HEALTH NEWS

On the sixtieth anniversary of the NHS, we dedicate this special edition to the care of the over sixties

NHS Greater Glasgow and Clyde
1948-2008 60 years of the NHS

APRIL/MAY 2008

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YOUR NHS AND YOU...

DON'T they look good for their age is a phrase we hear so often these days... and it's true.

Older people are fitter, healthier and living longer than ever before. The way the world looks at older people is changing and so is the way the NHS cares for them.

In this special edition of Health News we explain how the NHS is responding to the needs of the increasing older community and their desire to be cared for through supported independence, and with dignity.

We also focus on those dynamic members of the older generation, an increasing number of whom are making vital contributions to society through their efforts to help those less well than themselves.

Yes, even at 60, more and more of us - including the NHS - are looking good for our age! (And that goes for the 70-year-olds, 80-year-olds and 90-year-olds too!)

ISOBEL Sweeney is a great example of the active older generation.

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LOOKIN' GOOD AT 60

CHANGING PICTURE OF OLDER PEOPLE'S CARE

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Changing picture of older people's care

SCOTLAND'S population is changing. At the turn of the twentieth century, the average Scottish life expectancy was 40. By the year 2000, it had risen to over 74 for men and over 79 for women.

Over the next 25 years, the number of people aged 50+ is projected to rise by 28% and the number aged 75+ is expected to increase by 75%.

Falling birth rates mean that older people are forming an increasing proportion of our population and playing an increasingly important role in our future.

This "demographic shift" is more extreme in Greater Glasgow and Clyde than the country as a whole and will continue for the next few decades.

As the population continues to age, making sure we have the right NHS services in place to meet the needs of older people is more important than ever.

This special edition of Health News takes an in-depth look at the services we provide for older people. It highlights how we are developing our services to help people maintain as active and independent a life for as long as possible and explains why we have to move forward and adapt some services which no longer meet the needs of our patients.

And perhaps most importantly, it celebrates the valuable contribution older people are making to our society. People in their sixties, seventies and eighties are increasingly fit, healthy and active participants in the community. Nowhere is this more in evidence than in your NHS where, every day, an army of older volunteers helps to make the lives of patients just that little bit better.

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Changing picture of older people's care

IN the past, many older people were cared for in long-stay hospitals or large institutions because there were no alternatives available.

We know, however, that older people value their independence and want to stay in their own homes for as long as possible. By providing the right type of services and support many older people can now be cared for at home or in supported accommodation rather in hospital.

In recent years, NHS Greater Glasgow and Clyde has therefore invested heavily in a range of new services to help patients avoid hospital admission or return to their home as quickly as possible following their stay in hospital. (Our wide range of new services is featured on pages 5 to 8.)

We have also worked closely with local authorities to ensure that patients who are ready to be discharged do not face unnecessary delays.

As a result, there has been a decline in the number of admissions into NHS long-stay – or continuing care - beds and considerably fewer patients using these beds while waiting to be discharged. This has led to significant reductions in the number of continuing care beds needed.

Our Director of Rehabilitation and Assessment, Anne Harkness, manages the extensive network of older people's services across Greater Glasgow and Clyde. She explained: "In 1997, there were almost 1100 continuing care beds in the Greater Glasgow area alone. Since then, there has been a gradual reduction in these beds to the point now where we have around 400 beds to support the small number of older people with very complex needs who require care in hospital for a prolonged period.

"Even with the expected rise in older people over the next decades, we predict there will be less demand for continuing care beds within Greater Glasgow because we've so heavily

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The days of filling wards with the old and vulnerable are gone... now the NHS is providing modern solutions to the demands of the 21st century

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Changing picture of older people's care

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invested in better alternatives. We therefore expect to see further reductions in the number of continuing care beds within the city."

And in Clyde, similar changes are proposed. Johnstone Hospital currently provides long-term NHS care for older people with complex needs. The number of beds in the hospital have already reduced due to an increase in the range and type of services available to support older people at home or in alternative community-based facilities.

And in February we launched a consultation exercise to seek people's views on a proposal to further reduce the beds and transfer these services to a facility in Paisley or Renfrew.

Anne said: "We recognise that these changes may affect existing patients and that people are anxious about their loved ones. As we work through further changes, we will continue to liaise closely with staff, patients, their families and carers to take forward plans."

For more information on the proposed changes to Johnstone Hospital, and to find out how you can contribute to our consultation, log on to:

www.nhsggc.org.uk

The consultation ends on May 5th 2008.

ANNE HARKNESS... predicts less demand for continuing care beds.

Changes in care

HOW THIS AFFECTS ST MARGARET'S

ST MARGARET'S in Clydebank consists of two wards - one providing specialist palliative care to people of all ages and the other providing continuing care for older people on behalf of the Health Board.

But as part of our plans to modernise the way we care for older people - and in response to demand in the west of the city - we have asked St Margaret's to change the use of the NHS beds and to turn them into care home places on behalf of the local authorities.

This is in keeping with what is happening throughout the rest of Glasgow and the country as a whole and we believe it to be the right way forward for the future needs of local older people.

These changes are part of a wider plan which also sees the reduction of sixty continuing care beds at the Mansionhouse Unit in the south of the city. To deliver this, a thirty-bedded continuing care ward will close in April 2009 and a further thirty-bed ward will close in 2010.

There are no plans to change our funding arrangements for the hospice ward at St Margaret's.

Together with the local authorities, we hope to work with St Margaret's to deliver the new arrangements by April 2009.

NO PLACE LIKE HOME... FOR GETTING BETTER

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An alternative to staying in hospital... how NHS Greater Glasgow and Clyde has set up a range of services to help older people return home

No place like home... for getting better

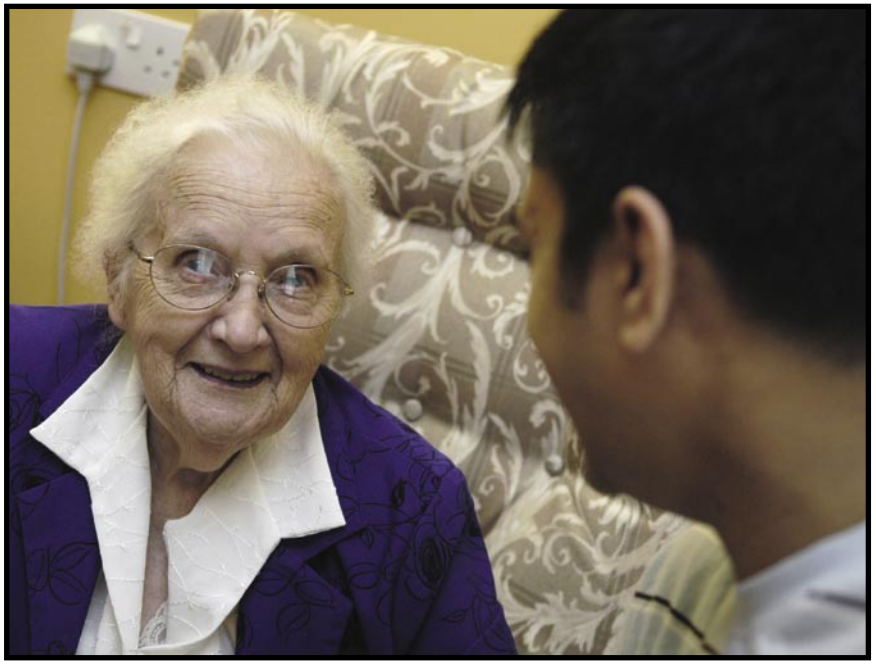
ALTHOUGH hospital, nursing or residential home care becomes necessary for some older people, most of us would like to stay in our own homes wherever possible.

NHS Greater Glasgow and Clyde's (NHSGGC) older people's services are designed to ensure that, wherever possible, we can help you stay in the comfort of your own home.

Throughout Greater Glasgow and Clyde there are hundreds of NHS and social care staff supporting people in their everyday lives to prevent admission or re-admission to hospital.

Anne Harkness, NHSGGC's Director of Rehabilitation and Assessment, said: "Patient choice and independence have been fundamental to the way we have designed older people's services. We have a range of services set up to ensure that we can help people stay at home or allow them to return home from a spell in hospital by providing the care they require in their own surroundings."

Teams of NHS and social care professionals specialising in older people's services operate throughout NHSGGC. These multi-agency teams include nurses, physiotherapists, occupational therapists, pharmacists, social care staff and psychiatric support. Working together they offer early help for individuals experiencing health problems with the aim of preventing them from having to be admitted to hospital.



A WIDE range of specialists work together to ensure patients can stay at home wherever possible.

If, for example, an older person gets an infection the healing process can be lengthy and it can prevent them from coping at home in the way they normally would. In this instance a GP would contact the team and within hours a member of the team would be out at the person's home to assess their needs.

An 'at home' care plan will then be tailored to that individual's requirements. This might include a home help to provide meals to ensure the individual continues to eat healthily, the installation of equipment such as a toilet frame to enable people to still use their own bathroom or a physiotherapist to help with exercises that can be done at home.

Anne added: "By providing services in this way - effectively reaching in to care for a person in their own home - we can hopefully prevent a hospital admission. Before these teams were in place a minor illness that

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No place like home... for getting better

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prevented someone coping with everyday living at home would have probably resulted in a spell in hospital.

"Obviously the patient can choose not to receive care at home but more often than not they would far rather get their support at home."

A similar service is also in place for people when they come out of hospital and where possible actually helps them come out of hospital earlier.

NHSGGC's Supported Discharge Services operate throughout the area and work in tandem with the community teams specialising in older people's care at home.

Supported Discharge Teams liaise directly with acute hospital departments, most particularly Medicine, Orthopedics, Care for the Elderly and Accident and Emergency. They work with hospital clinicians to identify older people who are receiving hospital treatment but could in fact return home with NHS and social care support in the community.

The teams will then assess the needs of the individual and ensure that a tailor made package of care is wrapped around that individual at home.

Christine Ashcroft, Supported Discharge Services Manager, said: "We know that with the right package of care in the community people rehabilitate much more effectively at home. As well as the teams providing nursing, physiotherapy, occupational therapy, pharmacy and social care support they can also ensure the patient can access home falls prevention schemes and exercise classes – the list is almost endless.

CHRISTINE ASHCROFT (right) with some of the Supported Discharge nurses in her team.

"For the Supported Discharge Teams it's about getting people home and enabling them to stay there safely and comfortably. Crucially though it's also about patient choice. Through the development of supported discharge and community based older people's services, patients can now choose to go home whereas before they may not have had that option open to them."

It is important to stress however that the work of these specialist teams is often supported by family members of the patient.

Christine added: "The support we get from family members and carers is invaluable, particularly in supporting the rehabilitation process. Carers are often the lynchpin allowing us to offer such a valuable service in the community."

Community based older people's services are generally accessed via your GP or social care network.

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No place like home... for getting better

Mary loves her helping hands

MARY Crossey (72) waits patiently in a four-bedded hospital ward for the ambulance to arrive and take her home. She remains frail after five weeks in hospital.

In the past, Mary might have been transferred to a nursing home or a day-hospital until she was judged able to live independently in her own house… but things have changed and now our Supported Discharge Teams provide a more appropriate alternative.

When Mary, who lives in Nitshill, left the Mansionhouse Unit of the city's Victoria Infirmary, her own special team of carers had already been put in place to provide that bit of extra help she needs to return home.

For the 72-year-old this means a multi-disciplinary grouping involving a physiotherapist, occupational therapist, rehabilitation support worker, dietician and social care worker.

It's a package which not only means that Mary is back in familiar surroundings, but the mix also boosts her recuperation and builds up her health for a hip operation she is scheduled to have in the future.

Mary said: "I wasn't feeling right and one morning I just couldn't get up. I was sent to the Victoria Infirmary and then to the Mansionhouse Unit for rehabilitation to get me back on my feet.

"At home I will be getting help with showering and visits from a physiotherapist. I use a zimmer, but to help me move onto sticks, I am getting exercises to build up my arms. It's all to help me get my movement back. The team provide that little bit of help I need to stay at home."

Knowing that she has that home-based extra support also motivates Mary to keep active: "In hospital you can be limited to what you can do, because there is always someone there to help you, at home you have to get up and get on with things, with the team giving you that supporting hand," said Mary.

Maureen Grove, a Senior Occupational Therapist, is a member of the discharge service team who will be working with Mary over the next few weeks.

Talking about the importance of the service to patients, Maureen said:

ALL the home-based support has motivated Mary Crossey to remain active.

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Mary loves her helping hands

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"I think our role is essential in ensuring that patients are getting home safely in a timely manner.

"We can arrange a discharge package to provide follow up therapy input within a patient's home.

"One of the main benefits for everyone is that we can personally meet the patient before discharge and build up trust from the word go, and also begin a therapeutic relationship immediately before going along to their home.

"We can also access all of the external agencies which can help the patient on discharge so that they can help them straight away."

The team is not only building up a patient's strength, but they can also answer questions in the relaxed atmosphere of a home setting.

Dr Margaret Roberts, Associate Medical Director at the Mansionhouse Unit, described how services have changed: "Twenty years ago NHS and social care support for older people at home was much less well developed.

"However through sustained joint planning between the NHS and social work staff the tables have dramatically turned.

"The capabilities of the integrated community based older people's teams, working with supported discharge services, are extraordinary. Ensuring people can be treated in their own homes is made even more effective when we can work in partnership with the patient's family or carer.

"In the past, patients would either have been transferred to a nursing home or in many cases would have had to come into day-hospital until they were able to cope again with everyday life at home.

"These healthcare settings are still the most appropriate option for some people, depending on their particular medical condition, but wherever possible we try to provide patients with the choice to go home."

REGULAR home visits help Mary Crossey to remain active.

Star Gary features in home safety DVD

TO SUPPORT the work of the Supported Discharge Teams an education DVD featuring Glasgow-born 'Gangs of New York' and 'Billy Elliot' star Gary Lewis has been produced by NHS Greater Glasgow and Clyde to assist older people in living independently and safely at home.

The DVD is aimed at raising safety awareness and giving practical steps to address the risk factors of daily living within the home environment soon after an illness or hospital discharge.

Health professionals taking part in the DVD remind people that while they have been discharged and may think they are now very fit, they should take special care to be aware of safety issues and hazards in their home such as falling over.

During the film a physiotherapist gives advice on simple steps to avoid falls and the importance of staying active to improve strength, balance and mobility. There is also a demonstration of what to do following a fall at home.

GARY LEWIS

An occupational therapist also gives advice on the risks associated with performing everyday tasks and talks about the equipment available to promote independence.

The DVD is shown in hospital discharge lounges and departments and is also given to patients or their carers when they are discharged.

NEVER TOO LATE TO LOVE LIFE

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Buster runs marathons at 101... Sir Robin sailed round the world at 69... and young at heart Isobel Sweeney helps care for spinal injury patients

It's never too late to love life!

CLOSE your eyes and picture an older person. What image comes to your head? Probably not one of a marathon runner or a record-breaking round-the-world solo yachtsman.

But as 101-year-old Buster Martin and 69-year-old Sir Robin Knox-Johnston testify, older people today are increasingly fit and active members of society, leading full lives and acquiring new skills well beyond retirement.

And these skills and experience are being put to good use every day in the NHS where older volunteers are providing valuable support to our patients – both old and young – to help make things just that little bit better.

Isobel Sweeney from Muirend has been a SPIN (Spinal Injury Network) volunteer at the Queen Elizabeth National Spinal Injuries Unit at the Southern General Hospital for 13 years. She said: "I have four children, six grandchildren and three great grandchildren. I need to stay active just to keep up with them.

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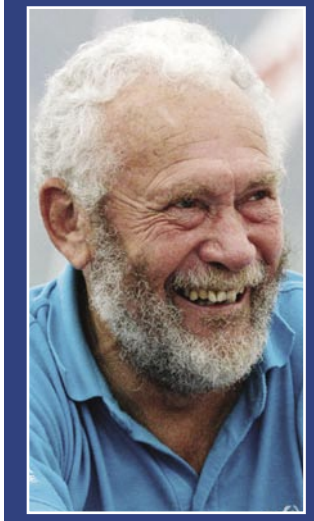
Buster Martin

101-year-old Buster Martin joined over 30,000 runners on the streets of London earlier this month to become the oldest ever person to complete a marathon. His achieve-ment is the latest feat in an extra-ordinary life that has seen him become Britain's oldest employee after returning to work as a van cleaner at the age of 98, successfully fight off three youths in a street attack and record a hit single with his band the Zimmers – both in his centenary year.



Sir Robin Knox-Johnston

Solo sailing legend, Sir Robin Knox-Johnston, became the oldest person to complete the round the world yacht race in May 2007 when he beat yachtsman many years younger to finish fourth overall in classic race. After completing the gruelling 30,000 mile race in his yacht 'Saga Insurance', Sir Robin said "I don't believe that life stops when you reach 65 …if we set our mind to a task, nothing is impossible!"

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It's never too late to love life!

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"I have always tried to stay fit and healthy and over the years I have joined a gym and I enjoy nothing better than going for long walks. But what keeps me on my toes more than anything is my volunteering."

Isobel worked for 24 years as an auxiliary in the Mansionhouse Unit, part of the Victoria Infirmary, before retiring in 1996. She continued: "I enjoyed my time working in the Mansionhouse Unit so much it was sad to leave the patients and the rest of the staff behind. I had made so many friends in my time there.

"After retiring I wanted to continue to do something to help other people. I did not want to just sit back and do nothing with all my free time.

"Each year, in September, the Senior Studies Institute at Strathclyde University holds an Open Day to promote their classes and activities so I thought why not pop along and see if something takes my fancy."

Luckily enough SPIN had a stand at the event and within a few minutes of talking to Beatrice, a SPIN volunteer, Isobel realised this was exactly what she was looking for and she's never looked back. As well as becoming a SPIN volunteer, over time Isobel has taken classes in Current Affairs, Psychology, Body Maintenance and Theatre Studies at the Senior Studies Institute and now participates in Open Days encouraging others to volunteer.

SPIN has existed for 14 years. During this time the project has continued to thrive with a small group of volunteers at its core. Its aim is to offer new hope and optimism to patients and former patients of the Unit and their families whose lives have been changed by serious injury and who may face uncertain futures.

ISOBEL Sweeney proves age is no barrier to helping others as she spends time with one of the patients in the Spinal Injury Unit.

Isobel spends every Tuesday afternoon with the patients in the Spinal Unit. She said: "We supply refreshments for the patients, their visitors and outpatients but our main aim is to just spend time with them. I enjoy getting to know them and we will often talk about their family and I'm more than happy to let them know about my grandchildren and great grandchildren. I really enjoy this as it helps me build relationships with the patients as they can often be in the unit for a long time. We are seen as a valuable part of the team."

Mr. David Allan, Consultant Orthopaedic Surgeon and Director of the Queen Elizabeth National Spinal Injuries Unit, praised the work of Isobel and her fellow volunteers. David said: "Volunteers are an essential part of the care of the spinal injured patient. They provide help, support and friendship for patients who are in hospital for prolonged periods. Volunteers add an extra dimension of care that is impossible for the hospital to offer."

The ten volunteers from SPIN arrange Bingo, quizzes and a number of themed nights for patients and their families throughout the year, including St Andrew's Night and a Curry Night.

Isobel said: "There is such a good atmosphere in the unit on our themed nights. All the staff and SPIN volunteers make a big effort. It's the joint effort that makes it work so well. The patients who are able to take part say the shared experience of dining together as a family lifts spirits."

Brian Lynch, from Airdrie, has been a patient in the Spinal Unit for more than three months. He said: "At the recent Burns night organised by the volunteers, we all had such a good time and you could see that Isobel and the others put a lot of time and effort into making the event such a success for us. It was great to do something different in the evening and helped take our minds off things."

Isobel would encourage anyone interested in volunteering to give it a go. Isobel said: "I get a lot out of volunteering and would encourage others to do it. It's great for your mental and physical health. SPIN has also helped me to make a number of new lifelong friends we are like a family and often meet up socially.

"I realise my volunteering helps patients but I reckon I've got the best end of the deal. If your interested give volunteering a go, and like me you'll never look back."

For more information on the Senior Studies Institute at Strathclyde University, go to **www.cll.strath.ac.uk/ssi.html**

INTERESTED IN VOLUNTEERING?

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Interested in volunteering?

HELEN MacNeil is Chief Executive Officer of Glasgow Council for the Voluntary Sector. Here she explains how you can get involved and become a volunteer.

There are tens of thousands of charities and voluntary and community organisations across the NHSGGC area, all relying on the skills, talents and energy of volunteers to operate successfully. That means hundreds and thousands of ordinary men, women and young people, doing extraordinarily important work in their local area, but more are always needed.

For most people volunteering is a real 'give and take' activity. Contributing their skills and knowledge and resources a few hours per week or per month is a chance to put something back into their community; in return there are huge rewards, gained from meeting people, making new friends, feeling valued. It can even provide a route into employment through the skills people learn, and the training and support, which volunteers can access.

HELEN McNEIL... take the chance to put something back in to the community.

Volunteering can be the chance to get involved in your community, make new friends, help others and grow as a person, but above all it can be fun! If you haven't yet tried it, then we would encourage you to do so. You can contact your local Volunteer Centre at www.volunteerglasgow.org/ or your Council for Voluntary Service at www.gcvs.org.uk/ and they'll help match your skills and interests to a volunteering opportunity near you!

To find out more about the many volunteer opportunities across NHS Greater Glasgow and Clyde contact: Bryan Bannerman, Voluntary Services Manager, Tel: 0141 201 2748 Fax: 0141 201 2999.

Email: voluntary.services@sgh.scot.nhs.uk or go to: **www.nhsggc.org.uk/volunteering**

Old fogeys are just experienced young people

By Andy Cameron

WHEN I was twenty years old I learned a valuable lesson and that was that no matter how old you were you still had one thing that twenty year olds could only hope to achieve - experience. You can't buy it, you can't borrow it, you can only live it.

Nowadays it is more evident than ever and something happened to me recently, which brought it home with a bang. The bang happened to a friend of mine when he fell coming out of his back door on an icy morning in January. He landed on his head so there was no chance of any damage being done except to the garden path where he fell! Now Bobby unfortunately dislocated his collarbone in the fall and as he has a paper shop to run he needed help with a few things.

Enter the Auld Yins Inc. A couple of us took over the things which Bobby took for granted that he wouldn't need any help with in normal circumstances. You see Bobby is only 29 years of age and still in his prime and the three of us who were about to help run his shop are all in our late 60s. To say that Bobby was doubtful wouldn't be true, he was positively insistent that we couldn't do it!

Well I took over the paper run every morning and George took over the deliveries when they came to the shop and Big Alec filled shelves and did all the other things that Bobby couldn't manage with the injured shoulder. The whole shebang lasted about a fortnight and at the end of it all we were exhilarated and Bobby was flabbergasted.

We all felt good about being useful and still able to contribute to life in general and it gave us a real lift.

I never realised that newspapers were so heavy and Big Alec had aches in places where he'd forgotten that he'd places! And Bobby? Well he cannae wait to get to his late sixties so that he can be a volunteer with more energy than he has at 29.

It all ended with a laugh when Bobby took us to the golf club to buy us a drink for our efforts… he didn't think that we wanted one each!

Reminder to the auld yins. Keep right on to the end of the road.

PUTTING AGNES BACK ON HER FEET

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AGNES Quinn (above,left) loves the fun of the Community Falls Prevention exercise classes... and knows that they have helped her to regain her confidence.

We've put Agnes back on her feet

Programme helps to avoid trips, slips and broken hips

AS we get older, our sense of balance often becomes impaired and this can lead to falls happening unexpectedly.

Falling over at home is the number one cause of accidental death amongst older people in Scotland and the number one cause of unplanned hospital admissions.

Traditionally an older person was treated following a fall and sent home with little support, but four years ago the NHS Greater Glasgow and Clyde Community Falls Prevention Programme was started - initially just in Glasgow but now rolled out to Clyde - and today it receives over 180 referrals a month.

The programme provides a range of support and services for people who have experienced a fall either in their home or outside. Often people lose confidence after a fall and the programme helps restore that confidence through support and advice.

Referrals to the service can be made by GPs or by self-referrals and once a referral has been made the patient is usually assessed within four working days.

Depending on their needs, fallers can get help with occupational therapy, physiotherapy, exercise classes,

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We've put Agnes back on her feet

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money advice, psychology and even a handy person service.

And as Agnes Quinn recently discovered, this support can make a huge difference.

Agnes is 69-years-old and full of life. Last year, however, she had a couple of falls - one in her home and, more scarily, one outside.

Worried, she spoke to her GP who referred her to the local geriatric service. The local geriatric service quickly referred her on to her local Community Falls Prevention Programme.

Agnes has never looked back.

She was seen by the team and her needs were quickly assessed. As well as installing a fall alarm, designed to be easily activated if she does have another fall at home, handrails and bathroom aids were fitted to ensure she felt comfortable and secure in her own home.

The next step was helping Agnes get her confidence back and the team encouraged her to join the local Community Falls Prevention exercise class. Providing gentle exercise for people who have had falls, the classes are a way for people to regain their confidence while strengthening their joints and sense of balance.

Agnes has done so well she has progressed from the Community Falls Prevention exercise classes to Strength and Balance classes provided by Glasgow City Council Sport and Leisure staff and supported by the NHS.

Agnes says she loves attending the weekly classes and can't believe the difference they have made to her life.

She said: "I am thoroughly enjoying the exercise classes. As well as relaxing me, they strengthen my joints and help my balance. They have also given me a lot of confidence.

"The girls who take the class are very knowledgeable about what they do and are always willing to answer any questions you have. We also have a wee laugh and a bit of fun at the class.

"I hope to keep going as long as I can and would encourage anyone who is recommended for one of these classes to attend. It really does make a big difference."

Julie Cunningham from the Community Falls Prevention Programme wants people who have experienced a fall to know that support and advice is available to them.

She said: "We've organised a series of events to tell people about the range of support available. Although these events are targeted at health staff we are happy for anyone who has either experienced a fall or has a relative who has experienced a fall to come along to our events and find out what we can do to help."

For further information on the events and the range of support available, contact the Community Falls Prevention Programme on 0141 427 8311.

HOW TO PREVENT FALLS

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How to prevent falls

MANY falls can be easily prevented. Here are some simple tips to help avoid accidental falls in the home.

KEEP ACTIVE

Keep physically active. Walking, swimming, cycling will all build stamina and help keep you supple.

Strong bones are less likely to fracture if you do have a fall. Weight-bearing exercise, such as dancing, can help to keep bones strong.

EAT HEALTHILY

Eat a good varied diet, with plenty of fresh fruit and vegetables, to help to keep your energy levels high and bones and muscles strong.

Eat regularly, to keep blood sugar levels steady. Four or five small meals are much better for you than one or two big ones with long gaps in between.

MAKE YOUR HOME AS SAFE AS POSSIBLE

Arrange electrical appliances so that they are close to the socket, rather than having a long flex.

Make sure that carpets and rugs are securely fixed.

Be tidy - don't leave items lying about where they can trip people up.

Make sure that halls and stairs, in particular, are brightly lit.

Store items that you use regularly within easy reach, and ideally, wait until there is somebody available to help you with anything out of the way.

BE AWARE OF CHANGES IN YOUR HEALTH

Have regular eye tests and wear your glasses if you need them.

Look after your feet. A regular visit to the podiatrist (chiropodist) to deal with problems is important.

Episodes of dizziness may lead to loss of balance. Do not stop taking your prescribed medication without consulting your GP but let your GP know if your pills make you dizzy.

Get ear infections checked out quickly as these can upset your balance.

IT'S SHOWTIME FOR OUR DIAMOND ANNIVERSARY

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TO celebrate the 60th Anniversary of the NHS, we're planning special historical publications and a website featuring archive photographs, patients' stories and landmark moments...plus a fabulous Diamond Anniversary Show.

Star studded line-up for NHS Sixtieth Anniversary

It's showtime!

RADIO CLYDE star Gina McKie will host the NHS Diamond Anniversary Show.

ON July 5th 2008 your NHS will celebrate its 60th anniversary.

NHS Greater Glasgow and Clyde has linked up with media partners the Evening Times and Radio Clyde to ensure everyone knows what's going on and has an opportunity to get involved.

Your local hospitals and Community Health Partnerships will be planning lots of local activities ranging from open days to charity events and fun-days.

To ensure you can find out just what's going on, NHSGGC is creating a section on our website to list all the events and our media partners at Radio Clyde and the Evening Times will publicise some of them.

But we've planned a few "big ticket" items to make sure the proud history of the NHS throughout Greater Glasgow and Clyde is showcased in style on this 60th anniversary.

Some of the main attractions will include special publications planned in conjunction with the Evening Times, the creation of a special NHSGGC 60th Anniversary Website hosting wonderful archive photographs, patient stories, landmark NHS moments over the past 60 years and a glimpse into the future as NHSGGC prepares to deliver the next generation of hospitals and health service re-design.

We're also planning special NHS Diamond Awards for both staff and the wonderful volunteers who help patients and their families.

The awards ceremony will take place in The Royal Concert Hall in Glasgow on Saturday July 5th as a major part of the NHS Diamond Anniversary Show hosted by Radio Clyde star presenter Gina McKie.

The show will also feature heart-warming patient and staff stories, archive video footage and music from Glasgow's NHS choir.

Around 2000 tickets will soon be available for the show and expectation is that demand will be high … details of how to get a ticket will be publicised in the Evening Times and on Radio Clyde nearer to the date.

For those not fortunate enough to get a ticket for the main show, there will be an opportunity to attend an exhibition of archive photography, display stands and see some of the various uniforms from the past and present decades of the NHS.

Keep an eye on the Evening Times, on the NHSGGC website at www.nhsggc.org.uk , and listen to what's going on by keeping tuned into Clyde 1 and Clyde 2.

NOMINATE YOUR CARING CHAMPIONS

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Nominate your NHS Diamond

NHS DIAMOND AWARDS

To help celebrate the 60th Anniversary of the NHS, NHS Greater Glasgow and Clyde, in partnership with the Evening Times and Radio Clyde, is seeking nominations for a special anniversary award to recognise the work of NHS staff and volunteers.

The NHS Diamond Awards are designed to give patients and members of the public the chance to say thank you.

NHS Diamonds come from all walks of life - they could be a nurse or a midwife, a hospital porter or cleaner, a health visitor or physiotherapist. Maybe they are one of the hundreds of volunteer drivers or tea ladies who work tirelessly behind the scenes and give up their own free time to help others.

What sets them apart is their dedication, commitment and willingness to work above and beyond the call of duty.

You can nominate any NHS worker or volunteer including doctors, nurses, support staff, GPs, dentists, pharmacists and opticians.

Staff and volunteers could work anywhere in the NHS including hospitals, health centres, clinics and or even in your own home! There are ten award categories to choose from and you can nominate individuals for more than one award.

If you find it hard to single out one individual for praise then you can also nominate a entire NHS team, department, centre or service!

For further information and a copy of the nomination form visit our website

www.nhsggc.org.uk/anniversary

or phone 0141 278 2673.

Closing date for entries is Friday 30th May 2008 and awards will be presented at a special anniversary event in Glasgow's Royal Concert Hall on Saturday 5th July 2008.

Bag better health as we look to the future

CELEBRATING the 60th anniversary is more than reflections of times past.

It's an opportunity to look ahead – to the delivery of a new modern NHS complete with purpose built hospitals to take us forward for the next 60 years.

And it is also a chance to drive forward the continuing health improvement agenda that is seeing people in the West of Scotland live longer and healthier lives than ever before.

To help promote healthier lifestyles NHSGGC and our partners are determined to use this anniversary as a springboard for better health. As Glasgow prepares to host the Commonwealth Games in 2014 there is a fantastic background of enthusiasm and opportunity to make a real difference to the overall health status of the entire West of Scotland and beyond.

As part of 60th Anniversary plans we're doing our bit for the environment and to promote the healthy lifestyle message by creating 10,000 environmentally friendly shopping bags bearing the slogan "Bag Better Health". And we'll be making sure you can get the message – and the messages – in style by selling the bags at WRVS shops throughout NHS Greater Glasgow and Clyde hospitals. Costing just £1 the bags will be sold in the WRVS hospital shops within Gartnavel General, Inverclyde Royal, Royal Alexandra, Stobhill, Royal Hospital for Sick Children, Victoria, Southern General and Vale of Leven with proceeds going to charitable funds at local hospitals.

Stephen Craig, WRVS Regional Manager said: "The WRVS is delighted to take part in the NHS 60th Anniversary celebrations and at the same time help to raise funds from the sale of these shopping bags for the hospitals we serve."

HOMELY CARE WITH THE PERSONAL TOUCH

NHS Greater Glasgow and Clyde
1948–2008 60 years of the NHS

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NHS Greater Glasgow and Clyde and its partner councils are investing heavily to provide high quality individual care for those who really need it

The personal touch

MENTION the phrase "care home" and the image conjured up may be an old-fashioned one-size-fits-all establishment where individuals had to conform to the institution, rather than the other way around.

But right now there is a quiet revolution going on across NHS Greater Glasgow and Clyde.

Working closely with our eight partner local authorities, NHSGGC has modernised services to nursing homes for older people to provide high quality, personally-tailored care for residents – but at the same time helping older people to stay in their own homes wherever possible.

The redesigned service offers individualised support to people living in 85 percent of Greater Glasgow nursing homes … and Health News now visits a home-from-home in Drumchapel to show what a modern facility really looks like.

Within NHSGGC there are two main types of care home – residential homes and nursing homes, along with a number of more specialist dementia units. These are not NHS hospitals but care homes run by councils, voluntary or private sector. While residential homes offer support from social care workers, nursing home residents need much more input both from the care home's own nurses and from the health service.

Marie Farrell from NHSGGC's Rehabilitation and Assessment Directorate explains: "Care homes have changed a lot in recent years, so the impression some people may have will be outdated.

"Nowadays, people tend to go into care homes much later than they used to. When they do go into a care home, care is focused on helping residents retain as much independence as possible.

"In general, older people are living longer and coping with increasingly complex conditions. In response to this, the health services provided to nursing home residents have been recently redesigned and are seen as an example of good practice nationally."

Almond View is a privately owned

RESIDENTS James and Catherine Semple share a two-room suite at the modern facility at Almond View.

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Homely care with a personal touch

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nursing home in the grounds of Drumchapel Hospital, and a good example of a modern facility. 85-year-old Catherine Semple and her 94-year-old husband James, originally from Maryhill, live together in a two-room suite with their own bathroom at Almond View.

Mrs Semple said: "Everyone here is very friendly, so we're happy. We live in comfort, which is important.

"We can have our privacy when we want it, but we enjoy getting together with everyone too. We all get together for meals and concerts, which are great fun.

"James and I can see our old house from here and we're fairly close to where we lived before, but we really get looked after."

Carrie Geddes was celebrating her 101st birthday when Health News visited. Like the Semples' room, Carrie's en-suite home-from-home is warm and full of personal touches.

Carrie said: "I've lived here for seven years and everyone is very nice. I lived in Partick before so I'm not too far away."

Angela McGurk is a Lead Nurse with NHSGGC's Medicine for the Elderly team. She says residents like Carrie and the Semples are typical in today's nursing homes: "There's help for people who want to stay in their own homes but sometimes residential care's the only alternative. Nowadays that tends to happen when people are in their eighties and nineties.

"It used to be that people who needed clinical support normally had to stay in continuing care in hospital, but the management of chronic diseases has improved so much that it's not necessary unless someone's really unwell.

RESIDENTS James and Catherine Semple ... "Everyone here is very friendly, so we're happy. We live in comfort, which is important."

"With conditions that aren't really very serious but just need a close eye kept on them, we can work with nursing home staff to care for residents."

A specialist Nursing Home Medical Practice now cares for around 2650 nursing home residents in Greater Glasgow. The NHMP team includes six GPs, a nurse team leader, 13 liaison nurses, falls prevention coordinators, a speech and language therapist, dietician, community psychiatric nurses, a prescribing support pharmacist and three pharmacy technicians.

Marie Farrell added: "Our team of staff are in local nursing homes day in, day out, supporting care home staff to care for people in the comfort of their familiar surroundings.

"We care for patients in their own environment and if it ever becomes necessary for someone to go into hospital, we work closely with our hospital colleagues to minimise any disruption. "Some of our older patients in nursing homes can be very vulnerable, because they suffer from illnesses like dementia or simply because they're frail and elderly. Our new approach to looking after nursing home residents is in line with the general trend in the NHS at the moment – to try to provide as much care as possible as close to home as possible – and this seems to be working very well for them so far."

RESIDENTIAL HOME OR NURSING HOME?

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What's the difference between a residential home and a nursing home?

MEN and women who live in residential homes are supported in their daily living by social care staff, employed by the local authority, the voluntary sector or a private company.

People who live in these residential homes have their medical care provided in much the same way as the general population. They may not be particularly unwell, but nonetheless they will need support to get by and are therefore unable to live independently. Each person who lives in a residential home is registered with a local GP and gets any necessary care from that GP practice, supported where necessary by a district nurse.

Very often patients here are looked after by the same GP and practice staff who have looked after them for many years, which means the older person benefits from continuity of care.

But there are many older people who need the much more intensive help offered in nursing homes. While nursing home residents may not need the acute care that a major hospital will provide, they do need clinical care from nurses, doctors and other health care professionals on a daily basis.

Almond View resident Carrie Geddes (101) was full of praise for the home.

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Working together to provide the best care

NHSGGC works closely with all of its partner local authorities on the shared aim of ensuring the welfare of all those older people who live in residential care.

Our top priority is the welfare of the older people living in residential care. Here's how each of these councils is working towards a common goal:

EAST RENFREWSHIRE

THE Council has one of the country's highest-growing numbers of older people, and that's set to continue – shaping the kind of services needed in the area. Working closely with the local NHS is absolutely vital to make sure services are tailored to the individual needs of our older people. As well as looking after their care needs, East Renfrewshire Council is looking at ways of helping people stay and remain more active, and making sure they can continue to play an active role in their local communities.

RENFREWSHIRE

THE Council has invested £17m in a programme of improved facilities and care for older people. This will see five residential homes being replaced with three new-build care homes, two of which include day centres. The first, Montrose House in Foxbar, Paisley, opened in Spring 2007. Residents moved into the second, Hunterhill Care Home in Paisley, in January 2008. Work is beginning now on the third at Cockels Loan in Renfrew.

NORTH LANARKSHIRE

THE Council supports the wishes of most older people to be supported in their own homes and has invested heavily in services designed to meet that aspiration. For people who are unable to remain in their homes, the Council works in close partnership with the independent care home sector and is currently reviewing the use of directly provided residential care homes.

Almond View provides the perfect setting for those who cannot stay at home.

SOUTH LANARKSHIRE

Improving services for older people has been a top priority for the Council which has replaced a number of older residential homes with very high quality facilities. Working with partners such as Hanover Housing Association, the trend has been to provide people with 'care housing.' At Dewar House in Hamilton, which specialises in dementia care, HHA provides and maintains the property while the council leases the building and provides all the care services. Everything is geared towards providing personal care and attention.

INVERCLYDE

In Inverclyde the Council is committed to supporting the vulnerable and recently pledged an additional £155,000 of Council funding for additional home aids and to abolish the fee for community alarms. This is a positive step forward in ensuring residents can live safely and independently at home, which the Council knows is frequently the preferred choice for many older people.

EAST DUNBARTONSHIRE

Delivering services for older people, to enable them to remain independent in their own homes for as long as they want is a key priority for East Dunbartonshire Council. Latest developments include a new Ethnic Minority Day Care Centre opened in Kirkintilloch last October and a new Day Care Centre in Milngavie set to open this autumn.

WEST DUNBARTONSHIRE

THE Council recently achieved Chartermark Customer Service Awards for all of their Residential Units for the Elderly as well as gaining the awards for all of their Day Care Centres.

Anne Ritchie, Head of Social Work Operations, said: "I am pleased that the hard work, dedication and care offered by our staff to our older residents and visitors has been formally recognised in this way. They are a credit to themselves and this organisation."

EASY APPROACH TO EXERCISE

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Easy approach to exercise

THE energetic older generation of Clydebank descend in droves on the Playdrome Leisure Centre every Tuesday and Thursday morning to take part in an Easy Exercise class.

The class at the Playdrome has been devised specifically to give the participants a gentle but complete workout.

Betty Newton, aged 68, (pictured right) has been attending exercise classes since she retired three years ago. Betty said: "I come here twice a week for the classes. I thoroughly enjoy everything about them. I think exercise and healthy living is very important. After I retired I realised I needed to get involved in something to keep me busy and these classes provide a healthy aspect and a great social life too. I have made some good friends here and we thoroughly enjoy finishing off the class with a coffee and chat in the shopping centre."

Fitness Instructor Gayle McMartin who takes the class, said: ""The current Easy Exercise class has been running for 18 months and every session has a great uptake with around 40 participants taking part.

"The class gives a complete workout for people of all ages. There are cardiovascular moves to help keep the heart and lungs strong and strengthening moves, including the use of light weights, which can dramatically improve balance and mobility.

"Both of these types of exercise are very important in keeping older people's fitness levels up. And of course alongside the physical benefits, exercise can help stimulate participants mentally and provide a great social life!"

The benefits of regular activity for older people are significant. Not only can it help prevent serious illness but it also reduces the lifestyle limiting effects of osteoporosis and arthritis. Even the short-term benefits can have a big impact on quality of life. Exercise improves balance and mobility and may help with daily activities which can get harder in later life such as getting in and out of the car or the bath.

If you're interested in the easy excercise class contact the Playdrome Leisure Centre on 0141 951 4321.

THE DIRECTORY OF USEFUL NUMBERS

NHS Greater Glasgow and Clyde
1948–2008 60 years of the NHS

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USEFUL PHONE NUMBERS

COMMUNITY TRANSPORT

Community Transport Glasgow
0141 336 5085

East Dunbartonshire Free Bus Travel Scheme
0141 578 8641

Renfrewshire Transport for the Elderly
0141 333 3211

COUNCILS

East Dunbartonshire Council
01389 737000
www.eastdunbarton.gov.uk

East Renfrewshire Council
0141 577 3001
www.eastrenfrewshire.gov.uk

Glasgow City Council
0141 287 2000
www.glasgow.gov.uk

Inverclyde Council
01475 717171
www.inverclyde.gov.uk

Renfrewshire Council
0141 842 5000
www.renfrewshire.gov.uk

South Lanarkshire Council
01698 454444
www.southlanarkshire.gov.uk

West Dunbartonshire Council
01389 737000
www.west-dunbarton.gov.uk

DISABILITY SERVICES

Centre for Independent Living
0141 550 4455
www.cilag.co.uk

Has an information service providing info on all aspects of disability and independent living including housing and benefits advice.

The Church in the Mount Befriending Service
0141 649 8800

Befriending to elderly, housebound and disabled people

Visability: Glasgow & West of Scotland Society for the Blind
0141 332 4632
www.visability.org.uk

Advice, information, home visits, social support, and access to spoken word newspapers.

HELPLINES

Alzheimer Scotland – Helpline
0200 808 3000
www.alzscot.org

Carers Helpline
0141 221 9141
www.carerscotland.org

Citizens Advice Scotland
0844 848 9600
www.cas.org.uk

CRUSE Bereavement Service
0844 477 9400
www.crusebereavementcare.org.uk

Enable
0141 226 4541
www.enable.org.uk

Energywatch
0845 906 0708
www.energywatch.org.uk

Help the Aged
0131 551 6331
www.helptheaged.org.uk

The Pension Service
0845 606 0265
www.thepensionservice.gov.uk

Scottish Helpline for Older People
0845 125 9732
www.ageconcernscotland.org.uk

HOUSING SUPPORT

Accessible Housing Solutions
0141 550 4455
www.gcil.org.uk

Home Supported Living
0141 337 6646
www.homesupport-scotland.co.uk

Trust Housing Association Ltd
0141 341 3200
www.trustha.org.uk

LUNCH CLUBS

East Dunbartonshire Lunch Clubs
0845 045 4510
www.eastdunbarton.gov.uk

Glasgow City Lunch Clubs
0141 276 5725
www.glagow.gov.uk

Inverclyde Lunch Clubs
01475 714000
www.inverclyde.gov.uk

Renfrewshire Lunch Clubs
0141 842 5000
www.renfrewshire.gov.uk

West Dunbartonshire Lunch Clubs
01389 737000
www.west-dunbarton.gov.uk

MISCELLANEOUS

Muslim Day Care Centre
0141 429 3280

Day centre offering advice and information to older people from a Muslim background. Aims to reduce dependency and isolation and increase self-esteem, confidence and physical well-being. Phone lines open Mon – Fri 9.30am – 4.00pm.

The Advocacy Project
0845 076 2262
www.theadvocacyproject.org.uk

Provides independent advocacy to older people, people with disabilities, and people with mental health issues, Glasgow wide, operates a self referral system.

Glasgow City Health Walks
0141 287 0241
www.pathstohealth.org.uk

Partick Community Association
0141 357 6747
www.theannexehlc.org

The annexe offers education, training and social activities for the Partick and Glasgow West communities. You can meet with people from the community or join the wide range of leisure activities such as music, drama, dance, arts and crafts, exercise, yoga, volunteering etc.

Glasgow City Council's Handyperson Service
0800 587 2239

Volunteer Centre Glasgow
0141 226 3431
www.volunteerglasgow.org/4u

One-stop shop for anyone interested in Volunteering across Glasgow. Matches people with organisations, offers training and support. Offers the chance to get involved in the Community and meet new people.

For internet access to any of the above services simply click on the website address.

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