



Aberdeenshire  
Health & Social Care  
Partnership

# Aberdeenshire

# Health and Social Care Partnership

## Strategic Plan 2020 - 2025



Easy Read



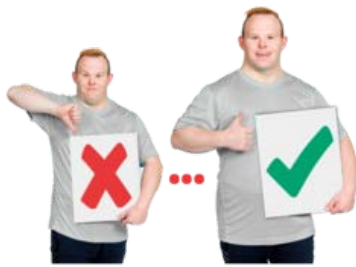
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# Introduction



Aberdeenshire Health and Social Care Partnership provide care and treatment in your local communities.

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The plan shows what we will do to make things better for people in Aberdeenshire.

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The plan focuses on people's health and social care needs.

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Our plan was developed in partnership with:



- People in Aberdeenshire.
- Families/carers.
- Professionals/workers in health and social care.
- Organisations that work with people in Aberdeenshire.
- Organisations that work within health and social care.



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Our plan will be for 5 years, 2020 to 2025.

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## What we want to do:



We want people to have better, healthier and happy lives.

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It is important we all work together to make this happen.

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We will work together to support people to keep in good health.

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We will work together to give people the right support and right services at the right time.

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We will make sure we include and listen to people in Aberdeenshire.

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# Challenges and changes



People are living longer.

This is good news.

This means more people will need support.

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We are not getting any more money to pay for health and social care.

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This means we need to make changes to how we support people.

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There are more people living with long-term health conditions such as dementia, heart disease, diabetes and mental health.

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We need to help people to manage their own health conditions where possible.

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Some people have poorer health and live shorter lives, for example people living in poorer areas.

This is called health inequalities and we need to reduce this.

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We have 5 important things that we will work on to help people to live better, healthier and happy lives.

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# What we will work on:

## 1. Prevention and Early Intervention.



This means we will support people to maintain or improve their health and wellbeing.

We will look at :



- Easier access to health care.



- Supporting people to look after their own health and wellbeing.



- Helping people to get the right advice and support at the right time.
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## 2. Reshaping Care

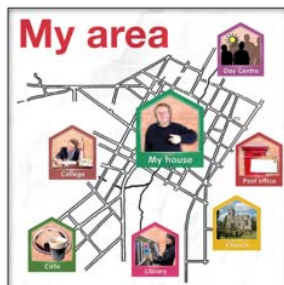


This means supporting people to live happy healthy independent lives.

We will look at:



- Planning and care for people leaving hospital.



- People getting care and support nearer to where they live.



- Making sure people do not go into hospital unless they need to.



- Supporting people to live in their own home or community for as long as they are able to.
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### 3. Engagement



People will be valued for their contributions and abilities.

We will look at:



- Supporting people to contribute their experiences and views.



- How people are involved in plans made about them.



- Listening to what health and social care staff tell us.



- Involving people in decisions about our services.



## 4. Effective Use of Resources



This means people getting the right support, in the right place at the right time to suit their needs.

We will look at:



- Access to support for mental health and wellbeing when people need it.



- Housing to meet people's needs and help them to stay part of their community.





- Support for unpaid carers to look after their health and wellbeing.



- Make more opportunities to get people involved in their local community.
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## 4. Tackling Inequalities and Public Protection

This means making sure everyone is treated the same and people feel safe.

We will look at:



- Making sure people feel safe in their community.



- Making care and treatment easy to access for everyone.



- Better support for people with mental health problems.



- Prisoners having the same access to health and social care.



- Working with services to support people's housing needs.

# What next?



These are some of the things that we will be working on.

There will be lots more work going on over the next few years.



We will let people know how things are going.



You can look at the full version of the Strategy at:

<https://www.aberdeenshire.gov.uk/social-care-and-health/ahscp/publications/>