A black and white sign with white text

Description automatically generated  
Edinburgh IJB Strategic Plan  
  
April 2025 - March 2028  
  
Easy Read

# Edinburgh skyline from Calton HillContents

|  |  |
| --- | --- |
|  | Pages |
| Our strategic plan | 4 |
| What is the Integration Joint Board? | 4 |
| How did we decide what to do? | 5 |
| Housing | 5 |
| Who lives in Edinburgh? | 6 |
| What will we focus on? | 6 |
| How will we stop people getting sick or hurt? | 7 |
| * People who have unfair health differences | 7 |
| * Teenagers who will need help when they grow up | 8 |
| * People who need help to be able to work | 9 |
| * People who take drugs or drink too much alcohol | 9 |
| * People who might hurt themself or somebody else | 10 |
| * People with health problems that last a long time | 10 |
| * People who are frail | 11 |
| * People who might fall over | 11 |
| * People living in care homes | 11 |
| * People who do not have left long to live | 12 |
| Helping people to do more for themselves | 12 |
| * Helping people recover after they are hurt or unwell | 13 |
| * Keeping people safe | 13 |
| * Helping people take care of themselves after they are hurt or unwell | 14 |
| People who are at risk because of a disability | 14 |
| People who have to go to hospital for mental health problems | 15 |
| People who can’t make their own decisions | 15 |
| Doing the best we can with what we’ve got | 16 |
| Making communities stronger | 16 |
| Right care, right place, right time | 17 |
| Primary care | 17 |
| Home First | 18 |
| Health care in an emergency | 18 |
| Mental health | 19 |
| Sexual health | 19 |
| Learning disability | 19 |
| Care homes | 20 |
| Unpaid carers | 21 |
| Care at Home and day services | 21 |
| Working with people | 22 |
| The people who do the work | 23 |
| Quality | 23 |
| Climate change | 24 |

|  |  |
| --- | --- |
|  |  |

|  |  |
| --- | --- |
| **Our Strategic Plan** | |
|  | We have money to help people in Edinburgh who need support. We want to help as many people as we can. But we don't have enough money to do everything. We must choose what to spend money on. This is our plan for spending money in the next three years. |

|  |  |
| --- | --- |
| **What is the Integration Joint Board? (IJB)** | |
|  | The Edinburgh Integration Joint Board (EIJB) is a group. We plan health and social care services. We have people from Edinburgh Council and NHS Lothian. The law decides who is on the board. |
|  | We must make a plan every three years. |

|  |  |
| --- | --- |
| **How did we decide what to do?** | |
|  | We talked to many people to find out what is important to them. We wanted to understand the problems different groups of people have. |
|  | We also checked what the law says we must do. We looked at how much money we have to spend. |
|  | We decided to spend our money in a way that helps the most people. Our goal is to help people and make things better for them. |

|  |  |
| --- | --- |
| **What about housing?** | |
|  | * A person's home can change how healthy they are. There are not enough good homes for everyone in Edinburgh. We will work with the Council to use the houses we have better. |
| **Who lives in Edinburgh?** | |
|  | More people live in Edinburgh than before |
|  | People need more help than they used to |

|  |  |
| --- | --- |
| **What will we focus on?** | |
|  | Helping people so less of them get hurt or sick |
|  | Helping people to be able to do more for themselves |
|  | Keeping people safe who cannot help themselves |
|  | Spending our money well |

|  |  |
| --- | --- |
| **How will we stop people getting hurt or sick?** | |
|  | The IJB will focus on important tasks. We will help people who need it most. This will mean fewer people will need our help later. By doing this, we will save money. Then, we can help more people. |

|  |  |
| --- | --- |
| **People who have unfair health differences** | |
|  | Some people have worse health than others because of money, where they live, or their race. This is called **health inequality**. It is not fair. |
|  | People with less money often have worse health. They might not get the help they need. This is unfair and needs to change. |
|  | We need to make sure we have enough money for services that keep people safe. |
|  | We will work on making these services easier to get for people who have unfair health differences. This will help make things fairer for everyone. |

|  |  |
| --- | --- |
| **Teenagers who will need help when they grow up** | |
|  | Each year, about 70 children with disabilities become adults. Our job is to help them when they grow up. People want us to start helping earlier. We plan to start helping at age 14. We want to help people do as much as they can by themselves. |

|  |  |
| --- | --- |
| **People who need help to be able to work** | |
|  | Work is good for your health. It can make you feel better and happier. We want to help people get well enough to work. |
|  | We will make it easier for people who want to work to get help from our services |

|  |  |
| --- | --- |
| **People who take drugs or drink too much alcohol** | |
|  | People who take drugs or drink a lot of alcohol can get hurt or become unwell. |
| A no drugs and alcohol  AI-generated content may be incorrect. | We want to help people take less drugs and drink less alcohol. |
|  | We will focus on keeping people who take drugs and drink alcohol safe and well. |

|  |  |
| --- | --- |
| **People who might hurt themself or somebody else** | |
|  | Severe mental illness can make people hurt themselves or others. We pay for services to help people with severe mental illness. We also pay for services if someone gets hurt. We want to help people as quickly as possible. We will focus on helping those most likely to hurt themselves or others. |

|  |  |
| --- | --- |
| **People with health problems that last a long time** | |
|  | More people have health problems that last a long time. These are called long-term conditions. People with these conditions can get sick or hurt more easily. We want to help them stay well. This will mean they won't need to go to hospital as much. Each type of condition will need its own special plan to help. |

|  |  |
| --- | --- |
| **People who are frail** | |
|  | More people are becoming frail. Frail means weak and more likely to get sick. Frail people take longer to get better when they are ill. |
|  | We will find out who is frail. We will help them get the care they need sooner. By helping frail people, they will not need to go to hospital as often. |

|  |  |
| --- | --- |
| **People who might fall over** | |
|  | Many people get hurt when they fall over and need to go to hospital. We want to help people so they don't fall over as much. If fewer people fall, fewer people will need to go to hospital. |

|  |  |
| --- | --- |
| **People living in care homes** | |
|  | People in care homes often have health problems and may need to go to hospital. Keeping people out of hospital is better for them and costs less money. We will pay for services to help people stay in care homes and not go to hospital. |
| **People who do not have long left to live** | |
| Hands holding a house and a person  AI-generated content may be incorrect. | We want to help people be with loved ones and in a place they are happy to be when they don't have long to live. People and their families should choose where they want to be at the end of their life. We will help people have more choice about where they will be at the end of their life. |

|  |  |
| --- | --- |
| **Helping people to do more for themselves** | |
|  | More older people in Edinburgh have health problems now. This number is growing. We don't have enough money for all the services people want. |
|  | We want to help people do more things by themselves. This will help save money. It will also help people be more independent. |

|  |  |
| --- | --- |
| **Helping people recover after they are hurt or unwell** | |
|  | Rehabilitation helps people get better after being hurt or unwell. Rehabilitation is different for each person and helps them meet their goals. |
|  | In Edinburgh, there are not enough services for people to get rehabilitation at home. This means people have to stay in hospital longer. We want to change this. |
|  | We will focus on giving more help to people at home. This will help them recover faster and leave the hospital sooner. |

|  |  |
| --- | --- |
| **Keeping people safe** | |
|  | We don't have enough money to pay for all our services. We need to choose which services to keep and which to reduce or stop. Some people are more likely to get hurt or ill. This can be due to a disability or unfair health differences. We will use our money to keep these people safe from harm as much as we can. |

|  |  |
| --- | --- |
| **Helping people take care of themselves after they are hurt or unwell** | |
|  | Some people need help to do daily tasks after being hurt or in hospital. This help is called **reablement**. It helps people get better at home. This help is given for a short time |
|  | We will give reablement help to as many people as possible. This will help more people get better at home. |

|  |  |
| --- | --- |
| **People who are at risk because of a disability** | |
|  | People with disabilities are protected by the law to keep them safe. In Edinburgh, we are working to make services better for them. |
|  | We want to make sure people at risk can share their thoughts about services. Listening to them helps us improve. We also want to make sure we do our protection work quickly. |
| **People who have to go to hospital for mental health problems** | |
|  | Some people with serious mental illness may need to stay in hospital for treatment, even if they don't want to. |
|  | The law called the Mental Health Act protects people's rights when they have to stay in hospital. It makes sure they are treated fairly. |
|  | We want to help people with mental illness outside of hospital. This means they won't need to go to hospital as often. |

|  |  |
| --- | --- |
| **People who can’t make their own decisions** | |
|  | Some people can't make choices about their life because they have a serious health problem or disability. The law lets someone else make choices for them to keep them safe. The person who makes choices for someone else is called a guardian. |
|  | Sometimes people stay in hospital longer than needed because they wait for a guardian. They need a guardian to decide where they should go next. We will work to have guardians chosen more quickly for people who need them. This will help people leave hospital sooner and get the right support. |

|  |  |
| --- | --- |
| **Doing the best we can with what we’ve got** | |
|  | We don't have enough money to give everyone the services they need or want. In the future, people will need more care, but we won't have more money to help. We need to do our best to help people with the money we have. |

|  |  |
| --- | --- |
| **Making communities stronger** | |
|  | Stronger communities can bounce back better when bad things happen. During COVID-19, people helped each other a lot. There might be more emergencies in the future, so being ready is important. |
|  | We will help by finding out what emergencies might happen. We will also find out who might be most at risk. |
|  | We will work with other groups to help communities get ready. |

|  |  |
| --- | --- |
| **Right care, right place, right time** | |
|  | People find it hard to find the right service for them. This can mean they do not get what they need. It also wastes money. |
|  | We will give clear information to help people and staff find the right service.  We will look at what services people in Edinburgh will need in the future. |

|  |  |
| --- | --- |
| **Primary Care** | |
|  | Primary care is health help you get when not in hospital. This includes your doctor, dentist, or mental health team. Most people use primary care for health problems. |
|  | We want to make it easier for people to get help from primary care. This will help them with their health problems.  Doctors and health workers will have more time to help people with long-term health problems. This means they can give better care. It will also help people stay out of hospital and save money. |

|  |  |
| --- | --- |
| **Home First** | |
| Hands holding a house and a person  AI-generated content may be incorrect. | Home First means people should stay in their own home for as long as they can.  Most people want to live in their own home, and it costs less money. Hospitals do not have enough room for everyone who needs care.  We will make sure there are enough services to help people stay at home. |

|  |  |
| --- | --- |
| **Health care in an emergency** | |
|  | People sometimes need help quickly for a health problem. This is called an emergency. An emergency is something that cannot wait. Many people in Edinburgh need this help. |
|  | We will focus on making sure there are enough services outside of hospitals. This will help people leave the hospital sooner. There will also be more room in hospitals for people who need quick help |

|  |  |
| --- | --- |
| **Mental health** | |
|  | Mental health is about how happy someone feels in their life. Many people have problems with their mental health. The need for help is growing. We want to make these services better and faster. We do not have more money, so we need to save money to improve these services. |

|  |  |
| --- | --- |
| **Sexual health** | |
|  | Sexual health is about being safe and healthy when having sex. We need to decide which services to stop or reduce to save money. We will make sure people stay safe and that health differences don't get worse when saving money. |

|  |  |
| --- | --- |
| **Learning disability** | |
|  | People with learning disabilities find it harder to learn new things. This is because of a condition they are born with. They may need extra help to learn and do everyday tasks. |
|  | It is important to pay for services that support people with learning disabilities. These services help them live better lives and learn new skills. |
|  | People with learning disabilities often have more health problems. Sometimes, services do not meet their needs properly, which can make things harder for them. |
|  | There are not enough suitable houses for people with learning disabilities. This means they might stay in hospital longer than they need to. |
|  | We want to help people with learning disabilities take care of themselves. We also want to help them find jobs if they can work. |
| **Care homes** | |
|  | Some people can't live alone because they need help. They can move into a care home. If they don't have enough money, we will pay for their care home stay.  There aren't enough care home rooms in Edinburgh. This means people have to wait a long time to move in. |
|  | We want to pay the right amount for care home beds. This will help us save money. |
|  | We will work on getting people into care homes faster. This will help people who need care quickly. |

|  |  |
| --- | --- |
| **Unpaid carers** | |
|  | A carer is someone who helps another person. It is our job is to look after carers. We will talk to carers to know how to help them. We will show carers how to get help. We will check on carers often and help them when needed. |

|  |  |
| --- | --- |
| **Care at Home and day services** | |
|  | Care at Home helps people with things like washing, dressing, and making meals. This support is given at home to help with daily tasks. |
|  | Day services help people with tasks outside their home. They also help people stay active and see friends. |
|  | We ask people with enough money to pay towards their care. This helps us continue to provide support.  We will ask those who can to pay more for their care. This helps us keep giving care to everyone who needs it. |

|  |  |
| --- | --- |
| **Working with people** | |
|  | We want to work with people who use our services to solve problems. We want to find better ways of doing things together.  We want all our services to work with people. This will help us improve and meet people's needs. |
|  | We will make a plan to work with people more. This plan will guide us in working together better. |

|  |  |
| --- | --- |
| **The people who do the work** | |
|  | We need health and care staff to look after people. Without them, we can't provide services. |
|  | We need a plan to know how many staff we need and how much money to pay them. |
| **Training** | We will help staff learn new skills to keep services going with less money. |

|  |  |
| --- | --- |
| **Quality** | |
|  | Quality means how good something is. In health and social care, it means services that are safe and work well for people. |
|  | There are laws and groups that help make sure services are good. These rules help keep people safe and make sure they get the help they need. |
|  | We will make sure our services check how well they are doing. This helps us know when things go wrong and fix them fast. We will do this by setting up a team to focus on checking our services. They will look at how well things are working and find ways to improve. |

|  |  |
| --- | --- |
| **Climate Change** | |
|  | Climate change is when the world's temperature and weather change in a dangerous way. We must be careful that our services do not make climate change worse. |
|  | We will use transport that does not make climate change worse. This means choosing ways to travel that are better for the planet. |