

Adult and Health



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[New drug driving limits and roadside testing](#)

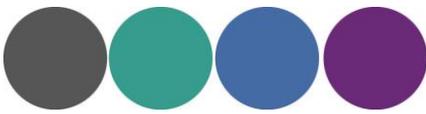
The Scottish Government has announced the introduction of new drug driving limits and roadside testing on 21 October 2019. Currently, existing law makes it an offence to be in charge of a motor vehicle while unfit through drink or drugs. The new approach means there will no longer be a requirement to prove someone is driving in an impaired manner, as there will be a zero tolerance approach to eight drugs most associated with illegal use, including cannabis, heroin and cocaine, and other drugs associated with medical use will have limits based on impairment and risk to road safety.

Alzheimer's/Dementia

[Dementia benchmarking toolkit](#)

The Information Services Division has published a Dementia Benchmarking Toolkit, which provides a mechanism for monitoring and tracking change and improvement over time in respect of dementia services in Scotland. The main points for Scotland as a whole for the year ending March 2017 include:

- the number of paid items for dementia drugs increased from 233.5 in 2015/16 to 244.1 per 1,000 population aged 65 years and above in 2016/17
- The number of care home registered places for older people decreased from 38.4 in 2015/16 to 37.3 per 1,000 population aged 65 years and above in 2016/17



Alzheimer's/Dementia

[Study suggests staying active may help maintenance of memory and thinking skills](#)

The Alzheimer's Society is highlighting a new study by Rush University Medical Centre, published in Neurology, which suggests that older adults who move more than average - either in the form of daily exercise or just routine physical activity such as housework - may maintain more of their memory and thinking skills than people who are less active than average.

Learning Disability

[Chief Executive to leave Scottish Commission for Learning Disability](#)

The Scottish Commission for Learning Disability (SCLD) has announced that their Chief Executive will be leaving his role and applications for his successor opened on 14 January 2019.

Mental Health

[Guide to Named Person under mental health law](#)

The Scottish Government has published the latest in a series of guides with information on mental health law in Scotland, on the named person. The guide provides information on the role of the named person as set out in the Mental Health (Care and Treatment) (Scotland) Act 2003, who can look after a person's interests when that person is subject to compulsory powers under the law, such as compulsory treatment or detention in hospital.

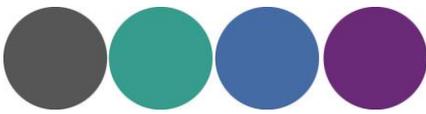
['Sandwich carers' more likely to report symptoms of mental ill-health](#)

The Office for National Statistics has presented self-reported information from the General Health Questionnaire (GHQ), showing that 'sandwich carers' who care for both sick, disabled or older relatives and dependent children, are more likely to experience symptoms of mental ill-health such as anxiety and depression, than the general population.

Nutrition

[New guide to portion sizes \(England\)](#)

The British Nutrition Foundation has published a new guide to portion sizes to suggest how much food people should eat during the day to stay healthy, and help combat the reported obesity crisis, the Guardian reports. The guide spells out how much of each sort of food – starchy carbohydrates, protein, dairy, fruit and vegetables and oils and spreads – constitute a healthy diet within the 2,000 calories a day that women need and 2,500 for men. The portion sizes are expressed through spoon and hand measurements in an effort to make it easier for people.



Other Health and Social Care

[Figures on staff vacancies in social care services](#)

New figures on the levels of staff vacancies in Scotland's social care services have been published by the Care Inspectorate and the Scottish Social Services Council (SSSC), providing a national overview of vacancies and recruitment difficulties reported by care services to the Care Inspectorate, the body which registers and inspects all social care services. It also introduces for the first time data on the actual number of vacancies services have, held by the SSSC, the social service workforce regulator.

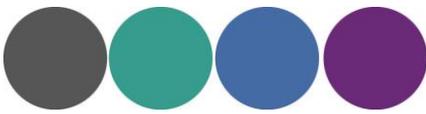
[Data on registered care services published](#)

The Care Inspectorate has published a Statistical Summary Report for Quarter 3 of 2018/19 with data on the number of registered care services, new registrations and cancellations, complaints about care services and grades all by care service type and or service sector.

Other

[Social security charter](#)

The Scottish Government has published 'Our Charter' setting out the principles from the Social Security Act and outlining what they will mean in practice for people engaging with Scotland's new social security system. The charter has been created by people with experience of the existing social security system and outlines in detail what can be expected from the Scottish Government and Social Security Scotland for anyone accessing Scotland's new social security system.



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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