



Malcolm Chisholm,
Deputy Minister for Health and Community Care

I AM PLEASED to welcome you to this first issue of our newsletter for older people in Scotland. The interests of older people are many and varied, but I hope that there will be something for everyone in the newsletter. It aims to keep you up to date on what's happening in the Scottish Executive that affects you, as well as providing a platform for sharing good practice.

The Scottish Executive is committed to improving the lives of older people in Scotland. The Executive covers a wide range of areas from lifelong learning through to community care which directly affect the lives of older people. We want policies in those areas which are firmly based in an understanding of people's needs and expectations. For

example, between February and August this year, I chaired the Care Development Group which has looked at bringing forward proposals for long term care including proposals for free personal care. An important part of this work has involved seeking the views of older people, through public meetings, focus groups and surveys, in short, by doing whatever we could to ensure that we understood people's concerns. One of the points often made by older people to us is that there is a lack of information. This newsletter is a response to that comment. The newsletter forms part of our plans for better communication, and I hope that it together with the website we are planning will provide a useful resource for Scotland's older people.

WELCOME

WELCOME TO the first issue of the Scottish Executive's newsletter for older people. We want to share information of interest to older people. That includes information about what's happening in the Scottish Executive and developments elsewhere. So please let us know about any services or projects which others would be interested in.

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Fiona Hird, Head of the Older People's Unit (fourth from left) with some of the representatives who attended a meeting held in June between the Scottish Executive and Older People's organisations.

OLDER PEOPLE'S UNIT

EARLIER THIS year a new Older People's Unit was set up within the Scottish Executive Health Department. The Unit's main tasks are to work in partnership with older people and to develop a joined up strategy for older people across the Executive. There will be more about the older people's strategy in the next issue.

During the summer discussions took place with older people's organisations about future partnership working arrangements between the Executive and older people. The Unit will be looking to develop these working relationships over the next few months.

NO CENTRAL HEATING?

THE EXECUTIVE'S Central Heating Programme may be able to help. You are eligible if you or your spouse are over 60 and own your own home or have a tenancy agreement with a private sector landlord. Your house must normally lack a central heating system but if there is an existing system it must be completely broken and beyond repair. Local authorities and Housing Associations are responsible for installing the measures for their tenants. The scheme for the private sector is administered by Eaga Partnership Ltd.

If you think you are eligible you should contact Eaga on freephone 0800 316 1653 or write to them for an application form at: Eaga Ltd, Freepost, SC0 4421, Edinburgh EH6 0BR. If you are a tenant of a local authority or Housing Association your landlord will be in touch.

TRANSPORT UPDATE

On the buses

FREE LOCAL off-peak bus travel for elderly and disabled people from October 2002. CoSLA and the local authorities are working with the Executive to deliver this important commitment.

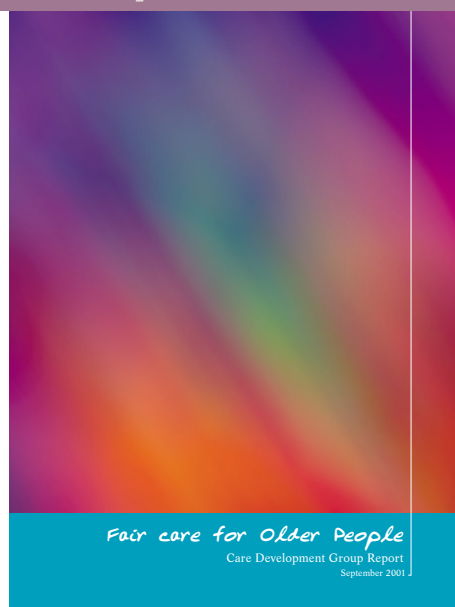
We have set up an Implementation Working Group to take matters forward. We want both men and women to be eligible for concessionary travel at age 60, and are looking at what laws need to be changed for us to do that.

Mobility and Access Committee

A NEW MOBILITY and Access Committee for Scotland (MACS) is being established to give disabled people the opportunity to put forward their views on transport issues. Adverts inviting applications for Convener and Members of MACS were published in August. The closing date for applications is 2 November 2001.

If you would like an application pack contact Richard Lyall at 0131 244 0860 or by e-mail at Richard.Lyall@scotland.gsi.gov.uk MACS will be launched early in 2002.

Free personal care for the elderly



MAKING IT HAPPEN

ON 24 SEPTEMBER 2001 First Minister, Henry McLeish, announced that the Scottish Executive would meet the recommendations of the Care Development Group in full. The Executive has allocated £125 million to fund the recommendations of the Care Development Group in its work on implementing free personal and nursing care which will begin in April 2002.

KEY FACTS

The Care Development Group was set up to bring forward proposals to ensure that older people in Scotland have access to high quality and responsive long term care in the appropriate setting and on a fair and equitable basis, including proposals for implementing free personal care.

The Group chaired by Malcolm Chisholm, Deputy Minister for Health and Community Care, reported in September 2001. The full text of the report together with the Executive Summary and Summary of Recommendations is available on the Care Development Group's website at www.scotland.gov.uk/health/cdg

WHAT IS PERSONAL CARE?

The Care Development Group defined personal care as follows:

- **Personal Hygiene**
Bathing, showering, hair washing, shaving, oral hygiene, nail care.
- **Continence Management**
Toileting, catheter/stoma care, skin care, incontinence laundry, bed changing.
- **Food and Diet**
Assistance with eating and assistance with special diets. Assistance to manage different types of meal services. Assistance with preparation of food.
- **Problems of Immobility**
Dealing with the consequences of not being able to move.

- **Counselling and Support**

Behaviour management, psychological support, reminding devices and safety devices.

- **Simple Treatment**

Assistance with medication (including eye drops), application of creams and lotions, simple dressings, oxygen therapy.

- **Personal Assistance**

Assistance with dressing, surgical appliances, prostheses, mechanical and manual aids. Assistance to get up and to go to bed. Transfers including use of a hoist.

WHAT HAPPENS NEXT?

Susan Deacon, Minister for Health and Community Care, is establishing an Implementation Steering Group to begin work immediately with local authorities, the NHS and the independent sector to develop common arrangements. This will enable free personal and nursing care to begin in April 2002.

Health news

WINTER FLU VACCINATION

– don't let the bug bite!

WITH WINTER fast approaching it is important to take precautions against flu. This year the flu vaccine is being recommended for those aged 65 and over as well as anyone under 65 who has a serious medical condition, including chronic heart or chest complaint, including asthma or bronchitis; chronic kidney disease; diabetes; lowered immunity due to disease or treatment such as steroid medication or cancer treatment or any other serious medical condition. The vaccination will help protect you against flu over the winter months and in turn prevent you from getting more serious illnesses as a result of flu.

Please ask your local pharmacist, or call in at your GP surgery, for a leaflet which gives more information about flu immunisation.

Alternatively, you can get a copy direct from the Scottish Executive Health Department by phoning 0131 244 2278 or by visiting the website:

www.show.scot.nhs.uk/flu

If you fall into one of the at-risk groups, look out for information from your GP surgery about an appointment for immunisation. If you have not heard from the surgery by the end of October, get in touch about an appointment.

For more information about health issues and local health services, you can also call the NHS Helpline free on 0800 22 44 88 between 8am and 10pm seven days a week.



Expert Group on Healthcare of Older People

SUSAN DEACON, Minister for Health and Community Care asked Dr Mac Armstrong the Chief Medical Officer to look at the healthcare of older people. His Expert Group, which is also looking at allegations of ageism in the NHS, will report in November. The Group has consulted extensively – you may have seen the newspaper advertisements – so that as many people as possible have a chance to put forward their views and experiences.

More details in the next issue.

WEB INFORMATION

WE PLAN to develop an older people's web site to complement the newsletter. It will give information about what the Executive is doing which is relevant to older people in Scotland, details of consultation documents of particular interest to older people, opportunities to share good practice and signposts to other sources of useful information. More details in the next issue.

You can find out more about the Scottish Executive on the Executive's main website www.scotland.gov.uk

Information about the Care Development Group work can be found on www.scotland.gov.uk/health/cdg and details of the Chief Medical Officer's Group on healthcare of older people can be found on www.scotland.gov.uk/health/cmo/eldersp1.asp The Scottish Parliament website, www.scottish.parliament.uk keeps you up to date with events in the Parliament. Also check out UK Online, www.ukonline.gov.uk The new Pensions and Retirement Life Episode on UK Online helps in planning for and enjoying retirement. Other parts of the site cover useful topics such as moving house and going abroad.

£200 HELP TOWARDS A WARMER WINTER

THE UK GOVERNMENT is again making Winter Fuel Payments this winter to provide help for older people with their heating bills. If you received a payment last year you should get your payment automatically before Christmas 2001, as long as your circumstances have not changed. The payment will, as last winter, be £200 for each eligible household. To qualify for a payment you need to be 60 or over in the week 17-23 September 2001.

If you want further information contact the Winter Fuel Payments Helpline on 08459 15 15 15 or alternatively log on to the Department of Work and Pensions (formerly Department of Social Security) website at www.dwp.gov.uk/winterfuel where you can download a winter fuel claim form.

COMPETITION FOR A TITLE

WE HAVE not yet finalised the name of the newsletter “**Fifty Plus**” is a working title. We are looking for your suggestions. A prize will be awarded to whoever comes up with the best title. Please write, fax or e-mail with your suggestions.

NEXT ISSUE

THE NEXT issue will be out during February/March 2002. Any articles you would like considered and suggestions for a title should be with us by 20 January 2002.

Did you know?

- Twenty years from now 42% of Scotland’s population will be aged 50 or more – 20% will be 65 or over.
- Nearly a quarter (24%) of women in Scotland aged 50 to 59 give up their time to help others through volunteering. And 12% of women aged 75 to 84 are volunteers. Men do it too – 21% for the 50 to 59 year olds and 13 % for the 75 to 84 year olds.

Your Input

WE WOULD welcome your comments on the newsletter along with any information which you would like to share with older people across Scotland.

Write, fax or e-mail to:

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