

# physical disability strategy

a fairer Scottish Borders for people with a physical disability or long-term condition and their carers

NOVEMBER 2019



**physical disability strategy 2019**

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# FOREWORD



This strategy outlines the way in which the Integrated Joint Board (IJB), Scottish Borders Council (SBC), NHS Borders and the third sector aim to provide support for people with a physical disability or long-term condition to contribute, live and thrive in the Scottish Borders. It has been developed following a review of national and local strategies for people with a physical disability or long-term condition, and their carers.

Our aim is to work in partnership to provide a positive environment that supports not just people's health and wellbeing, but allows them to participate in and contribute to the communities they live in. We are committed to ensuring that all our services and supports are accessible for people with a physical disability and offer choice, increase confidence and independence, widen opportunities, and respect their rights.

The purpose of this document is to outline the ambitions we have for people living with a physical disability or long-term condition in the Borders.

It draws inspiration from the five ambitions set out by the Scottish Government's document, 'A Fairer Scotland for Disabled People', and focuses on a number of areas to improve services and opportunities. We have included an additional two ambitions to reflect the critical role carers play and the importance of suitable housing. Both ambitions were identified in the engagement and consultation stages of the strategy's development.

The high-level actions come from local knowledge about how to move forward with these ambitions. They also reflect the feedback from the review process and from conversations with stakeholders, including people with a physical disability or long-term condition and their carers.

We believe that direct involvement with people with a physical disability or long-term condition will ensure that services meet people's needs.

The opportunities to participate in the social, cultural and economic life of the Borders will ensure that people will achieve positive outcomes for themselves and the communities they live in.

Throughout the document, the term "people with a physical disability" will also relate to people with a broad range of disabilities and long-term conditions.

**Rob McCulloch-Graham**  
Chief Officer Health and Social Care



# INTRODUCTION

This document outlines the way in which services will be developed for people with a physical disability and their carers who are living in the Scottish Borders, now and in the future. While the principles it contains are not age specific, it does not include services for children and young people (0-16 years), which are covered in other strategies.

It outlines our seven ambitions, and considers a number of priority areas and improvements identified by focus groups and feedback from representative groups involved in the evaluation of our previous strategy. The actions are intended to improve opportunities and are important to people with a physical disability and their carers.

This strategy sits in the context of the Integrated Joint Board's strategic plan (Health & Social Care Strategic Plan 2018-21) which has a commitment to develop opportunities for people with a physical disability to fully engage in their local community, to have choice and control over how they are supported to live independently.



# OUR SEVEN AMBITIONS:

## Ambition 1

Support services in the Scottish Borders are designed and delivered to support all people with a physical disability to live the life they choose, to have control, to make informed choices and to have support to communicate this when needed at every stage of their lives.



## Ambition 2

People with a physical disability are able to participate fully in education and paid employment, enabling their talent and abilities to enrich the Scottish Borders. People with a physical disability are supported through transitions in their lives e.g. from school to work.



## Ambition 3

People with a physical disability can live life to the full in their homes and communities with housing designed and adapted to meet their needs.



## Ambition 4

People with a physical disability can live life to the full in their communities with transport designed and adapted to enable people with a physical disability to participate as full and equal citizens.



## Ambition 5

People with a physical disability are confident that their rights will be protected and they will receive fair treatment at all times.



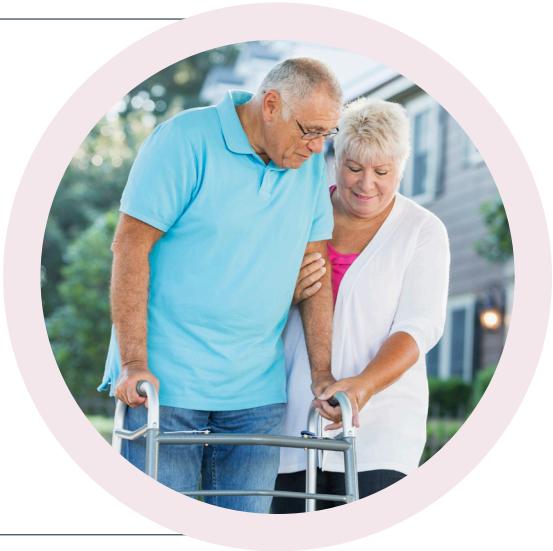
## Ambition 6

People with a physical disability participate as active citizens in all aspects of daily and public life in Scotland. People with a physical disability are involved in shaping their lives and the decisions that impact upon them.



## Ambition 7

Informal carers of people with physical disabilities and long term conditions are acknowledged and supported to recognise their rights as a carer.



These ambitions sit alongside, and should be considered with other strategic documents that explain plans to develop and improve a range of services across SBC, NHS Borders and the Third Sector.

# BACKGROUND

**The definition of ‘disability’ under the Equality Act 2010 is:**

*“having a physical or mental impairment that has a ‘substantial’ and ‘long-term’ negative effect on your ability to do normal daily activities”.*

**Public bodies have duties under this legislation to:**

- eliminate discrimination, harassment, victimisation and any other conduct that is prohibited under this Act
- advance equality of opportunity between persons who share a relevant characteristic (e.g. physical disability) and persons who do not
- foster good relations between people who share a protected characteristic (e.g. physical disability) and those who do not.

This document relates to people who have one or more physical impairments, which may be present from birth, acquired at any age, be temporary or longer term, stable or fluctuating.

Not all physical disabilities are visible or registered.

A physical disability is unique for each individual in the way it affects their life. It is not unusual for people to be affected by more than one health condition or physical disability, or for someone with a physical disability to experience mental health problems.

Services therefore need to be person-centred, with a clear understanding of an individual’s rights to independence, self-determination, dignity and respect.

Services need to take a holistic approach considering not only the individual, but also the needs of informal carers and their family.

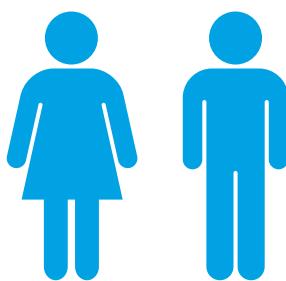


# LOCAL PROFILE OF PEOPLE WITH A PHYSICAL DISABILITY OR LONG-TERM CONDITION

The 2011 census revealed that the current population in the Scottish Borders is **113,870**.

## POPULATION 2011

**113,870**  
Total population  
of the Borders



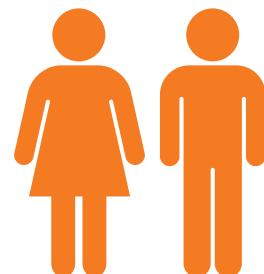
**34,000** approx  
People with one or  
more long term  
conditions  
(30%)

**58,563    55,307**

## PROJECTED INCREASE IN POPULATION IS SMALL

**113,870**  
2011

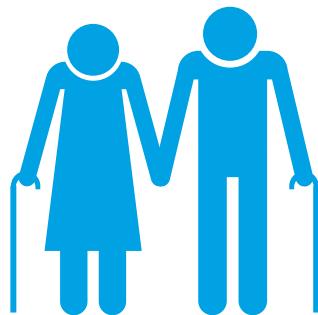
**114,881**  
2032



## OLDER POPULATION TO INCREASE SIGNIFICANTLY BY 2032

**32%**  
increase  
Age 65-74

**75%**  
increase  
Age 75+



## LONG TERM CONDITIONS



**60%**  
of people aged 65+ will  
have developed a long  
term condition.  
(3 in 5 people)

**75%**  
of people aged 75+ will  
have two or more long  
term conditions.  
(3 in 4 people)

People with multiple and complex physical disabilities are living longer. Projections indicate significant increases in incidents of diabetes, cancer, arthritis, sensory loss, dementia and obesity by 2032. These conditions affect the health and wellbeing of people, and their life chances, in different ways.

There are characteristics and circumstances which can further affect the health and wellbeing of those with a physical disability. These include age, gender, sexual orientation, being a parent or a carer, a migrant, having a problem with alcohol, or living in an area of higher deprivation. Each individual therefore needs to be viewed in a holistic way.

People with a physical disability are more likely to be living in poverty and living in the social rented sector than those who do not have a physical disability. Fewer people with a physical disability are in employment and education, compared to those who do not have a physical disability.

## SOCIAL WORK SPEND

Social Work spend **over 1 million pounds** on Homecare for people with a Physical Disability

**£1,028,038**  
total spend

**52,778**  
homecare hours  
per annum



## LIVING WITH A PHYSICAL DISABILITY

According to the 2011 census

**6,995**  
people in the Borders  
live with a physical  
disability

**16%**  
of respondents to Scottish  
Borders household survey  
identified themselves  
as having some type of  
physical disability



# OUR COMMITMENT

The Integrated Joint Board, Scottish Borders Council and NHS Borders are committed to working in partnership with the third sector to meet the seven ambitions and support the health, wellbeing and inclusion of people with a physical disability and their carers.

By enabling and supporting people with a physical disability to be active in all aspects of life in the Borders, including decision making and co-production of services, we will make the Scottish Borders a fairer place to live.

Through our Community Planning Partnership, we are committed to reducing inequalities that can affect the health and social outcomes for people with a physical disability. This includes working on access to opportunities for work or learning, a reasonable income, and participation in wider social and cultural activities. It is consistent with national and local strategic outcomes for more accessible services and communities.

We are committed to developing and improving services based on the priority areas identified by people with a physical disability and their carers.

The sections below outline how we plan to turn these ambitions into a reality by articulating what we want and describing how we will do it. The actions reflect the priorities identified by people with a physical disability during the evaluation of the previous strategy. There is also a description of what success looks like. The Joint Physical Disability Strategy group will oversee the development and delivery of this plan and send annual updates to the Integrated Joint Board on its progress.

## Ambition 1

Support services in the Scottish Borders are designed and delivered to support all people with a physical disability to live the life they choose, to have control, to make informed choices and to have support to communicate this when needed at every stage of their lives.

### **In the Borders, we want:**

- Support and resources for healthy living to be accessible and appropriate for people with a physical disability, including smoking cessation support, resources for mental health and wellbeing, healthy eating, community health and wellbeing programmes
- People with a physical disability and people with a long term condition to have access to the right information support at the point of diagnosis
- People with a physical disability to be able to participate as active citizens in all aspects of daily and public life
- Support for independent living for people of all ages with a physical disability, and increased say over how that support will be managed and provided
- The provision of high quality health and social care services, with all organisations working together to remove the barriers faced by people of all ages with a physical disability
- Design and delivery of services will require input and sign off by representatives for those with physical disabilities.

### **Turning ambitions into action:**

- We will promote Ability Borders to be the 'go-to' group so that people with physical disabilities have a forum to comment on the choice, quality and effectiveness of services.
- We will ensure that prevention and early intervention activities that aim to maintain health and wellbeing are inclusive of people with a physical disability.

### **What will success look like:**

- We will know when we are successful when organisations routinely request input and commentary and can be measured by an increase of people contacting Ability Borders.



## Ambition 2

People with a physical disability are able to participate fully in education and paid employment, enabling their talent and abilities to enrich the Scottish Borders. People with a physical disability are supported through transitions in their lives e.g. from school to work.

### **In the Borders, we want:**

- People with a physical disability to be visible and participating within communities, learning, education, volunteering and employment
- Equal opportunities for people with a physical disability in education and employment
- Greater understanding and a positive attitude amongst employers and educators to people with a physical disability
- Improved awareness and understanding of discrimination, prejudice and barriers faced by people with a physical disability including the physical environment, stigma and negative attitudes.

### **Turning ambitions into action:**

- As public bodies, we will ensure that we are monitoring and reporting on our compliance with the Equality Act duties to raise awareness and promote the rights of people with a physical disability.
- We will actively engage with major employers and institutions in the Scottish Borders and explore what proactive steps they can take to improve employment for people with physical disabilities.

### **What will success look like:**

- We will know when we are successful when employment, volunteering and education rates for people with physical disabilities increase.



## Ambition 3

People with a physical disability can live life to the full in their homes and communities with housing designed and adapted to meet their needs.

### **In the Borders, we want:**

- Greater and more meaningful involvement by people with a physical disability in designing policies and services.
- People with a physical disability to benefit from increased availability of affordable and accessible housing to support them to continue to live independent lives.
- Increased awareness of the additional barriers that living in rural or remote areas can bring for people with a physical disability.

### **Turning ambitions into action:**

- Engage with Registered Social Landlords and ensure that the needs of people with Physical Disability are fully considered.

### **What will success look like:**

- We will know when we are successful when more houses for people with Particular Needs are available for people with a physical disability.
- The supply of housing meets the needs of our communities.



## Ambition 4

People with a physical disability can live life to the full in their communities with transport designed and adapted to enable people with a physical disability to participate as full and equal citizens.

### **In the Borders, we want:**

- Greater and more meaningful involvement by people with a physical disability in designing policies and services.
- Increased availability of accessible and inclusive transport and services.
- Increased awareness of the additional barriers that living in rural or remote areas can bring for people with a physical disability.

### **Turning ambitions into action:**

- Review barriers to transport for people with disabilities and with advice from key community planning partners, develop suitable actions to address these concerns.

### **What will success look like:**

- We will know when we are successful when transport as a reported barrier to participation reduces.



## Ambition 5

People with a physical disability are confident that their rights will be protected and they will receive fair treatment at all times.

### **In the Borders, we want:**

- People with a physical disability to be treated as equal citizens within all elements of society, with full access to the physical environment, advocacy and support, information and advice.

### **Turning ambitions into action:**

- Actively promote the rights of people with physical disabilities
- Take steps to tackle discrimination and reduce stigma associated with physical disability and promote physical disability awareness among service providers.
- Public bodies will carry out Equality Impact Assessments on policies and service plans to ensure that universal and targeted services are accessible to people with a physical disability.

### **What will success look like:**

- We will know we are successful when people with disabilities report positive outcomes in all areas of life.



## Ambition 6

People with a physical disability participate as active citizens in all aspects of daily and public life in Scotland. People with a physical disability are involved in shaping their lives and the decisions that impact upon them.

### **In the Borders, we want:**

- People with a physical disability to be empowered through peer support and learning and development opportunities to participate fully as active citizens.
- Increased understanding of the needs of people with a physical disability.
- Communication to be accessible to, and inclusive of, all.
- The barriers facing people with a physical disability to be known, understood and addressed.
- People with a physical disability have access to the networks that support them to make connections, build resilience and cope with challenges.

### **Turning ambitions into action:**

- Each decision-making process should have a person with a physical disability or representative as part of the process.
- Assess if the wider physical and cultural environment is designed and adapted to enable people with a physical disability to participate as full and equal citizens.

### **What will success look like:**

- We will know we are successful when all major strategic developments have been considered and commented on by a person with a physical disability.



## Ambition 7

Informal carers of people with physical disabilities and long term conditions are acknowledged and supported to recognise their rights as a carer.

### **In the Borders, we want:**

- To support carers' health and wellbeing and help make caring more sustainable
- Carers to have access to assessment and support in their own right.

### **Turning ambitions into action:**

- We will review physical disability services to ensure that carers are actively identified.
- We will involve and consult with carers in relation to strategic developments in physical disability services.

### **What will success look like:**

- We will know we are successful when there is an increase in the number of carers, caring for someone with a physical disability or long term condition receiving, a carers support plan.





# SUMMARY

This document outlines the way in which NHS Borders, Scottish Borders Council, the Integrated Joint Board and the Third Sector will improve and develop opportunities for people with a physical disability.

Our approach is based on national ambitions and our actions reflect the feedback and priorities discussed by people with a physical disability and their carers living in the Scottish Borders.

An implementation plan for this strategy is being developed. This will be monitored and reviewed by the Joint Physical Disability Working Group, who will report progress to the Integrated Joint Board which is accountable for the planning and commissioning of services for people with a physical disability in the Scottish Borders.

This strategy is one of a number of documents that outline plans to develop and improve a broad range of services across SBC, NHS Borders and the Third Sector and should be read in conjunction with those mentioned as well as those having an impact on people with a physical disability.

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