



Aberdeenshire
Health & Social Care
Partnership

Accommodation, Care and Support for Older People

Market Position Statement



Sense of Direction

Aberdeenshire Health and Social Care Partnership (AHSCP) have produced this Market Position statement to stimulate a diverse market for accommodation and care of older people and people with disabilities.

It follows on from Aberdeenshire's Joint Commissioning Strategy 'Ageing Well in Aberdeenshire' which identifies how local care and health services will develop over the period 2013-2023 in order to provide the best possible outcomes, as defined by older people themselves. It supports The Scottish Governments 'Reshaping Care for Older People' agenda which looks to move health care closer to where people live, and ensure they can access the right support when they need it. In addition Aberdeenshire Health and Social Care Partnership's Commissioning (Implementation and Change) Plan 2016/2017 identifies the role of appropriate accommodation with support in realising the strategic priority to achieve timely well-managed discharge from hospital.

The Partnership is committed to local health and care systems that are outcome focused so that the experience people have when they need care is positive, effective and accessible, with an emphasis on self-care and enablement.

We want to influence, shape and support the local care market to achieve the best outcomes for people living in accommodation with care and achieve better value for the citizens of Aberdeenshire.

We will do this in collaboration with existing and prospective providers of care who are interested in expanding, diversifying or setting up their care business in our area.

Our Market Position Statement is an important step in this process, initiating a dialogue with care organisations about the future of accommodation with care, through which:

- Care market information can be pooled and shared.
- Statutory agencies are transparent about how they plan to commission and influence local services in the future and how we can extend choice to older citizens of Aberdeenshire.
- The local market adjusts to reflect what older people and those with disabilities need and want in the future.
- Create a market which promotes choice and enables people to stay in their community with a range of support options available which meet their individual outcomes.

This Market Position Statement is designed to inform and analyse supply and demand patterns for accommodation with care including care homes and very sheltered housing. In Aberdeenshire very sheltered housing sits

between sheltered housing and care homes and typically incorporates additional facilities and support services on-site including assisted bathrooms, shared dining facilities with meal provision, and care and support staff located on site 24 hours per day. The facilities offer older people the support they need to remain independent whilst living in their own home with their own front door.

We want to identify what the future demand might look like for both of these types of accommodation and provide a basis for working better together with those who deliver, or plan to deliver, accommodation with care in the future.

The Market Position Statement contains:

- Our intentions as a commissioner of registered residential care.
- Our vision of how we might respond to the changing needs of our ageing population



Key Messages

- When we refer to older people we mean those aged over 65. However most people living in a care home are likely to be over 75 years old.
- Adopting a strategic approach to the provision of accommodation with care and working with providers to achieve this will ensure that new care services are located in areas where there is evidence of sufficient future demand.
- As we successfully reshape care for older people and shift investment to support more people living at home, we anticipate the percentage of people who require residential services will reduce. However given the expected increase in the over 75 population we expect to see a rise in the demand for accommodation with care.
- The model of care and staff training will adjust to support residents to manage daily routines safely and well, and optimise their quality of life.
- We will create opportunities to adjust the geographical pattern of care services – increasing the number of places we commission in some localities where there is evidence of higher future demand.
- We have an aspiration, as set out in 'Ageing Well in Aberdeenshire', to expand models of accommodation with care such as very sheltered housing. An under-provision of very sheltered housing in most localities offers opportunities for private and voluntary organisations to work with AHSCP to create additional capacity to meet the growing demand.
- Aberdeenshire's Dementia Strategy outlines the local three year implementation plan for Scotland's National Dementia Strategy. This supports the provision of appropriate home environments for people with dementia to support them to remain at home for as long as possible.
- Generally, when considering moving into a care home or very sheltered housing, older people prefer to remain in or close to the community they are familiar with or will move to be nearer family members.
- Aberdeenshire is a largely rural area. Local people can face particular challenges accessing services as a consequence. Public transport is particularly inadequate to meet the needs of an ageing population.

Strategic Commissioning Intentions

Integration of Health & Social Care

Along with the third sector, we will build community resources that integrate care and support for older people into the fabric of community life. We will do this by establishing integrated care pathways delivered by the right team, at the right time, in the right place.

Reducing Inequalities

We will give priority to improving equity of access to essential social and health care across Aberdeenshire by systematically identifying and reversing the widening health inequalities between older people living in areas of deprivation and those in affluent parts of Aberdeenshire. Over the next five years we will increasingly target resources towards communities and individuals with greatest needs. Deprivation will positively influence our decisions and recommendations for investment.

Better Outcomes

We will develop our approach to measuring outcomes for people who use our services and their carers. The quality of care in care homes and very sheltered housing in Aberdeenshire is generally assessed as good but we aspire to continuously drive up standards across the area. We will support and promote providers who consistently record positive outcomes for service users and high inspection grades for quality. We are developing new performance measures to ensure we achieve outcomes for people who use our services and within the next three years we will refine our approach to contracting and commissioning.

Improving Personalisation, Choice and Control

Within five years, internal and external care markets will alter radically to reflect citizen demand for greater choice and control over their care arrangements. Self-directed support is having a growing influence on our commissioning intentions. Increasingly individuals are managing their own personal care budgets and will be commissioners in their own right. The social work role will re-focus on stimulating the care market and facilitating access to information so that people can source support to meet their outcomes.

Creating a Sustainable Local Market for Care

We are succeeding in our aim to reduce the proportion of older people moving into care homes. As we are better able to support people in very sheltered housing or in private accommodation we can enable older people to stay in their own home and retain their independence for longer.

This will present an opportunity for private care home providers to develop new models of care and diversify business plans to meet the aspirations and expectations of a new generation of older people. The Aberdeenshire Health and Social Care Partnership will have a growing and important role in managing the local market for care to ensure an alignment between capacity and diversity in each locality in Aberdeenshire, offering choice and high quality care. The Health and Social Care Partnership will continue to have an important

role in monitoring commissioned care services to ensure they are safe, reliable, responsible and meeting the expectations and needs of our citizens. Care homes will be expected to clearly evidence that they are delivering positive outcomes in order to continue to be commissioned.

Changing Models of Practice

We intend to increase very sheltered housing capacity by remodelling some existing sheltered housing complexes. In policy terms, this could potentially have the greatest impact on our ability to achieve key national health and care policy targets to reshape the balance of care, promote personalisation and self-management of long term conditions. Our commissioning intentions extend beyond this however, and we aspire to offer, in partnership with registered social landlords and private developers, very

sheltered housing facilities embedded in communities where there is currently none or insufficient capacity.

The Partnership's newest care village development, Bennachie View in Inverurie, incorporates affordable housing for rent by older people on the same campus as our 24 hour care facilities. A new care village in the North of the city will continue this trend thus increasing choice for people who require accommodation with care.

The development of very sheltered housing that can meet the particular needs of older adults, including those with a learning disability will be a feature of our commissioning plans over the next 10 years. Many care homes have specific places for people with learning disabilities and we expect demand for these places to grow. Into the future, the design of care homes will reflect the needs of those who have physical as well as cognitive disabilities or frailty.



Challenging Times – Demographic Change

- The average age of people moving into a care home is 83 years and amongst those admitted between 2009 and 2013 the average length of stay was 1.8 years.
- In the next 20 years the number of over 85 year olds is predicted to rise by 266% (from 6,098 in 2017 to 22,320 in 2037).
- Across Scotland the number of people in care homes with dementia (medically or non-medically diagnosed) has increased from 46% in 2006 to 62% in 2016.
- Medically diagnosed dementia prevalence in Aberdeenshire for 2015/2016 was 0.73%
- In 2017 it was estimated that 4,325 people in Aberdeenshire have dementia.
- The average life expectancy in Aberdeenshire is higher than the Scottish average (82.2 in Aberdeenshire compared to 81.1 in Scotland for women and 77.1 in Scotland and 79.2 in Aberdeenshire for men).
- Life expectancy is increasing with each generation as is healthy life expectancy (HLE) but not at the same rate. HLE is an estimate of how many years an individual may live in a healthy state - a person's health impacts on the degree to which they are able to contribute to society (economically and socially) as opposed to the extent to which they require health and care resources.
- Women have a higher life expectancy than men and older women have specific health needs that differ from men - service design and delivery will need to reflect this.
- We anticipate demand will rise for single households with living options that offer flexible combinations of care and support.
- Care at home and intensive care at home for the over 65's has increased in the last 5 years and there has been a decrease in the proportion of older people moving into residential care.
- In the long term a spike in the over 85 population is likely to cause an increase in demand for accommodation with care.

Care for the Future

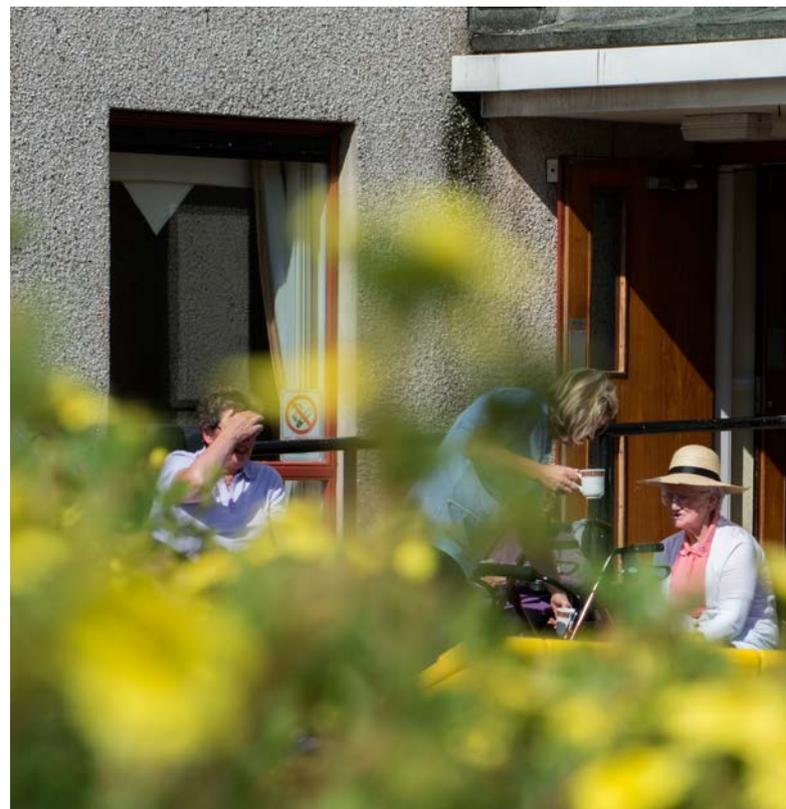
We already have a vibrant community life in Aberdeenshire. Together with our care partners, we will ensure every older person is aware of how they can remain mentally and physically healthy, how to access local opportunities to be active, connected to their community, learn and contribute throughout later life.

Rehabilitation and enablement means that we expect care providers to not only care for people, but also to encourage and support them to recover and maintain their optimum level of functioning. We want to support increased opportunities for people to have individual choice and be able to take control of their lifestyle and wellbeing. Through co-production approaches and increased use of technology (including telehealthcare) everyone in society will help older people to stay in their own homes and communities, feel safe and enjoy life.

We will improve the quality of long term care through quicker access to specialist health and care when needed, working with the care market to develop an innovative range of accommodation with care options in later life. We want to help people to maintain circles of support and interests throughout old age and achieve their aspirations to live and die well in a place of their choice. We want to move to an arrangement where the local Partnership forms the bedrock of the commissioning agenda and this includes the third and independent sectors. We want to ensure that the sector responds to local population need and that the Aberdeenshire Partnership commissions the desired type, volume and quality of accommodation with care.

The providers we want to work with are those who:

- Are willing to facilitate real choice and control for people living in accommodation with support
- Are committed to helping people achieve their personal goals and can demonstrate security of tenure in the care environment.
- Offer consistently high quality of care and support.
- Are willing to work with us in Aberdeenshire to deliver innovative solutions that meet the changing needs of local populations.



Where are we now?

A summary of supply and demand

Care Homes

There is reasonable care home provision across Aberdeenshire and currently this is sufficient to meet demand. We anticipate a 108% increase in demand for care home places from 2017 to 2037. In some areas current capacity should accommodate this increase but in others we expect capacity may be unable to meet demand.

This potential shortfall in some areas invites an opportunity for the third and private sector to develop additional provision in areas of under supply. Flexible models of care will be encouraged which will support the sector to be more reactive to changes in need and provide a business model which is more sustainable in a changing market.

Very Sheltered Housing

Shifting the balance of care from care homes to care at home puts increased demand onto services like very sheltered housing. The level of support now available within very sheltered housing matches that of a care home yet you have your own home with your own front door and this is attractive to many people. Very sheltered housing is also attractive to couples where one person may require a higher level of support than the other but they wish to remain living together.

Demand for very sheltered housing is based on current usage however most complexes have waiting lists and therefore the real demand is likely to be higher. It is anticipated that the availability of very sheltered housing across all areas will be insufficient to meet demand and therefore Aberdeenshire Health and Social Care Partnership are looking to work with the third and voluntary sector to explore opportunities to develop additional capacity.

In order to fund increased provision of very sheltered housing the balance of care will need to continue to shift from care homes and community hospitals to community based models in order to release revenue funding to support the increased staffing model.



Current and Future Investment

In 2016/2017 Aberdeenshire Health and Social Care Partnership spent a projected £38.979m on care home placements (including respite). This is up from £29.4m in 2012/2013.

Our policy aim is to shift the balance of public expenditure towards a wide range of support which facilitates greater independence, choice and control for frail older people and people with dementia at home and in their community (e.g. home care, day support, rehabilitation, enablement and self-care, short breaks etc.).

Since 2010 the Partnership has spent £29m re-provisioning care homes and some targeted upgrading of sheltered to very sheltered housing in areas of high demand.

Aberdeenshire Community Health Partnership upgraded Banff Community Hospital and Health Centre at a cost of £12.3m. Options appraisal for the redevelopment of primary and community health services in Inverurie is well underway.

In the past, we have used short term government funding to make faster progress to shift care away from reactive institutional care towards preventative and anticipatory care that enables older people to remain safe and well in their own homes. With all our partners, we continue striving to transform the culture and philosophy of care from maintenance or compensatory services delivered to people, towards enablement, anticipatory and co-produced care and support designed with people in their communities.

Next Steps

The Market Position Statement is supported by Capacity Plans which provide information at a local level to communities and providers regarding demand and supply.



For more information about anything contained in this document, please contact:

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