



OCTOBER 2013

The Scottish Older People's Assembly is a 'voice' for older people.

Welcome

The third newsletter from the Committee of the Scottish Older People's Assembly (SOPA) keeps you up to date with recent activities.

Message from Chair Tom Berney



SOPA is committed to improving the quality of life of older people. This year we have pursued the Care priorities set by the 2012 assembly. This newsletter reports on the increasing level of involvement achieved at

ministerial and official level in the Scottish Government, NHS, and with the Department of Work and Pensions.

Clearly, Reshaping Care and the integration of Health and Social work is a radical and perhaps welcome aspiration. However, while there has been a willingness to consult, there are many challenges in turning a policy into individual care tailored to user needs. We have vigorously pressed our concerns over failures in hospitals and home care and called for greater accountability to users and relatives. We have achieved a commitment that time allocated for home care visits will be reviewed. However, this is against a background of tight budgets and overstretched carers. All these are issues we will continue to pursue.

Involvement is welcome, and I believe that SOPA and its organisations have already improved official attitudes to the older population. However, recognising officialdom's tendency to be defensive of criticism, we have commissioned research into assessing the positive results already achieved. Results are what matter.



ageScotland Regional Assemblies

During August and October, in New Lanark, Livingstone, Inverness and Glasgow, Age Scotland delivered four well-attended assemblies. The leading themes were welfare reform and active citizenship. Views from participants have been captured on video and will be shared and discussed at the Scottish Older People's Assembly on 5th December.

Scottish Older People's Assembly 2013

5th December

Edinburgh International Conference Centre

Dundee East MSP Shona Robison,
Commonwealth Games and Sports Minister,
with responsibility for Equality, will address
the Assembly in the morning and answer
questions by delegates.

Themes of the 2013 Assembly

The impact of welfare reform
on older people
and the importance of
active and productive ageing.

Facilitated group discussion
and ample opportunities for comment
and personal views.

See page 4 for registration.

**SOPA supports an inclusive Scottish
society for all citizens with particular
focus on ageism and age inequalities.**

SOPA Committee Business

Vice Chair Bows Out



Joan Turner has been involved with SOPA since the start and has seen it progress in raising concerns and challenging decisions. "I am gratified to see SOPA becoming a strong voice for older people. Now I am pleased to hand over the baton, and look forward to continuing to represent the Scottish Pensions Association at SOPA."

New Vice Chair



From the four candidates from the Committee, Liz O'Neill was duly elected. Careers in the voluntary sector, government, education and the NHS put Liz in a strong position to represent the interests of those without a voice. She has led a government programme and currently chairs the NHS Health Scotland Steering Group for Mental Health and Wellbeing in Later Life. "I have quite clear views about roles and responsibilities. I manage meetings to ensure cooperation and collaboration, and know the importance of being clear about follow-on actions."

UK Advisory Group

Tom Berney (and/or Vice Chair Liz O'Neil) will attend the UK Advisory Group where a clear link is established with the Department of Work and Pensions and relevant ministers. Tom and Liz replace Agnes McGroarty and Alan Sidaway, as SOPA representatives in London. The latest meeting took place in October.

National Development Group - Services for Older People

On 9th October Liz O'Neill and Glenda Watt attended the National Development Group - the first time SOPA has been involved. Other organisations include the Scottish Government, COSLA (Convention of Scottish Local Authorities), Scottish Care, representatives from the voluntary sector and local authorities. The agenda addressed Reshaping Care, a model for care homes and the work of the care task force. There was informative discussion and exchange of information. SOPA welcomes the

chance to contribute the voice and experience of older people to this policy-making process.

COSLA's Involvement

SOPA has a meeting with Ron Culley, Chief Officer of COSLA in November to hear about and discuss Public Service Reform. It is vital the older population has a say in implementation and SOPA is delighted to have his support. Ron has also agreed to attend the Assembly.

Joint Improvement Team

On 22 October nine members of the Committee attended a Joint Improvement Team (JIT) meeting. Tom Berney co-chaired with Chris Bruce who leads the outcomes stage of care delivery. The issues addressed were:

- The Public Bodies (Joint Working) (Scotland) Bill, integrating adult health and social care.
- The National Care Standards review which is considering how we define good quality care.
- The cross-organisation Task Force which is addressing changes in residential care to meet future population needs and expectations.

In groups, representatives of local authorities, voluntary and private sector organisations discussed the way the outcomes were expressed and suggested improvements to ensure they matched the envisaged change to the person-centred care. SOPA will in future be part of the Joint Improvement Team.

National Forum on Older Volunteering in Scotland



SOPA Committee member Brid Cullen represents the National Forum on Older Volunteering. It was established in 2003 and is the only organisation of its type.

Brid describes its valuable role:

"It provides a forum for organisations which engage older volunteers. Members network and exchange ideas quarterly. The September Forum was hosted by Age Scotland, and we explored volunteering in the Reshaping Care programme. We discussed hospital discharge, minority ethnic groups, and budgeting. We also examined the potential of Edinburgh's Change Fund's for innovative volunteering activities supporting independent living," (Continued on back page.)

Reports and Booklets

Engagement and Co-Productive Activity

Edinburgh Napier University's mapping exercise for SOPA identified priorities and gaps. [Download summary leaflet](#). Please consider its contents carefully. It is vital that SOPA receives examples of projects by older adults which show clearly that they have had an impact on people's lives. Send information to Glenda Watt.

Public Dialogue and Deliberation



Oliver Escobar, University of Edinburgh, has produced a booklet aimed at those involved in creating public forums for meaningful conversations. Download here. He brings together ideas from various disciplines to explore how we

can put these to work towards better communication. It is hoped he will meet the Committee to suggest ways SOPA can incorporate some of these ideas.

Links to the Scottish Government

Cathy Hewit is the valuable liaison person linking SOPA to the Government's Equality Unit. The Unit funds all SOPA's activities and Cathy attends our meetings regularly, keeping us informed about developments, such as the work of the Joint Improvement Team. A meeting of this group was held recently in the Borders dealing with co-production. See the [Reshaping Care Improvement Network](#), [Reshaping Care for Older People](#) and [Reshaping Care Booklet](#).



On 22nd October Tom Berney and Glenda Watt met Gillian Barclay, Mike Liddle and Eilidh Smith from the **Care for Older People Unit**. Hazel Allen and Dr Betty Farmer from the Highland Senior Citizens' Network (HSCN) joined by telephone to discuss short visits by care workers and care homes.

Currently the Association of Directors of Social Work (ADSW) and COSLA are investigating the impact and perception of these issues. SG acknowledged that short visits can be quite inappropriate, but sometimes they are fine. SG also gave reassurance around the inspection of Highlands care homes. A reason for falling grades arises because of new Care Inspectorate (CI) criteria. The CI currently inspects each home twice yearly (one visit unannounced) and conducts more, if necessary. The HSCN was pleased with the responses to its concerns and announced:

"We have been trying to say to the Joint Improvement Team (JIT) for at least two years that we need to commission for user-outcomes, not activity targets. Brilliant that SOPA is now on the JIT outcomes development group."

Scottish Parliament's Cross-Party Groups

In September SOPA Committee members joined the Cross Party Group on Human Rights and the Cross Party Group on Older People, Age and Ageing. See the photo below taken at this latter meeting with convenor MSP Sandra White (centre) and six SOPA committee members - (on the right) Tom Berney, Rohini Sharma Joshi, Brid Cullen, Val Bissland, Liz O'Neill and (extreme left) Mike Liddle.

SOPA was welcomed by Sandra White and will continue to contribute to the Cross Party Groups. Click here for information on [Cross Party groups](#).

Meeting with Alex Neil, Cabinet Secretary, Health and Social Care

The third meeting this year with the Minister will take place on 21 November. Hazel Allen, Tom Berney, Rose Jackson, Bashir Malik, Joan Turner, Glenda Watt and John White will attend. Topics include end of life strategies, Highland Senior Citizens Network communications concerning the Care Inspectorate (stemming from the vote of no confidence at the 2012 Assembly), and 15 minute 'flying visits'.



Addressing human rights and challenging ageism have huge potential to change lives.

National Forum on Older Volunteering in Scotland (continued from page 2)

Volunteering brings personal benefits by adding meaning to life, as well as contributing to others' wellbeing. This two-way exchange is very valuable for older volunteers. Most people on the SOPA Committee are great examples of volunteers working for a more equal society. This is in addition to voluntary work within their own organisations. Below is a typical example of a SOPA Committee member.

Dumfries and Galloway Activities



Alan Sidaway knows from experience that a rural area needs a good transport network. He is currently working hard to improve this to ensure train and bus arrivals coincide. "We are also involved in discussions about the new hospital due to open in

2017. I also believe that a better society is created through generations working together, so I am part of a network developing opportunities for younger and older people to work, learn, volunteer, live positively together and share experiences. It is important to create more opportunities for co-operation between age groups as this can bring great mutual benefits. I find my work in this area extremely rewarding."

The Assembly 2013

SOPA Live

The Assembly will be streamed live. Glenda Watt is working with Highland Senior Citizens Network to ensure webcast connections to Inverness. Any other group wishing to connect to the webcast, contact Glenda Watt. An edited



Scottish Older People's Assembly
Edinburgh International Conference Centre
Thursday 5 December 2013



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The Scottish Older People's Assembly is a collaborative way to promote concerns to the Scottish and Westminster Governments. The Assembly supports or challenges legislation and policies and their implementation which have a bearing on the quality of later life in Scotland.

webcast will also be available on the SOPA 2013 webpage for six months.

Voting

After the morning discussion on the impact of welfare reform, voting for priorities will take place during the afternoon. The SOPA Committee will convey the results of these discussions and votes to Scottish and Westminster Governments early in 2014.

Registrations

Confirmation of places at the Assembly will be issued in mid-November.

Cancellations

If any registered delegate finds that they are not able to take up their allocated place, it would be greatly appreciated if Glenda Watt is informed at the earliest opportunity, so the place can be offered to someone on the waiting list.

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Negative Stereotypes

Unchallenged negative beliefs about being older can have very real detrimental effects on your memory, balance and even on how long you live. (Yale University Research)

SOPA campaigns for fair and equal access to resources for the older population.