

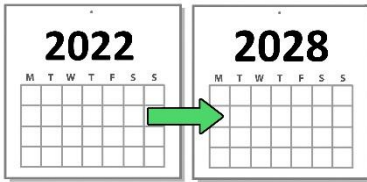
Lothian Strategic Development Framework

March 2022



Easy Read Version

About this document



This document says what we want to happen in Lothian's health and care in the next 5 years. It has been made by the NHS.

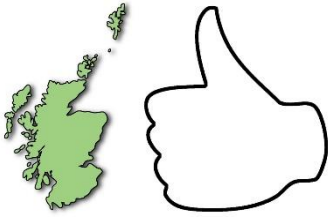


The NHS and services which help us stay healthy, prevent disease, and give treatment are under a huge strain. The challenges of the pandemic mean that we are not able to do all that we want to do right now. However, we believe this Framework sets out what we want to do after COVID.



Our Framework is a document that sets out some ideas about how we see the future. It is not a plan, because we need to know what you think about our ideas first. Once we have listened to everyone and understood what is important to everyone, we can develop plans.

What are we trying to do?



The health and care system is important for our success and wellbeing. NHS services work to improve the health and wellbeing of people. Our population is also growing.

There is more detail about our plans in the main document, but these are some main themes about how we will work:



- We want to move care closer to home where we can. A person's home should be the main place where they get health services. People should only go to hospital if there is a very good reason.



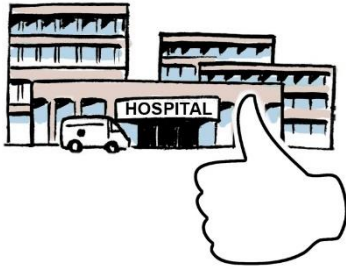
- We want people to be more involved in self-care. This includes encouraging people to eat a healthy diet, get exercise and generally try to look after themselves. This can help reduce the risk of them getting ill. This is especially important in services for children and young people.



- We will use what we have learned from the COVID pandemic to make services better.



- We will work closely with all of our partners. These include councils, voluntary organisations, the Scottish Government, education services, and businesses. This will have a positive impact on everyone's lives.



- We will work to improve our health and care service when we can. When we do build new services, we will work with partners so they are available in one place. This will make it easier for people to get the help they need.



- We will use more technology and new ideas to give treatment and care. People will be able to have appointments online. They may have had to travel to hospital or the GP's surgery before.



- Recovery from COVID pandemic will take a long time. This will mean longer waits for care. We will work to put treatment for cancer and serious illnesses first.

Where are we now? The impact of COVID



We are all aware of the impact of COVID. Most of us know someone who has been infected. Lots of us know about someone who has been very ill or died because of the disease.



NHS staff are working to manage the spread of the disease and the impact of it. We are still running our largest vaccination project ever. Our hospitals still have high numbers of people in them.

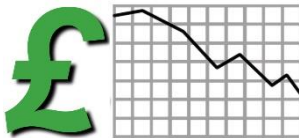
Other affects that are less clear include:



- Lots of people did not access NHS services during lockdown. Some of them now have conditions which are worse than they would have been.



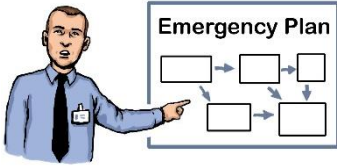
- Longer waits for care such as hip replacements, cancer treatments, hospital appointments.



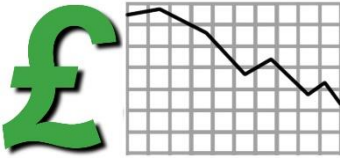
- Very hard times for care services who support people in their homes. Many of these are struggling.



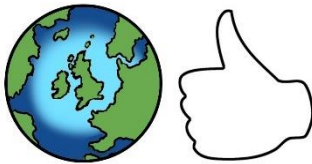
- Effect on the people who work in our services, including exhaustion and mental illness. This makes a lot of them want to retire early or work shorter hours to protect their own wellbeing.



We have had to make very fast changes to how we give services. This has shown how important it is to work well with other services.



Even before the pandemic we found it hard to deliver services. This is because of the amount of funding. There is a big gap between the money we should have, and the money we do have.



We also have the same problems as before the pandemic. Such as making sure our buildings are ok and playing our part in fighting climate change.



Our biggest concern is making sure we can employ and keep skilled staff. Some of our main services are being badly challenged because not enough young people are joining.



These pressures mean that we need to make big changes to some of our services in order to keep them going.

How we made the Lothian Strategic Development Framework



The original plan – Our Health, Our Care, Our Future – was made to cover the years 2014-2024. Since then the pandemic happened. We had to make a new plan.



We looked at what we had learned about how to change our system for the better. We worked with our finance staff and other teams to work out what we can do over the next 5 years.



We have listened to the views of people when making our plans and we will keep doing this. This document is the start of the process. We want to keep working with the public and services to find the best way of doing things.



We will keep sharing what we learn through our website, social media and other ways. We will keep working with local people to find out what they think.

Working for the good of society

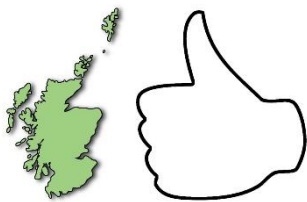


Lothian's Health and Care system has a large amount of money to spend. This is £2 billion. It employs a large amount of staff. It is also for many people to use.

The actions we take are mostly about improving the health and wellbeing of our population. But we can also do a lot of good for society in other ways.



One of the main ways we can do this is by creating lots of jobs. We will also spend a lot of money in local communities. These will be good for the health and wellbeing of the local population.



We want everything we do to have a positive impact on the lives of our communities. This will be at a local and national level.

Children's Services



Giving children the best support, care and treatment is one of the best things we can do for their health. We will continue to work with our partners in education, the voluntary sector, social care, and parents and families, to give the best support for our young people.



A big part of this will be a major change to mental health services for children and young people. We know that we have not been doing well in this area for some time. We will work to give support closer to where young people are. Such as in communities, in schools, in youth clubs and online.

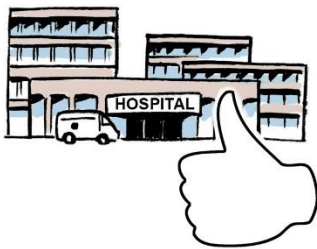
Mental Health, Illness, and Wellbeing



We are developing plans to support people's wellbeing. These bring together NHS services, volunteering, lived experience, charities, councils, and the private sector. They will give better support to people before they need treatment.



We will spend more money on mental health therapies to meet the Scottish Government's target. No one should wait longer than 18 weeks for this kind of treatment.



We will improve the treatment of patients at the Royal Edinburgh Hospital. This looks after people with a serious mental illness. We will start building new services for treatment of mental illness. There will be a new national unit for young people with learning disabilities and mental illness.



For people with learning disabilities, more care will be provided in homes. Support provided by care workers. This will be instead of them being in hospital, treated by doctors and nurses.



We will also spend money on non-medical care. This includes support outside of hospital for people recovering from long-term mental illness. People will be settled into new homes and environments designed around them.

Primary care services



We will change the way we deliver GP services. We want to make sure that people only travel to their GP if they need to. There will be online or telephone appointments available if possible.



We also know that GP's surgeries are one of the key parts of any community. Many GP's buildings need to be replaced. We will create new buildings which bring together education, social care, and other services. The pandemic has shown us that people like to go to one place for their support.



We will develop the services given through pharmacies and opticians. This is because they are an important part of communities.



We will also work to help the recovery of our dental services. Many services are seeing less than half of the people they did before COVID.

Supporting access to unscheduled care



We will keep improving patients' experience and safety. No patient should have to wait longer than 4 hours in an Accident and Emergency unit before they are seen.



People should only come to a hospital if they absolutely must. They should not stay in hospital any longer than they need to. We will keep using the system we used during the pandemic. People using the 111 phone number to be directed to the right service.



We will continue to get people home as quickly as possible after they have been in hospital. This means some hospital care and social care assessment will happen in the person's own home.

Scheduled Care



We want to expand our main hospitals to make space for new specialist services. We will work to employ extra staff needed for these services.



To improve the waiting time for people visiting hospital we will use what we learned from the pandemic. This will include digital communications and technology. This maybe instead of an in person appointment.

What next?



We want to work with the public, our partners, and our staff on this Framework. The challenges of the pandemic mean we might not be able to do everything we want to. But we want to make sure we have a plan that we can all agree on.



We will launch a consultation in Spring 2022.



The full set of Framework documents give more detail on our ideas and plans. Please note that these are not in Easy Read format. They can be found online here: <https://org.nhsllothian.scot/Strategies/LSDF/Documents/Lothian%20Strategic%20Development%20Framework%20for%20website%2008042022.pdf>