vaccination and boosters 	<p>Flu 2022/23 targets:</p> <ul style="list-style-type: none"> Over 65 years: 90% Under 65 years at-risk: 75% Health and social care staff: 60% <p>See other specific targets from SG</p>	HSCP	

Maintain delayed discharge occupied bed days though planned date of discharge approach

IJB	Action	Target	Partner	Progress
1,2,4	<p>In partnership with acute services, implement a “Planned Date of Discharge” approach in order to identify and support people in hospital who live in Midlothian as early as possible</p> <ul style="list-style-type: none"> Look at flow across systems in Midlothian – identifying blockages and solutions Promote proactive flow hub arrangements including implementation and expansion of the Single Point of Access (see SPOC details above) 	<p>Implement approach by April 2022</p> <p>Maintain delayed discharge rate (MSG Indicator)</p> <p>Increase the number of people receiving of Hospital at Home by 100% by March 2023</p>	HSCP	

IJB	Action	Target	Partner	Progress
	<ul style="list-style-type: none"> Increase Midlothian Hospital at Home service capacity in line with wider pan-Lothian review 			

Maintain attendances to A&E.

IJB	Action	Target	Partner	Progress
1,6	Review Musculoskeletal (MSK) pathways to ensure more people are directed to Midlothian MSK services as an alternative to ED where appropriate	Establish baseline MSK data and existing gaps to inform next steps by September 2022.		

Reduce unscheduled admissions

IJB	Action	Target	Partner	Progress
1,2, 3,4,6	<p>Reduce unscheduled respiratory admissions:</p> <ul style="list-style-type: none"> Increase capacity by implementing 6 day working in the Community Respiratory Team (CRT) Continued development and expansion of SAS (SAS) and CRT pathway as alternative to hospital conveyance Proactively identify the people most at risk of unscheduled admissions, offer service support where appropriate, and inform future service design to increase reach 	<p>Establish and agree a timetable alongside Partnership to deliver 6 day working Community Respiratory Team (CRT) by September 2022</p> <p>Increase % of people in Midlothian with COPD who admit to hospital and are</p>		

IJB	Action	Target	Partner	Progress
	<ul style="list-style-type: none"> Introduce the new digital service, Dynamic Scot, to help patients living with COPD better manage their condition and reduce A&E attendance and admission 	<p>known to CRT from 45% to 80% by March 2023.</p> <p>Reduce respiratory ED attendances by 30% by March 2023.</p> <p>Reduce respiratory admissions by 28% by March 2023.</p> <p>Reduce respiratory OBDs by 30% by March 2023.</p>		

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Midlothian Community Hospital

Planning group: TBC

Planning Lead: Kirsty Jack

Direction to: NHS Lothian

Budget: TBC

Improve accessible information about MCH & the services it provides

IJB	Action	Target	Partners	Progress
1	<p>Improve accessibility of information about MCH by:</p> <ul style="list-style-type: none"> • Collaborate with key stakeholders to develop webpages for MLC & NHS • Create & distribute community newsletter • Create MCH information leaflet • Establish links with local radio station 	<p>Webpage on MLC developed by June 2022</p> <p>Webpage on NHS developed by June 2022</p> <p>Newsletter distributed by November 2022</p> <p>Links made with Red Cross for radio show by June 2022</p>	<p>Service Managers, Midlothian Older People's Assembly, MVA, British Red Cross</p>	<p>Existing resources</p>

Improve processes to ensure services at MCH are operating effectively and efficiently

IJB	Action	Target	Partners	Progress
1, 5	<p>Recruit effectively into vacancies by:</p> <ul style="list-style-type: none"> • Develop accurate + appealing vacancy adverts • Promote HSCP careers at educational establishments • Incorporate specialist fields such as Dementia outreach support, and stroke rehab into posts to attract skilled staff • Develop & deliver training programme to ensure HSCP is an attractive employer 	<p>Increased awareness with students/graduates (Dec 2022)</p> <p>Starting in January 2022, and ongoing in line with service development</p>	<p>SC/N's</p> <p>Service Manager</p> <p>Recruitment</p>	<p>Existing budget</p>

Improve quality of care for older people with mental illness

IJB	Action	Target	Partners	Progress
2	<p>Improve mental health models of care by:</p> <ul style="list-style-type: none"> • Engage with Dementia Nurse Consultant to develop model • Consult & collaborate with partners and people with lived experience • Set up professional network with community team colleagues to share ideas and learning, and to drive forward change 	<p>Model developed by Aug 2022</p> <p>Consultation developed and delivered by SC/N's from Mental Health wards</p> <p>Professional network set up by SC/N's from Mental Health Wards</p>	<p>Nursing</p> <p>Medical Staff</p> <p>AHP</p> <p>Community Teams</p>	

Improve access to and quality of care and treatment for out-patients

IJB	Action	Target	Partners	Progress
2	<p>Explore options for increasing range of outpatient clinics offered at MCH by:</p> <ul style="list-style-type: none"> • Complete scoping exercise to identify all potential clinic areas within HSCP premises • Complete scoping exercise to identify all current clinics held on site at MCH (including those for older people) • Relocate non-priority clinics. 	<p>Scoping exercise of clinic areas completed by April 2022</p> <p>Scoping exercise of current clinics completed by April 2022</p> <p>Non priority clinics relocated by Sep 2022</p>	<p>Lead AHP</p> <p>Primary Care</p> <p>Lead Clinicians and Service Managers</p>	<p>To be determined</p>

Support more people with rehabilitation and recovery.

IJB	Action	Target	Partner	Progress
4	Support patient flow by: <ul style="list-style-type: none"> • Review rehabilitation processes and roles • Develop assessment processes and care plans to support successful discharge • 	Review of processes completed by July 2022 Assessment processes and care plans developed by September 2022	Nursing Medical Staff AHP	

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Sport & Leisure

Planning group: Attend - Falls, Long term Conditions, Older People

Planning Lead: Allan Blair

Direction to: Midlothian Council

Budget: TBC

Improve equity of access to all physical activity opportunities

IJB	Action	Target	Partner	Progress
1,2,3,4,5,6	<p>Support people experiencing financial hardship to be physically active.</p> <ul style="list-style-type: none"> - Review and revise Access Midlothian scheme - Consult HSCP and 3rd Sector staff, user groups and individuals. - Review and revise Sport & Leisure scale of charges and associated policies 	<p>Consultation by Dec 2022 Implementation by April 2023</p>	<p>HSCP partners, 3rd Sector Partners, user groups individuals with lived experience</p>	
1,2,3,4,5,6	<p>Identify and reduce any barriers to accessing physical activity opportunities</p> <ul style="list-style-type: none"> - Consultation with individuals and user groups to identify barriers - pilot measures to address barriers and improve equity of access (including ways to reduce digital discrimination e.g due to advance online booking) 	<p>Consultation by Oct 2022 Pilot by April 2023</p>	<p>HSCP partners, 3rd Sector Partners, user groups individuals with lived experience</p>	
1,2,3,4,5,6	<p>Improve access for people with protected characteristics to participate in specialised and mainstream physical activity opportunities by:</p> <ul style="list-style-type: none"> - Increasing the opportunities and support for people with a Learning Disability 	<p>Each Leisure Centre to provide at least one activity per day specifically for people with a protected characteristic by Dec 2022</p>	<p>HSCP partners, 3rd Sector Partners, user groups individuals with lived experience</p>	

Increase community based support opportunities

IJB	Action	Target	Partner	Progress
1,2,3,5,6	Increase the opportunities for older people by - continuing the Ageing Well programme	Return to pre-Covid levels of activity provision for Ageing Well, volunteering and participation by April 2023.	HSCP partners, 3rd Sector Partners, user groups individuals with lived experience	

Increase support for communities in crisis or emergency

IJB	Action	Target	Partner	Progress
5,6	Join and roll out the Keep Safe Scotland Scheme including - training of key staff - promoting Midlothian Sport and Leisure venues as part of the scheme through materials provided, through the app, and through third sector partners that support vulnerable people - Evaluate the effectiveness of the scheme with venues, staff and third sector partners	At least 2 venues join as members of the Keep Safe Scotland scheme by end of March 2023	Police Scotland Keep Safe Scotland	



Housing & Homelessness

Planning group: Health and Homelessness & Extra Care Housing

Planning Leads: Becky Hilton & Gillian Chapman

Direction to: NHS Lothian and Midlothian Council

Budget: TBC

Offer increased housing choice and options

IJB	Action	Target	Partner	Progress
3,2,6	Build 12 Extra Care units (including 2 bariatric units) <ul style="list-style-type: none"> - Gore Avenue, Gorebridge 	Complete opening and active use of facility (Winter 2023/ early 2024)	Extra Care Housing Planning Group / MHSCP/ Midlothian Council Housing / Midlothian Council Building Services / NHS	
3,2,6	Build 48 Extra Care units (including 1 bariatric unit) <ul style="list-style-type: none"> - Newmills Road, Dalkeith 	Complete opening and active use of facility (November 2022)	Extra Care Housing Planning Group / MHSCP/ Midlothian Council Housing / Midlothian Council Building Services / NHS	
3,2,6	Build 44 Extra Care Units (including 1 bariatric unit) <ul style="list-style-type: none"> - St Mary's Primary School Bonnyrigg alongside new purpose built Highbank Intermediate Care facility at Dundas Buildings Bonnyrigg 	Complete opening and active use of facility (May 2024)	Extra Care Planning Officer / Housing / Occupational Therapy Housing Partnership / Extra Care Housing Planning Group	

Reduce unmet specialist housing demand

IJB	Action	Target	Partner	Progress
2,3,6	<p>Recommend change in policy around the inadequate availability of suitable wheelchair housing in new private housing developments / social housing with ground floor bedroom</p> <ul style="list-style-type: none"> - Collaborate with Housing Providers and national policy makers to 	Agreement by Housing that 5% Midlothian Council new build 2 storey properties will include ground floor bedroom and WC / shower by 2025	Occupational Therapy/ Housing Partnership Group / Building Services / Planning Team	

Increase the number of people accessing support in temporary accommodation.

IJB	Action	Target	Partner	Progress
1, 2, 3, 4, 5, 6	<p>Increase the type of support offered through assertive outreach to include:</p> <ul style="list-style-type: none"> - Dual diagnosis Community Mental Health Nurse (1-yr pilot), - Occupational therapist, - Mental Health Social Worker (TO BE CONFIRMED) - Substance Use Social Worker. (TO BE CONFIRMED) <p>(currently involves Substance Use Community Mental Health Nurse and Health Inclusion Nurse)</p>	<p>1 year pilot of Community Mental Health Nurse to be completed and next actions decided by April 2023</p> <p>Assertive outreach model to have an active presence in all supported temporary accommodation by April 2023</p> <p>Linked to MAT standard 9 - All people with co-occurring drug use and mental health</p>	Midlothian Council, With YOU	

IJB	Action	Target	Partner	Progress
		<p>difficulties can receive mental health care at the point of MAT delivery.</p> <p>Linked to MAT Standard 3- All people at high risk of drug-related harm are proactively identified and offered support to commence or continue</p>		

Improve support for people who are homeless with complex and multiple needs

IJB	Action	Target	Partner	Progress
1, 2, 3, 4, 5, 6	<p>Support the implementation of the Rapid Rehousing Policy and embed the delivery of a housing first approach with multi-disciplinary collaboration:</p> <ul style="list-style-type: none"> • Contribute to the design, allocation and evaluation of Housing First • Establish a Health, Housing and Social Care Planning Group to improve joint working to identify, plan and deliver the right holistic health and social care support. 	<p>20 people per year supported through Housing First with support from adult health and social care.</p> <p>Pilot a Health, Housing and Social Care Planning Group. Review and report on its impact by April 2023.</p>	<p>Midlothian Council</p> <p>With YOU</p>	

Reduce avoidable hospital admissions / delayed discharges

IJB	Action	Target	Partner	Progress
	Increase the availability of Intermediate Care flats available in Midlothian communities within ECH new build facilities and from suitable existing housing stock.		HSCP / Housing	

Enable people to live independently

IJB	Action	Target	Partner	Progress
1,2,3,6	Support improvements to older peoples' housing <ul style="list-style-type: none"> - Explore establishing a Care & Repair scheme 	Report with proposal to SMT March 2022	Occupational Therapy / Housing Partnership / Melville HA	



Public Health

Planning group: HSCP Public Health Reference Group (TBC)

Planning lead: Rebecca Hilton

Direction to: NHS Lothian and Midlothian Council

Budget: TBC

Increase the number of people who are supported to be more physically active

IJB	Action	Target	Partner	Progress
1, 6	<p>Drive engagement and co-ordinated action on the Public Health amplified priorities</p> <ul style="list-style-type: none"> - Establish an integrated Public Health Team (NHS Lothian Public Health Directorate and Midlothian Health & Social care Partnership) to collaboratively lead this priority including: - Work with HSCP planning groups to include physical activity measures within their action plans. - Support the inclusion of physical activity measures in other key thematic Community Planning groups (Getting it Right for Every Midlothian Child, Improving Opportunities in Midlothian and Community Safety and Justice) 	<p>Percentage of actions that are on target or completed to increase physical activity across all HSCP strategic action plans. (80% to be on target/completed)</p> <p>Percentage of thematic groups who have included physical activity in their action plans (target 100%)</p>	<p>NHS Lothian Midlothian Population Health Team, Community Planning Partnership</p>	t

Increase the number of people who are supported to address money worries.

IJB	Action	Target	Partner	Progress
1, 6	<p>Drive engagement and co-ordinated action on the Public Health amplified priorities</p> <ul style="list-style-type: none"> - Establish an integrated Public Health Team (NHS Lothian Public Health Directorate and Midlothian Health & Social care Partnership) to collaboratively lead this priority including: - Work with HSCP planning groups to include measures to address money worries within their action plans. - Support the inclusion of money worries measures in other key thematic Community Planning groups (Getting it Right for Every Midlothian Child, Improving Opportunities in Midlothian and Community Safety and Justice) 	<p>Percentage of actions that are on target or completed to address money worries across all HSCP strategic action plans. (target 80%)</p> <p>Percentage of thematic groups who have included physical activity in their action plans (target 100%)</p>	<p>NHS Lothian Midlothian Population Health Team</p> <p>Community Planning Partnership</p>	

Increase the number of people who are supported to stop smoking

IJB	Action	Target	Partner	Progress
1, 2, 5, 6	<p>Increase the number of women who quit smoking during pregnancy</p> <ul style="list-style-type: none"> - Allocate resource from the existing scheme of establishment within NHS Lothian Quit Your Way Service to develop and deliver a service model of best practice for pregnant women including: - the employment of a specialist pregnancy advisor (0.6wte) within Quit Your Way. - the implementation of mandatory training for perinatal professionals. 	<p>Once the service model is established, work towards a monthly engagement (quit date set) rate of 30%.</p> <p>Once the service model is established, work towards an annual 12 week quit rate of 35% of those who have set a quit date.</p>	<p>NHS Lothian Midlothian Quit Your Way Team,</p> <p>NHS Lothian Perinatal Services,</p> <p>Sure Start Midlothian</p>	

Improve screening & early detection e.g. cancer & type II diabetes

IJB	Action	Target	Partner	Progress
1, 2, 5, 6	<p>Improve Screening uptake rates</p> <ul style="list-style-type: none"> - Deliver training and awareness raising activities on teachable moments to frontline staff working with population groups who are less likely to attend screening e.g. people who are homeless, who have a learning disability, who are carers, to: 	<p>10 training sessions/ workshops delivered by April 2023 involving staff from HSCP, Third Sector and Council.</p>	<p>NHS Lothian's Screening and Early Detection Team lead this work.</p> <p>Primary Care</p>	

IJB	Action	Target	Partner	Progress
	<ul style="list-style-type: none"> ○ encourage people to attend national screening programmes ○ support informed decision making <p>Deliver phase 2 (community focus) head and neck cancer prevention project to reach population groups who are particularly vulnerable e.g. people who are homeless, who have substance misuse issues, who are not registered with a GP or dentist</p> <ul style="list-style-type: none"> - Scope opportunities for joint working to increase screening rates and support informed decision making for: <ul style="list-style-type: none"> ○ young women to attend cervical screening ○ women in their 50s and from deprived areas to attend breast cancer screening ○ men in their 50s and from deprived areas to participate in bowel cancer screening 	<p>50 people participated in phase 2 by April 2023</p> <p>6 opportunities for joint working agreed and in progress by April 2023.</p>	<p>Third Sector Organisations</p> <p>Midlothian Council e.g. Housing and Homelessness and Communities and Lifelong Learning</p>	

Embed the Midway - Support self-management, understanding trauma & addressing inequalities

IJB	Action	Target	Partner	Progress
1, 6	Drive engagement and co-ordinated action on the Public Health amplified priorities	Percentage of actions that are on target or completed to address money worries across	NHS Lothian Midlothian	

IJB	Action	Target	Partner	Progress
	<p>Establish an integrated Public Health Team (NHS Lothian Public Health Directorate and Midlothian Health & Social care Partnership) to collaboratively lead this priority including:</p> <ul style="list-style-type: none"> - Embed Good Conversations as an organisational approach <ul style="list-style-type: none"> o Work with HSCP planning groups to include measures to embed the Midway within their action plans. o train staff, team leaders and managers in 'good conversations'. o Build training capacity across the CPP - Increase the number of services which embed the 'prepared person' into service design and delivery <ul style="list-style-type: none"> o public health support to teams to redesign how they prepare people to come into their service. 	<p>all HSCP strategic action plans. (80% target)</p> <p>80 staff from the HSPC, Council and Third Sector trained in Good Conversations by April 2023.</p> <p>80% of participants completing Good Conversations evaluation stating they have the confidence, knowledge and skills to put what they have learnt into practice.</p> <p>Increase Good Conversations training capacity by 1 additional trainer</p> <p>5 teams who incorporate preparing people into their design</p>	<p>Population Health Team,</p> <p>Community Planning Partnership,</p> <p>Third Sector Organisations,</p> <p>Midlothian Council e.g. Children's Services</p>	

Increase access to health and wellbeing support for people at higher risk of health inequalities

IJB	Action	Target	Partner	Progress
1, 2, 3, 4, 5, 6	<p>Continue to invest in the provision of the Health Inclusion Team, providing 1:1 and group support from specialist nurse practitioners to</p> <ul style="list-style-type: none"> - people in homeless accommodation, - people in receipt of justice services, - carers, - people in receipt of drug and alcohol services, - gypsy travelers - people <55 who have had more than 3 attendances at emergency departments in the Lothian's within the last year. 	100 people receive a health intervention from the Health Improvement team by April 2023.	Third Sector Organisations e.g. VOCAL, Midlothian Council e.g. Housing and Homelessness	

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FINANCIAL SUMMARY

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