

Older People (community)

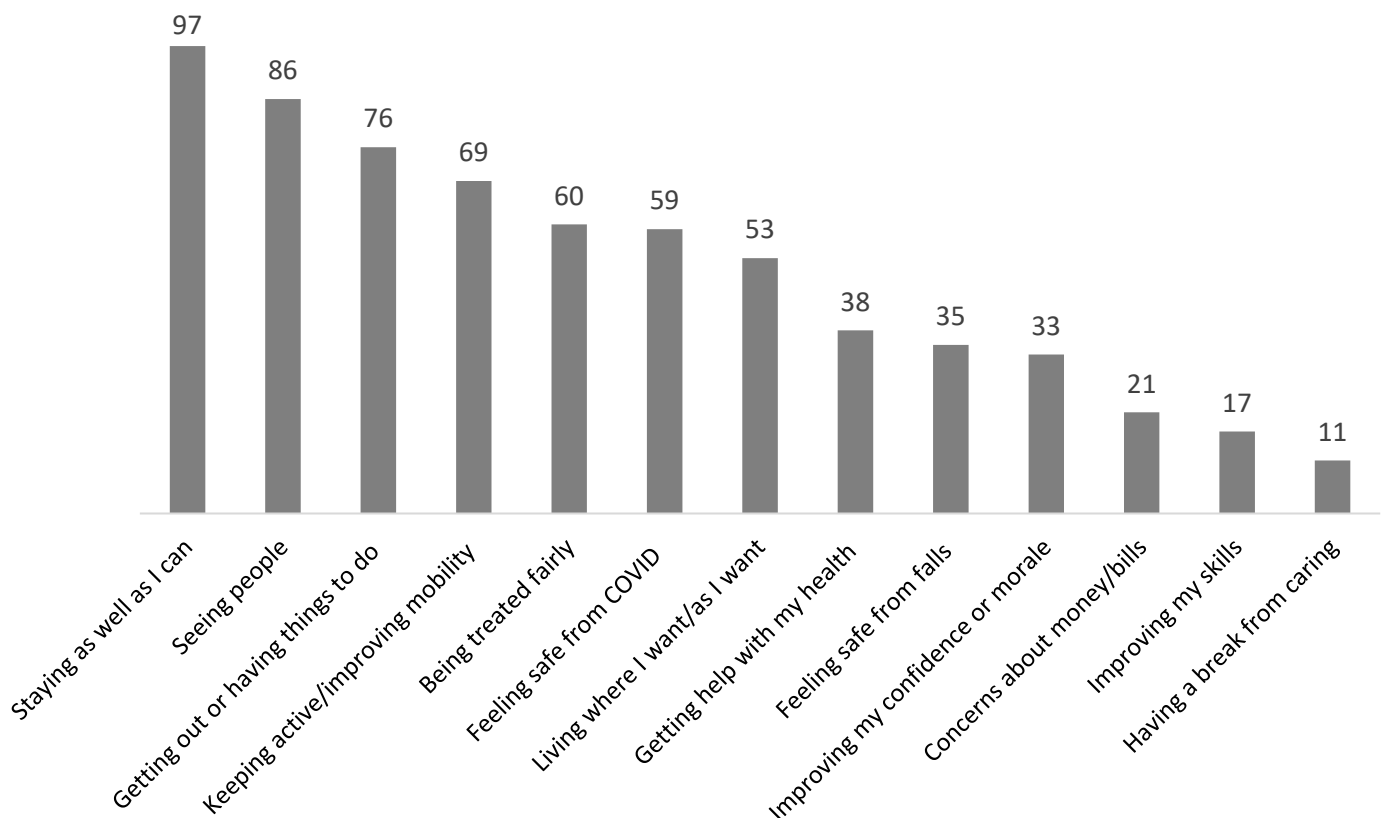
What Matters to You - Spring 2022

The Midlothian Health and Social Care Partnership is responsible for services that help people live well and get support when they need it. This includes all community health and social care services for adults in Midlothian and some acute hospital-based services.

To help us develop our services we regularly ask people who use our services, citizens, staff and partner organisations about what matters to them and how they feel about getting out and about. We used a short questionnaire that people could complete themselves or through partner organisations.

We would like to thank the **115** people who took part in March 2022. 70% of people who replied were female and 50% had a disability.

What mattered most to people.



What is going well?

Key points



People are looking forward to better weather and holidays

“Most aspects of life are well, looking forward to normality/summer holiday”

“Taking my friend out more in the car and hoping to go on holiday”

People are looking forward to fewer COVID restrictions and getting out & about.

“Delighted to have ... things getting back to normal particularly as the weather gets a bit better”

“Looking forward to? Just going about with family to coffee shops, etc”

“Very good, looking forward to things I’ve signed up for”

Specific activities people mentioned included:



- Being able to go to the dining room in extra care housing
 - Heading into Edinburgh
 - Day Centre
 - Library books being delivered
 - Church services
 - Weddings, births and family visits.
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Some people mentioned their health improving

Some people mentioned support they received as positive including:



- Support with their health – e.g. eye operation, hip replacement
 - Carers and staff at extra care housing coming into their home
 - Community services, Rapid Response, Red Cross
 - GPs – as access returns to normal
 - Services resuming for people they care for to give themselves more time.
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Some people found COVID restrictions were having a negative impact on them

“Every day is the same for now”



“My daughter is more reluctant to take me out due to COVID”

“lost the last 2 years I've not been out for ages. Sit about doing not much. I panic about going out because I have been so stuck indoors.”

“Lonely, isolated. Moved to area pre-pandemic and no opportunity to make friends. I have nothing else except day centre.”

Some people mentioned issues with their health



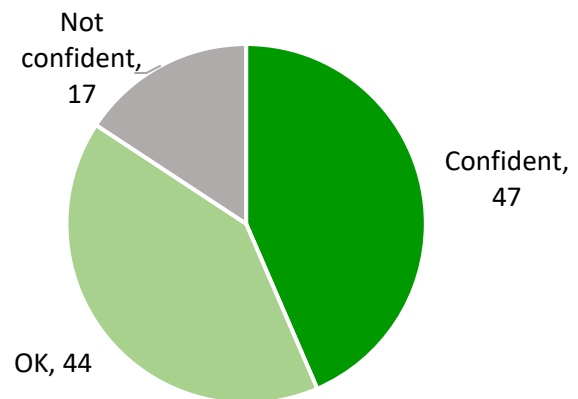
“Not so good as I can't walk”; “I'm not very mobile - cannot go out on my own”

“I haven't been out for a year because waiting for an eye operation”

“I would love to get out and see more people but my legs are weaker and I feel exhausted. I feel like I am in a rut here. It would help if someone came in and did seated exercise”

Confidence to get out & see people

Nearly half of people are confident about getting out and meeting people again.



Key points

Some people said they would feel more confident if they had improved health.

Reasons included:



- Losing weight
- Being able to see better
- Improvement in mobility –this was sometimes linked with a fear of falling or difficulty accessing buildings



Some people said COVID restrictions and world news makes them less confident

“People socially distancing and wearing masks”
“trusting others to take care too”.



Many people mentioned that support to go out would be beneficial

“Someone to help take me out. Even with 3 people with me I am still anxious”
“my memory isn’t as good as it was so I don’t really want to go out unless I am with someone to help me.”

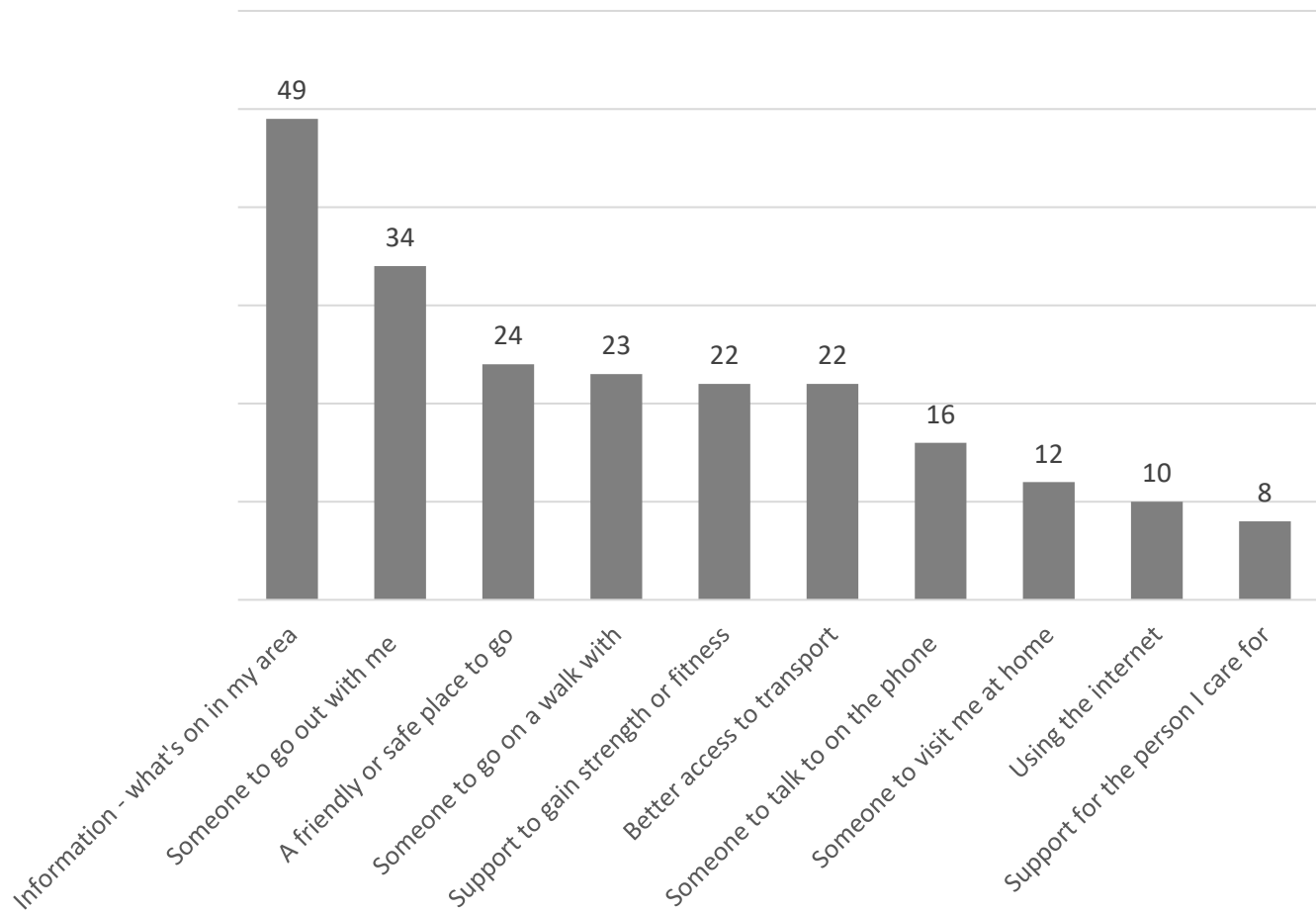
“Being part of a social group. Café has everything we need so no incentive to explore further”
“they .. feel less confident out in crowded places because they have been at home so much ... being with friends...and having staff in groups/services who understand and “are kind” helps”
“Having help late at night when things get bad. Family are good but live quite far away.”



Some people said they needed practice to go out again

“Becoming more familiar with getting out would help me feel less anxious about getting out.”
“To do this at my own pace and going out a little at a time”
“I’ve gotten used to staying in. I not bothered about going out, anymore.”
“Really happy that a few groups are back but still miss the others that have not reopened properly people worry if these community groups will ever get back to “normal”.”

What would help people get out and feel more connected.



Supporting others

8 people said they already support others through volunteering and befriending

15 people said they would be interested to help other people feel less isolated and more connected through befriending, buddies, shopping for others, starting groups or taking part in zoom meetings.

13 people felt they would be unable to offer help to others.