

# OUTCOMES FOR OLDER PEOPLE



What impact do council services have on enabling older people to be independent for longer and stay in their own homes if they wish?



## ADULT SOCIAL CARE

Adult social care offers a range of support which enables older adults to be safe and stay independent for longer.

These include care assessments for older people and support for those eligible for social care to exert more control and choice over the support they receive via Self Directed Support.

Adult social care offers: a range of personal and nursing care; supported or sheltered housing to support older people to live independently; dementia services; and support for carers, including short breaks. It also offers residential care homes, when care needs cannot be met in an individual's own home, and nursing care homes which provide the additional support of qualified nurses.



## CULTURE AND LEISURE

Participation in culture and leisure have a positive impact on the physical, mental and emotional wellbeing of older people as well as promoting social inclusion,

independence and community cohesion. Older adults who exercise have better cognitive function. Getting out to libraries/museums/leisure centres can result in positive social connections.

Libraries, museums and leisure centres all provide tailored services/courses/classes for older people. For example, leisure centres provide exercise classes that focus on reducing risks of falls by helping individuals strengthen their muscles and maintain a healthy weight. Exercise classes also boost participants' mood and offer an opportunity to meet other people, while libraries promote digital inclusion for older people.



## ENVIRONMENTAL SERVICES

By providing good street lighting and safe and high-quality pavements for older adults, environmental services support older people to live independently for

longer. They also support a healthy and enjoyable neighbourhood environment by street cleansing and waste services.

Environmental services provide consumer protection, and money and debt advice. Environmental services also ensure a healthy and safe living environment for residents, including food safety (licences); pollution; private water supplies; public health nuisances (noise; dirty houses/gardens; dog issues; fly tipping; litter; graffiti).



## HOUSING

Across Scotland councils have multiple roles in housing. They are generally a social landlord (26/32) and by providing affordable, well designed (and adapted

when needed) and insulated homes for older people they enable them to stay healthier and at home longer. They also offer sheltered housing.

Councils also play a role in private housing, by licencing houses of multiple occupancy, keeping a register of all private landlords and tackling sub-standard housing. They also offer housing advice, distribute housing benefit and tackle homelessness.

At the strategic level councils must assess and respond to housing need for their area, which against a backdrop of an ageing population has an increasing focus on meeting the needs of older people.



## ECONOMIC DEVELOPMENT

Councils' economic development services play a vital role in supporting a thriving and sustainable local market for older peoples' social care services, including

the development of community led approaches, and increasing use of social/micro enterprises and this

enables older people to stay at home.

They also support thriving local businesses that enable older adults to access the services they need in their local area and support the development of age friendly communities, with appropriate housing, access, transport, local services and amenities.