MARKET POSITION STATEMENT

Accommodation, Care and Support for Older People

Aberdeen Health and Social Care Partnership
A Sense of Direction

Over the next three years Aberdeenshire Health and Social Care Partnership (AHSCP) plan to stimulate a diverse market for accommodation and care of older people and people with disabilities.

This Market Position Statement follows on from Aberdeenshire’s Joint Commissioning Strategy ‘Aging well in Aberdeenshire’ which is our strategy for older people for the ten year period from 2013 to 2023. 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 that process, initiating a dialogue with care organisations about the future of residential 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 care home market adjusts to reflect what older people and those with disabilities need and want in the future.

This Market Position Statement is designed to inform and analyse supply and demand patterns for residential care, identify what the future demand might look like and provide a basis for working better together with those who deliver, or plan to deliver, registered residential care in 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.

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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 no longer only care for people, but also to encourage and support them to recover and maintain their optimum level of functioning, improve individual choice and control over their lifestyle and wellbeing. Through co-production approaches (including telehealthcare) everyone in society will help older people to feel safe in their own homes and communities.

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, helping 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 health and social care partnership forms the bedrock of the commissioning agenda and this includes the third and independent sectors. We want to ensure that the care home sector responds to local population need and that the Aberdeenshire partnership commissions the desired type, volume and quality of care home provision.

The providers we want to work with are those who:

- Are willing to facilitate real choice and control for people living in a care home environment.
- 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.

Next Steps

The Market Position Statement is supported by area capacity plans giving information to communities and providers regarding how the changes will impact locally.

This market position statement has been compiled as an initial stage of a procurement plan for the commissioning of residential care home places in Aberdeenshire.

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

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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. 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.
- Adopting a strategic approach to the provision of accommodation and care and working with providers to achieve this will ensure that new care homes 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.
- 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.

- It is estimated that currently 4,105 people in Aberdeenshire have dementia. This number is predicted to double over the next 25 years.
- In 2011, 55.4% of older people living in care homes in Aberdeenshire had symptoms of dementia (45.7% medically diagnosed). In future, the majority of care home residents will display symptoms of dementia. 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.
- Responding to these challenges, Aberdeenshire’s Dementia Strategy outlines the local three year implementation plan for Scotland’s National Dementia Strategy.
- Generally, when considering moving into a care home, 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 in Aberdeenshire is generally assessed as good but we aspire to continuously drive up standards across the area. We will support and promote care home providers who consistently record positive outcomes for residents and high inspection grades for quality. We will develop outcome measures 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 will have a growing influence on our commissioning intentions over the next three years. Increasingly individuals will manage 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 we can enable older people to stay in their own home and retain their independence for longer.

Current and Future Investment

In 2014-15 Aberdeenshire Council and the Community Health Partnership spent £23.8m on care home placements (including respite).

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, enabling 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.
Very Sheltered Housing

Capacity:

Currently in Aberdeenshire there are 5 very sheltered housing complexes. All are staffed by the partnership. AHSCP manages 3 of these complexes, Abbey Court in Mintlaw is maintained by Castlehill Housing Association and Doocot View in Banff is a joint venture with Hanover (Scotland) Housing Association. The average size of a very sheltered housing complex is 26 flats.

Through the Change Fund two sheltered housing complexes – Pleyfauld Gardens in Inverurie and Hamewith Court in Alford – have been physically remodelled to provide very sheltered housing. There are also plans to remodel Modley House in Ellon.

Demand:

As we see the percentage of older people requiring a care home decline we expect that the percentage of people requiring very sheltered housing will grow.

There are opportunities for independent housing and care organisations to develop specialist care housing, particularly in Buchan and Kincardine & Meams.

Within the next 3 years 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 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 of the six areas in Aberdeenshire, offering choice and high quality residential care. The local authority 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 clearly evidence that they are delivering positive outcomes in order to continue to be commissioned.

Changing Models of Practice

Very sheltered housing 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 - living in their own home with their own front door.

We intend to increase very sheltered housing capacity by remodelling some 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 by 2018 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, i.e. Mann, Banff and Buchan and Kincardine and Meams, subject to available revenue.

The partnership aims to provide care villages incorporating affordable housing for rent by older people on the same campus as our 24 hour care facilities. 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.
Where are we now?
A summary of supply and demand

We want to commission places in both residential care homes and very sheltered housing environments. Here is an overview of our current provision and where we aim to reach.

Care Homes

Capacity:

There are 45 care homes for older people in Aberdeenshire with a total of 1,726 places; 8 of these homes are owned and operated by the partnership and the remainder are owned and operated by independent care organisations (private and third sector providers). The size of existing care homes varies from 14 to 64 places, with the mean average being 38.5.

65% of places in private and third sector care homes are funded through AHSCP – they may be fully funded or funded under free personal and nursing care. The remaining places are either privately funded, funded by other local authorities or are vacancies.

There are 37 private care homes in Aberdeenshire, 20 (55%) are owned by private care providers who operate more than one care home within Aberdeenshire. These providers operate 58% of the total capacity within Aberdeenshire.”

Demand:

Aberdeenshire’s Accommodation with Care Strategy, linked to our 10 year joint commissioning strategy ‘Aging Well in Aberdeenshire 2013 – 23’ highlights the importance of shifting the balance of care and caring for people in their own homes as their dependency increases with age. With this in mind we are planning for a reduction in the percentage of over 65’s who will move into a care home.

Currently we have more care home places across Aberdeenshire than are needed by the local population. Our estimations show that current provision is likely to be sufficient in most areas until 2022. After which a growth in the older population is expected to cause an increase in demand which could trigger a requirement for additional placements.