

# **Argyll and Bute Community Planning Partnership**

## **Single Outcome Agreement**

# **2013-2023**

**Overarching aim: Argyll and Bute's economic success is built  
on a growing population**

**Delivery plan for Outcome 5:  
People live active, healthier  
and independent lives**

## OUTCOME 5: People live active, healthier and independent lives

Outcome Lead – Elaine Garman, NHS Highland

### Main areas of focus included within this outcome:

This outcome focuses on narrowing the gap in health inequalities by providing opportunities for everyone to be physically active and energetic members of their communities. People are enabled to live independently, with meaning and purpose, within their own community and are empowered to lead the healthiest lives possible. Healthier choices are made regarding alcohol and drugs and people are enabled to recover from substance misuse. Mental health improvement strategies are promoted by the CPP to reduce health inequalities.

### Community Planning Partners delivering on this outcome:

Argyll and Bute Council (ABC)  
 NHS Highland (NHS)  
 Third Sector Partnership (TSP)  
 Police Scotland (PS)  
 Scottish Fire and Rescue Service (SFRS)  
 Registered Social Landlords / Housing Associations (RSL)  
 Home Energy Scotland (HES)  
 Highlands and Islands Enterprise (HIE)  
 Scottish Natural Heritage (SNH)  
 Alcohol and Drugs Partnership (ADP)

Equality outcome	Lead organisation
People with a learning disability and autistic people will have an increased understanding of their NHS consultation and care as interaction, communication and engagement with NHS staff is improved	NHS Highland
The needs of individuals who provide unpaid care and support are recognised and met including young carers	ABC
The individual needs of all recipients of care are recognised	ABC
Men of working age will have increased opportunity for health improvement as a result of specially targeted health improvement services	NHS Highland
Better Health is accessible for Gypsy Traveller people through wider uptake of health improvement support and services	NHS Highland
Women who experience Gender Based Violence will receive health services that meet their needs	NHS Highland
People with access support needs will experience improved access to NHS services	NHS Highland
People who have mental health problems will be able to access NHS services without fear of stigma or discrimination	NHS Highland

**SHORT TERM OUTCOME 5.1 People are empowered to maintain their independence and are an integral part of their local communities. (include environ, physical disability)**

Short term outcome lead - Jim Robb, ABC

Actions on this short term outcome		Lead Organisation and Responsible Post	Performance Indicators for this short term outcome	Target	Completion date
5.1.1	Continue to shift the balance of care from institutional to community based settings	Joint Commissioning Group Lead Nurse / Head of Adult Care	% of Older People receiving Care in the Community	80%	March 2015
			% of Older People receiving Care in a care home environment	20%	
5.1.2	Promote and develop care and support at home that contributes to preventing avoidable admissions to hospital or residential care	Joint Commissioning Group Lead Nurse/ Head of Adult Care	Reduce the rate of emergency inpatient bed days for people aged 75 and over	Reduce by 12%	March 2015
			Number of Enhanced Telecare Packages	460	
5.1.3	Promote and build social networks that may sustain people to live more independently for longer	Joint Commissioning Group Lead Nurse/ Head of Adult Care	% of older people cared for at home, receiving respite in a care home	25%	
5.1.4	Remodel services to reflect increased personalisation through self directed support	Joint Commissioning Group Lead Nurse/ Head of Adult Care	All eligible cases have access to the Self Directed Support option	100%	
5.1.5	All service providers use an approach which encourages mobility and promotes strength and balance reducing falls in older people	Joint Commissioning Group Christine McArthur	Increase the number of staff and volunteers trained to deliver falls prevention awareness	Increase by 10%	March 2016
5.1.6	Maintain a new build social housing programme including housing for varying needs to enable people to live more independently	Argyll and Bute Strategic Housing Forum Housing Services Manager	Assess the requirements for extra care housing in all new build developments	100% compliance	March 2015
5.1.7	Carers are identified, supported and enabled to fulfil their roles.	Joint Commissioning Group Lead Nurse/ Head of Adult Care	% of Carers Assessments completed within 28 days	100%	March 2015

<b>SHORT TERM OUTCOME 5.2 Individuals are more physically active</b>					
Short term outcome lead - Muriel Kupris, ABC					
<b>Actions on this short term outcome</b>		<b>Lead Organisation and Responsible Post</b>	<b>Performance Indicators for this short term outcome</b>	<b>Target</b>	<b>Completion date</b>
5.2.1	Work in partnership to tackle obesity and diabetes	NHS Highland Debbie Kirby	Increase the number of patients accessing Counterweight programme	Increase by 20%	March 2016
5.2.2	Improve access and develop more opportunities for people to participate in physical exercise/activity	Argyll and Bute Council Leisure Services Manager	Increase the completion rate of the Argyll Active Programme (baseline 34%)	Increase to 44%	
Ref 4.6.2				Increase the of range of fitness class opportunities for older people	Increase by 10%
			Argyll and Bute Council Leisure Services Manager/ Education Manager	Increase the number of children actively involved in out of school activities/sport	5% increase
		Argyll and Bute Council Education Manager	100% of schools providing 2hours of physical education per week in schools curriculum	100%	June 2014
5.2.3 Ref 2.1.4	Increase accessibility to outdoor environments / green spaces	SNH Forestry Commission Argyll and the Isles Coast and Countryside Trust (AICCT)	Increase proportion of adults making one or more visits to the outdoors per week	Increase by 5%	March 2015

<b>SHORT TERM OUTCOME 5.3 Individuals make healthier/positive lifestyle choices.</b>					
Short term outcome lead - Alison McGrory, NHS					
<b>Actions on this short term outcome</b>		<b>Lead Organisation and Responsible Post</b>	<b>Performance Indicators for this short term outcome</b>	<b>Target</b>	<b>Completion date</b>
5.3.1	Work in partnership to reduce tobacco use	NHS Jill Denton	Reduce number of adult population who smoke	Reduce by 1260	March 2015
5.3.2	Reduction in drug related morbidity and mortality	Alcohol and Drug Partnership Dr David Greenwell	Number of reported cases of opiate overdoses resulting in Naloxone being administered	8	

5.3.3 Ref 6.5.1	People receive early and brief interventions that are effective in reducing consumption of alcohol	Alcohol and Drug Partnership Senior Health Promotion Specialist	Reduce rate of alcohol related admissions	1066	
5.3.4	Children and young people have access to effective education to support them to become strong and resilient against the harmful use of drugs and alcohol	Alcohol and Drug Partnership Senior Health Promotion Specialist  Education	Health and wellbeing embedded in Curriculum for Excellence	Evidence from 4 lesson plans	
5.3.5	Evidence based health promotion is delivered in partnership (informing and supporting)	NHS Alison McGrory	Case studies presented at annual Health & Wellbeing Partnership Day	4 case studies	
5.3.6	Improve wellbeing in sexual health and reduce risk of blood born viruses	NHS Laura Stephenson	Implementation of Highland and Argyll and Bute Sexual Health and HIV Action Plan 2013 - 2015	Plan Implemented	

<b>SHORT TERM OUTCOME 5.4 Mental health and wellbeing is improved.</b>					
Short term outcome lead - Samantha Campbell, NHS					
<b>Actions on this short term outcome</b>		<b>Lead Organisation and Responsible Post</b>	<b>Performance Indicators for this short term outcome</b>	<b>Target</b>	<b>Completion date</b>
5.4.1	Promote and build social networks to improve mental health	AVA Chief Executive	Increase number of peer support groups	6	March 2015
5.4.2	Mental health and wellbeing training and awareness targeted at community planning partners	NHS Samantha Campbell	Number of attendees attending courses addressing mental health and wellbeing issues		
5.4.3	Implement systems which support all people who have lost others to suicide either in a professional or personal capacity	Choose Life Tracy Preece	Increase public visibility and awareness of support options (SOBS, Samaritans, GSH) by information provided through GP practices	>99% of GP practices available information	
5.4.4	Provide a comprehensive training programme for suicide and self-harm	Choose Life Tracy Preece	% of frontline NHS staff trained	50%	

<b>SHORT TERM OUTCOME 5.5 We have accessible high quality services which improve quality of life and wellbeing</b>					
Short term outcome lead - Allen Stevenson, ABC					
<b>Actions on this short term outcome</b>		<b>Lead Organisation and Responsible Post</b>	<b>Performance Indicators for this short term outcome</b>	<b>Target</b>	<b>Completion date</b>
5.5.1	Integrate health and social care services in Argyll and Bute	NHS / Argyll and Bute Council Service Development Manager	Establishment of joint board and management structure	Sign off by Scottish Government	March 2015
5.5.2	Deliver services that assist with the reablement of older persons	NHS Mary Wilson	Implement reablement strategy	Strategy in place	
5.5.3	Redesign services to ensure that older people can live healthy active lives in their community	Joint Commissioning Group Operations Director CHP	Implement Reshaping Care for Older People strategy <i>Altogether better long, healthy, active lives</i>	Strategy in place	

<b>SHORT TERM OUTCOME 5.6 Our partners work together to ensure that we mitigate against the effects of poverty across Argyll and Bute</b>					
Short term outcome lead - Judy Orr, ABC					
<b>Actions on this short term outcome</b>		<b>Lead Organisation and Responsible Post</b>	<b>Performance Indicators for this short term outcome</b>	<b>Target</b>	<b>Completion date</b>
5.6.1	The incidence of homelessness is reduced	Argyll and Bute Council Housing Services Manager	Support independent living by maximising Welfare Rights	£1.6 million	March 2015
			Repeat homelessness within 12 months	6%	
5.6.2	Improve energy efficiency in the housing stock within Argyll and Bute	Argyll and Bute Council Strategic Housing Forum Housing Services Manager	Increased number of houses that are energy efficient	900	
5.6.3 Ref 3.5.5	Reducing inequalities through employment/employability	Employability Partnership Chair	Continued fall in the % of those unemployed for over 12 months	5%	
			The number of young people in S4, S5 and S6 making positive and sustained post-school transitions	95%	

5.6.4	Investigate key interventions that could be supported in our communities to minimise the impact of poverty	Health and Wellbeing Partnership Chair	Evaluate impact of Health & Wellbeing Fund	Produce impact assessment	
5.6.5	Ensure maximum impact from Scottish welfare fund	Argyll and Bute Council Revenues and Benefits Manager	Assistance provided through the fund is maximised	Increase the level of annual spend to 100% of the annual limit	
5.6.6	Ensuring maximum uptake of available income & benefits	Argyll and Bute Advice Network Chair	All new housing benefit claims are processed within 23 days	100%	
5.6.7 Ref 3.6.7	Adverse impacts of welfare reform are minimised	Argyll and Bute Welfare Reform Working Group Chair	Number of hours crisis intervention support delivered	22,000 hours support	
			Number of households assisted through discretionary housing payments	650	
			Number of tenants removed from spare room subsidy through tenants incentive scheme	50	
			Number of JSA claimants attending Job Centre Plus/ Community Learning and Development information and support sessions	Over 60 JSA claimants per week	September 2014
			A credit union persuaded to offer transactional banking services in our area	New service proposed	March 2015

<b>Strategic Partnerships</b>	<b>Supporting strategies / plans</b>
Argyll and Bute Advice Network Argyll and Bute Against Domestic Abuse and Violence Against Women Partnership Argyll and Bute Community Health Partnership Argyll and Bute Health and Social Care Partnership Argyll and Bute Local Access Forum Argyll and Bute Strategic Housing and Communities Forum Third Sector and Communities CPP Sub-group Health and Wellbeing Partnership	Health and Wellbeing Partnership Joint Health Improvement Plan Mental Health Modernisation and Strategic Framework for Mental Health and Well-being Reshaping Care for Older People A&B Integrated Children’s Services Plan Local Housing Strategy NHS Highland Health Inequalities Action Plan.
<b>Glossary of Abbreviations</b>	
SOBS	Survivors of Bereavement by Suicide (previously known as SOBS)
GSH	Global Saving Humanity