

Adult
and
Health



[Alzheimer's/Dementia](#)

[Care Homes/Care at Home](#)

[Disabilities](#)

[Older People](#)

[Other Health & Social Care](#)

[Other](#)

Alzheimer's/Dementia

[New compound of designer molecules may help treat dementia](#)

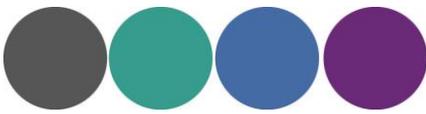
The Alzheimer's Society reports on a study by Yale University on a compound of designer molecules that may help treat dementia by interfering with the first step of Alzheimer's disease. It is noted that the compound was found to restore memories in mice during the study.

[New website aims to make music available for people living with dementia](#)

A new website aims to make music available to everyone living with dementia with 2020. 'Making Music for Dementia 2020' aims to be a central information hub for advice, evidence-based research, and expertise on why music is 'essential' for people living with dementia and their carers.

[Study to look at links between gut bacteria and dementia](#)

The Herald reports on a study to be conducted by researchers at Aberdeen University, on the potential links between gut bacteria and dementia. The study will be funded by the Scottish Government and NHS Grampian's endowment fund, and will compare the composition of bacteria in different people's digestive system to examine if it influences cognitive decline such as memory problems and confusion, as well as the behaviour symptoms associated with dementia.



Care Homes/Care at Home

[Workforce data report for care homes in the independent social care sector](#)

Scottish Care has published a short report on workforce data for care homes in the independent sector, in order to gauge an up to date picture of workforce trends and challenges in care homes. The data is from 115 respondents, made up of 79% nursing homes and 21% residential care homes, and range of service sizes. Scottish Care reports on data about the care home workforce, vacancies and agency use, turnover, and training, learning and support.

[Charity calls for 'strong whistleblowing culture' in care homes \(England\)](#)

The charity Protect writes in Carehome.co.uk on the need for care home managers and owners to adopt a 'strong whistleblowing culture' in care homes. They make a number of recommendations based on calls to their whistleblowing advice line, including the need for a Care Quality Commission (CQC) inspector designated for each home who is responsible for raising whistleblowing issues from staff members and monitoring their resolution and spot checking that they do not recur, and improved protection for the person raising the concern, better training for managers to enable them to deal with concerns, to be believed and listened to.

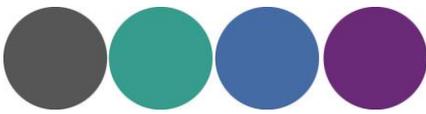
[Report calls for bringing younger and older people together \(England\)](#)

A report published by United for All Ages, 'The Next Generation', calls for younger and older people to be brought together for intergenerational interaction, Nursery World highlights. Using evidence from existing intergenerational projects, the report claims that children involved in intergenerational projects have better reading and communication skills, are more 'school-ready' and demonstrate more empathy. Recommendations include that every nursery, childminder, parent/toddler group and children's centre link with a local older people's care home or housing scheme and vice-versa.

Disabilities

[Talking about tomorrow – preparing parents and carers for transition at age 16 – 13 March 2019](#)

Contact, Lead Scotland, Gillespie Macandrew and ARC Scotland will hold the first national conference on transitions for parents and carers of young disabled adults, which the ALLIANCE is publicising. The event will be hold on 13 March 2019 in Glasgow and topics will be relevant to every parent of a young disabled adult, from preparation and planning for the future, through options and funding, to safeguarding their own health and that of the young person being cared for.



Older people

[Study suggests that a sense of purpose promotes health and happiness in later life \(England\)](#)

Carehome.co.uk reports on a study published in the Proceedings of the National Academy of Sciences (PNAS) journal which examines data from the English Longitudinal Study of Ageing on how worthwhile participants felt the things they do in life are, on a scale of one to 10. The study reportedly finds that participants with ratings of 9 or 10 walk 18% faster than those with scores of 0-3 and have a 13% higher concentration of vitamin D. They are also twice as likely to report having good sleep, whereas participants with low ratings are twice as likely to develop depressive symptoms, and 30% more likely to develop chronic pain.

Other Health and Social Care

[Annual returns live for service providers](#)

The Care Inspectorate's annual return will be available from 4 to 15 February 2019 for service providers to complete. All service types must complete their annual returns electronically, using the Care Inspectorate's eForms system. Even inactive services must submit an annual return.

[Guidance for raising concerns in the workplace](#)

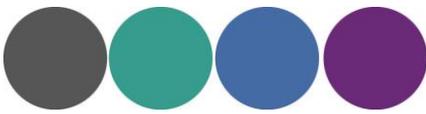
Guidance has been published by the Scottish Social Services Council (SSSC) for employers, social service workers and social work students, for raising concerns in the workplace. It explains the difference between raising a concern and whistleblowing and when a person raising a concern qualifies for legal protection under whistleblowing law. The section for employers and managers gives guidance to about how to deal with concerns and indicates what kind of culture, systems and processes should be in place to help staff speak up.

[Social services awards now open for entries](#)

The Scottish Social Services Awards 2019 are now open for entries from people who are registered with the Scottish Social Services Council (SSSC) or who work for an organisation inspected by the Care Inspectorate. There are 10 categories, including a special Policy Focus award, and the entry deadline is 15 February 2019.

[Plan for NHS to tackle major conditions \(England\)](#)

The NHS Long Term Plan has been published with a blueprint to make the health service in England fit for the future, and reportedly save almost half a million more lives and tackle major physical conditions such as heart attacks, strokes and dementia.



Other

[Announcement of Chair of new Social Security Commission](#)

The Scottish Government has announced that the Chair of the new Social Security Commission will be Dr Sally Witcher OBE. The Scottish Commission on Social Security will provide independent and expert scrutiny of the Scottish social security system (including the benefit regulations).

Disclaimer

This weekly bulletin is produced as an update on the key issues concerning adults and health.

Each item in the bulletin has a hyperlinked headline that will take the reader to the original source.

We collate items from our parliamentary and Scottish Government monitoring covering health and social care news from throughout the UK, and current research and policy development. We use a variety of sources for the bulletin, including alerts from [Newsdirect](#), [Community Care](#), [Children & Young People Now](#) and [ISD Scotland](#).

We aim to be representative rather than comprehensive, so we try to cover only the main Scottish stories, along with some stories from the rest of the UK. The purpose of the bulletin is to alert readers to items of interest. It should be noted that these items are the works of others and are neither authorised nor endorsed by the Care Inspectorate, with the exception of publications which are identified as Care Inspectorate publications.

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