

# Health & Social Care Moray

## Delivering Home First for Moray



*Working together to stay well at home*

**Staff update 2 – 14.08.20**

### Home First takes shape

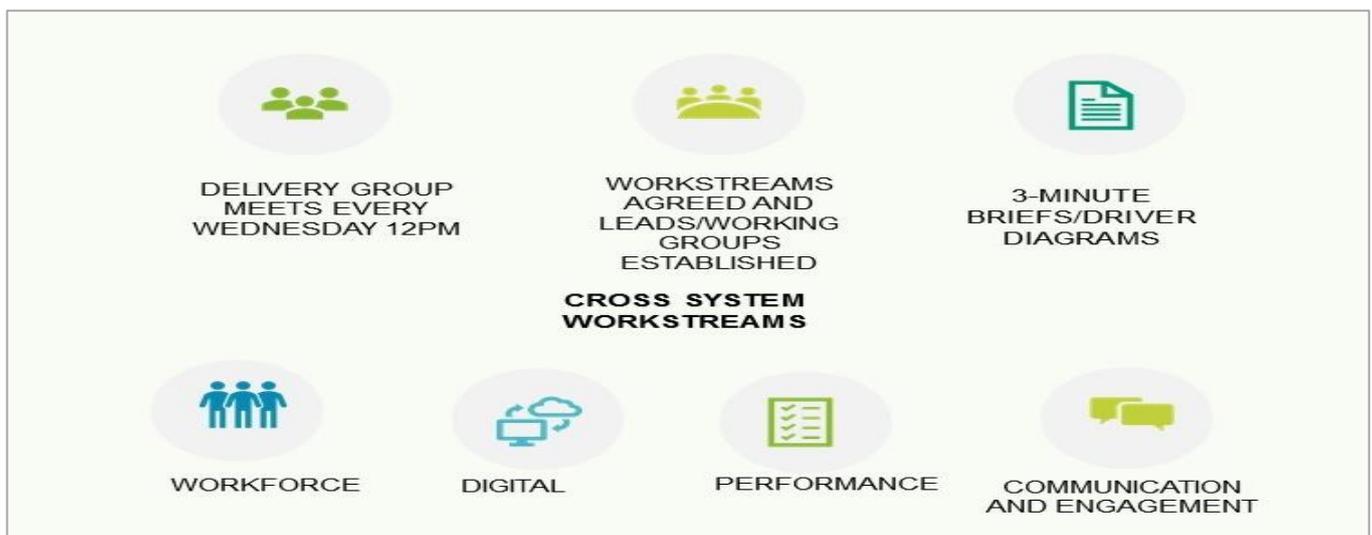
The development of the Home First approach in Moray continues to be progressed at pace.

Working groups continue to expand their membership of key stakeholders - health, social care, community care, primary care, acute and third sector - as they seek to identify specific, measurable and achievable aims for their key projects, the primary and secondary drivers they need to work on in order to achieve the aim and the change ideas they would like to test out.

Operation Home 1st is the next phase of the Grampian-wide health and social care response to the 'living with COVID' phase of the pandemic. All three Health & Social Care Partnerships (HSCPs) are working together with the Acute services sector of NHS Grampian to break down barriers between primary and secondary care and to deliver more services in people's homes or close to people's homes.

The Home First principles on which all actions will be based, are:

- We will adopt a principle of 'home first' for all care
- We will have a greater focus on better, evidence based, outcomes for our patients.
- We will remain flexible and agile so that, should there be a surge in demand we are ready to respond.
- We will maximise digital solutions wherever we can.
- We will look at the whole person, their circumstances and supports when deciding on whether admission to hospital is required.
- We will deliver on the strategic aims of the three Integration Joint Boards (IJBs) and the NHS Grampian Board.
- We will work within the constraints of physical distancing and the needs of our 'shielded' population.
- We will work as a whole system.



## Delivering Home First for Moray

Below we start to outline the initial focus of some of the workstreams, most of which link with programmes taking place nationally and within Grampian.

### ➤ Discharge to Assess

**Definition** - Where people who are clinically stable and do not require an acute hospital bed but may still require rehabilitation or care services provided with short-term support to be discharged to their own home. Assessment for longer-term requirements is then undertaken in the most appropriate setting and at the right time for the person.

**Principles** – essential criteria; patient focussed care; easy and rapid access to services; effective assessment; easy information flow; networks of blended care; blurred boundaries; continuous evaluation & feedback

**Activity** – The working group has mapped the journey of 12 patients. This has informed their criteria and the professionals required for assessment within Dr Gray's. A test of change is to be carried out with 2 patients. This will inform the referral process and what the patient needs are.

### ➤ Prevention and Self-management

**Aim** – To improve the health and wellbeing of individuals with long-term conditions through the promotion of self-management strategies and tools.

**Primary drivers** – Improve the opportunity for individuals to self-monitor their health and wellbeing within their home environment; improve professionals' access to information and training to ensure they can best support individuals within their own homes and local communities; improve the promotion of community support and resilience opportunities to support individuals within their local communities.

**Activity** – The patient group will be those people with core morbidities and conditions that lead to the highest causes of admission to hospital i.e. diabetes, COPD etc. The group are in the process of rapid mapping of current provision, reviewing national approaches and identifying gaps locally.

### ➤ Minor Injuries and Redirection

**Aim** – To decrease inappropriate attendances at minor injury units

**Primary drivers** – Improve public and professional messaging; improve the redirection of patients to appropriate services; improve appropriate attendances.

**Activity** – The key focus of this group is firstly on how to prevent people attending services who could be redirected/signposted to another more appropriate provision and secondly to determine what is needed in terms of Minor Injury provision within Moray.

.....

These staff updates on Delivering Home First for Moray are in addition to the Grampian-wide Operation Home First staff newsletter which you can sign up to here:

<https://mailchi.mp/10d1a9ea0ece/9qd2pn2g34>

.....

**Get in touch:**  
**Susan Pellegrum, Project Manager**  
[susan.pellegrum@nhs.net](mailto:susan.pellegrum@nhs.net)