



Coffee Morning & Christmas Fayre – 30 November 2013

Highland Senior Citizens Network

Coffee Morning and Charities Christmas Fayre

Saturday 30th November 2013

Old High Church Hall
Academy Street,
Inverness

10.00 am till 2.00 pm.

Do come and support our group. Look forward to seeing you on the 30th November.

Stalls include home baking, books, Christmas cards and much more. Face painting for the children. Donations of books, home baking, jams etc. would be greatly appreciated on the day.



Waiting Times Information Line

Phone line up and running for patients.

A new phone line for patients seeking advice on waiting times is now up and running.

As of 8am on Tuesday 1 October the advice line will be receiving calls from patients who are unsure about their waiting times rights.

It is being piloted for 12 months, and is being run by Scotland's national health information service NHS Inform, which is part of NHS 24.

The new helpline can be reached by calling 0800 028 2836. It will be open between 8am and 10pm Monday to Friday.

- Coffee Morning & Charities Christmas Fayre 2013
- Waiting Times Information Line
- New Care Website
- National Statistics for Care in Highland Area
- Rates of free Personal and Nursing Care
- HSCN Conference
- Clachnaharry Care Home
- Third Sector Partnership Conference
- HSCN Monthly Board Meeting
- Great Wilderness Challenge
- Attendance Allowance





New Care Website

www.care-advisor.org.uk that provides the information needed by an elderly person, their relative or carer to select a care home to meet their needs. It also emphasises that accessing more support at home should be considered carefully before deciding to move to a care home.

The website was developed by the charity Your Choice (www.ycre.org.uk) by a group of health professionals who have worked in care homes in the Glasgow area.

The rates for free personal and nursing care are :

Personal Care Services

If you qualify £166 per week (from April 2013)

Nursing Care Services

If you qualify £75.00 per week (from April 2013)

or you may get both at £241 per week and will be paid on your behalf directly to your care provider.

HSCN Annual Conference

Lochardil House Hotel
Stratherrick Road
Inverness IV2 4LF
23 April 2014

National Records of Scotland - Carers in The Highland Council Area

A. The main figures released from the 2011 Census show:

1. The number of people who say they provide 1 or more hours of unpaid care a week is 20,993.

2. The number of people saying they provide 35+ hours of unpaid care a week is 6,910.

3. The total number of people providing 50+ hours of unpaid care a week is 5,303.

B. Comparison between the 2001 Census and the 2011 Census

In the 2001 Census there was no breakdown of unpaid carers at the 35 hour mark - the categories then were: 1-19 hours; 20-49 hours; and 50+ hours. The comparison between 2001 and 2011 we see:

1. The number of people providing unpaid care of at least 1 hour a week has risen

from 18,505 (8.9% of the population) in 2001 to 20,993 (9% of the population) in 2011. This is a rise of 13.45%.

2. The number of people providing 1-19 hours of unpaid care a week has stayed the same. The number was 12,284 in 2001 and is 12,282 in 2011.

3. The increase in the amount of unpaid care provided is coming at the upper end of statistics:

(a) The number of people providing 50+ hours of unpaid care in 2001 was 4,136 (2% of the population) - in 2011 the figure had risen to 5,303 (2.3% of the population). This is a rise of 28.2%.

(b) The number of people providing 20-49 hours of care a week in 2001 was 2,089 (1% of the population) - in 2011 the figure had risen to 3,408 (1.5% of the population). This is a rise of 63.1%.





Closure of Clachnaharry Nursing Home by H I McNamara (Chairman HSCN)

In the light of recent press reports on Clachnaharry Nursing Home the Highland Senior Citizens Network Chairman Dr Ian McNamara made the following statement.

"We are aware of the current situation affecting Clachnaharry Nursing Home and recognise and appreciate that NHS Highland is taking the necessary steps to ensure the welfare and safety of residents.

We have been monitoring this Nursing Home's performance and the Care Inspectorate's own reports for the Home over the last year or so. We contend that had the Care

Inspectorate been more effective in carrying out its responsibility to protect the welfare of residents the current situation should never have arisen. We have written very recently to the Cabinet Secretary for Health & Wellbeing expressing our concerns over the performance of the Inspectorate and the existing regulatory framework within which it has to operate. Put simply, either the regulatory framework is inadequate or it is not being enforced vigorously enough to prevent situations such as in Clachnaharry coming to pass. Either way we contend that the Care Inspectorate is not fit for purpose.

Whilst there are many excellent Homes in Scotland this type of

crisis situation in individual Care Homes and Nursing Homes has occurred across Scotland on too many occasions. Successive Governments have failed to face up to the reality of the situation. The long standing approach of the regulator which seems to be based on a 'Please do Better' attitude does not work. In a letter to the Highland Senior Citizens Network earlier in the year the Minister told the Highland Senior Citizens Network that **20% of Nursing Homes in Scotland are judged to be at 'High Risk'**. Would we accept such a figure for our Hospitals or Children's Services?"

HSCN attended the Third Sector Partnership Conference on 10 October at Eden Court: here are some of the event information from stalls :

- Alzheimer Scotland has a guide for families living with dementia in South Highland. Tel 01463 711707 to get a copy
- Connecting Carers have a new information pack. To get a copy Tel 01463 723 560 or email carers@hccf.org.uk
- Kinship Care have a parent line for Scotland 0800 28 22 33
- Signpost are promoting the Handyperson on 01463 711 393 or email hp.manager@signpost-inc.org

- Patient Opinion are soon to launch a website Care Opinion. Contact: 0800 122 31 35 or www.patientopinion.org.uk and let them have feedback good or bad about your time in the NHS
- Healthy Home for Highland can help you with free loft, cavity wall and, floor insulation as well as boiler repair and replacement, etc if you are 60 or over and other criteria Tel 0808 808 2282
- BT have a scheme "Get it Together" providing computer training in your own home in rural areas – find out more on www.bt.com/getittogether
- Merkinch Community Centre, Inverness are having an open day on 30 October – 10 am to 3 pm called "See Hear" – for further info Tel 01463 233 663

- If you need advice or help speaking out – contact Highland Carers Advocacy on 01463 718 817
- Domestic Abuse Support Services in Ross-shire 01349 863 568, Skye & Lochalsh 01478 613 365
- LeadScotland give help with your computer in your home and will do their best to fix them or advise on what is needed – Tel 01463 258 820 Email tjohnson@lead.org.uk
- Black Isle Community Car Scheme – 01349 862 431 email biccs@rossvolact.org.uk
- Pulteneytown Peoples Project @ Pulteney Centre, Wick Tel 01955 608 530
- Drinkaware.co.uk



Highland Senior Citizens Network

Highland Senior Citizens Network

Box 301
24 Station Square
Inverness IV1 1LD

Phone: 07716 884 989

**“Nothing about us,
Without us”**

Email:
enquiries@hscn.co.uk
Website:
www.hscn.co.uk

HSCN Monthly Board Meeting

Gary Coutts,
Chairman of NHS Highland

And

Elaine Mead, Chief Executive of
NHS Highland

Are coming to the HSCN Board
Meeting on

25 November 2013

If HSCN members would like a
question to be put to either of
them at this meeting about the
NHS and older peoples services,
please let us know.

Contact : 07716 884 989 or email
enquiries@hscn.co.uk

Great Wilderness Challenge

HSCN are taking part in the
Great Wilderness Challenge
next year and are hoping to
enter a team of 10. We have 4
team players already and are
looking for another 6. Several
members of our group who are
participating would like to raise
funds to help our organisation.
HSCN is a registered charity
and we strive to improve the
health and well-being of the
elderly throughout the
Highlands. Anyone interested
in joining the team contact
Moira enquiries@hscn.co.uk
[http://www.greatwildernesschal
lenge.info/](http://www.greatwildernesschallenge.info/)



Attendance Allowance

Attendance Allowance is a benefit for people aged 65 and over who are physically disabled and need help with personal care or supervision to remain safe. You do not need to have someone looking after you to qualify. AA is not means tested, there is no national insurance contribution test and it is paid in addition to any other money you have coming in. There are two rates of AA - a lower rate at £53 (frequent help or constant supervision during the day, or supervision at night) and a higher rate at 79.15 (help or supervision throughout both the day and night, or you are terminally ill). You can only get one or the other depending on whether you have care needs during the day and/or night. For more information Tel: 08457 123 456 Email : attendance.allowanceenquiries@dwp.gsi.gov.uk



Help us connect, inform and campaign

JOIN US today!