




# Adult and Health



[Alzheimer's/Dementia](#)

[Care Homes/Care at Home](#)

[COVID-19](#)

[Learning Disabilities](#)

[Mental Health](#)

[Other Health & Social Care](#)

[Other](#)

[Self-Directed Support](#)

## Alzheimer's/Dementia

### [Benefits of walking football](#)

A new study has been published in the journal 'Sport in Society' by the University of the West of Scotland and Alzheimer Scotland on the benefits of walking football on men over 70 who are living with dementia. The qualitative study explores how walking football sessions are designed and delivered for, and experienced by people living with dementia and their family carers, and how walking sports such as a football can be viewed as a psychosocial intervention and modified to promote the inclusion and agency of people living with dementia and respite for family carers.

## Care Homes/Care at Home

### [Fortnightly inspections report](#)

The Care Inspectorate has laid before the Scottish Parliament a report of inspections it has carried out in care services since those detailed in the previous report to Parliament on 30 September 2020. In order to robustly assess the arrangements put in place by care services to respond to the COVID-19 Pandemic, Care Inspectorate inspections place a particular focus on infection prevention and control, personal protective equipment and staffing in care settings.



### [Updated guidance on visiting care homes](#)

Updated guidance on visits to care homes has been published by the Scottish Government. [A table outlining the changes](#) to existing guidance is set out in a letter from the Cabinet Secretary for Health and Sport, which includes (all with safety and infection prevention recommendations to be in place):

- Indoor visiting to up to four hours
- Outdoor visiting to up to one hour, with up to six visitors from up to two households. Children and young people can also be supported to attend
- Increased flexibility around the circumstances and definition of essential visiting, to include visits to prevent or respond to a decline in residents' health and wellbeing, to help with communication and distress and in end of life care

### [Updated guidance for care homes](#)

Health Protection Scotland has published updated guidance on care home settings for adults and older people, to reflect the update to care home wellbeing and visiting guidance.

### [Weekly data for COVID-19 in care homes](#)

The Scottish Government has published the weekly data on COVID-19 testing and deaths in adult care homes. The testing for COVID-19 is split by care homes with confirmed COVID-19 and without confirmed COVID-19, presented by NHS Health Board, and the number of deaths reported to the Care Inspectorate include COVID-19 and non-COVID-19 related deaths.

### [Proposals to create Coronavirus-dedicated care homes \(England\)](#)

Letters have reportedly been sent by the UK Government's Department of Health and Social Care (DHSC) to local councils in England, asking for care homes to be identified that could be used as dedicated Coronavirus-positive, according to the Guardian.

## **COVID-19**

### [Restrictions to remain and further face covering rules](#)

The Scottish Government has confirmed that existing COVID-19 restriction will remain in place, and changes will be made to face covering rules to include the wearing to face coverings in a workplace canteen, when not seated at a table, and in other indoor communal workplaces. The regulations for face coverings do not currently apply to school, early learning and childcare settings.

### [Guidance for social, community and residential care settings](#)

Health Protection Scotland has published updated information and guidance for social, community and residential care settings. This guidance is to support those



working in Social, Community and Residential care settings to give advice to their staff and users of their services about COVID-19. It does not cover care home settings, as separate guidance is provided for care home settings.

#### [Highlighting guidance on reopening day centres for adults](#)

The Scottish Government's Cabinet Secretary for Health and Sport Jeane Freeman has written to health and social care stakeholders highlighting guidance on the reopening of day centres for adults, as published in August. The letter reiterates the importance of daytime support to people who need it and highlights that processes for signing off reopening plans should be well understood locally.

#### [Use of Scottish Government powers during August and September](#)

The Scottish Parliament's COVID-19 Committee is seeking views on the third report to the Scottish Parliament on the Coronavirus Act. The committee is seeking views on how the Scottish Government's new powers provided by the Act have been used over August and September. The consultation will close on Monday 19 October.

#### [Three tiered alert system to be introduced \(England\)](#)

The UK Government has announced the introduction of a three tiered COVID-19 alert system in England, consisting of 'medium', 'high', and 'very high'. The medium level – which currently covers most of England – will consist of the current measures, including the rule of six and the closure of hospitality businesses at 22:00. The high alert level will reflect many current local interventions which aim to reduce household transmission by preventing all mixing between households indoors, while the very high alert level will apply where transmission rates cause the greatest concern, leading to the closure of pubs and bars unless they can operate as a restaurant.

#### [Review of use of DNACPR during pandemic \(England\)](#)

The UK Government's Department of Health and Social Care has commissioned the Care Quality Commission (CQC) to review how Do Not Attempt Cardiopulmonary Resuscitation (DNACPR) decisions were used during the coronavirus pandemic, as earlier in the year concerns have been widely reported that elderly and vulnerable people may be being subjected to DNACPR decisions without their consent or with little information to allow them to make an informed decision.

### **Learning Disabilities**

#### [Putting relationships at the heart of services](#)

The Scottish Commission for Learning Disability (SCLD) has published a blog by Amanda Welch, an Inspector for the Care Inspectorate, detailing how relationships need to be placed at the heart of services, particularly given the recent uncertainties in routines and environments. Ms Welch is also exploring how to find out more about the experiences of people with learning disabilities who receive services in Scotland during the pandemic, the impact restrictions have had on them, and what they are doing or how they are being supported to make the most out of life.



## **Mental Health**

### [Statement on moves from hospitals to care homes for people who lack capacity](#)

The Mental Welfare Commission (MWC) has updated its position statement on Section 13ZA, Social Work (Scotland) Act 1968 in relation to coronavirus. Introduced during the COVID-19 pandemic, the Coronavirus (Scotland) Act outlines easements to the act which cover the practice of moves from hospital to care homes for people who lack capacity. These easements have never been enacted and have now expired. The statement provides advice to services on the existing legal position when considering these moves.

### [Funding to replace mental health dormitories \(England\)](#)

The UK Government has pledged more than £400m to replace dormitories in mental health facilities with single en-suite rooms. The funding, committed over the next four years, aims to improve the safety and dignity of patients suffering with mental illness. Removing dormitories will also improve the individual care that can be given to patients and allows for better infection control.

## **Other Health and Social Care**

### [Proposals to change the process for producing guidance](#)

As part of the work underway to review the methods and processes the National Institute for Health and Care Excellence (NICE) uses to develop guidance on medicines, medical devices and diagnostics, NICE has launched a public consultation on proposals for changing how it selects the topics it will develop guidance on. The proposals clarify the criteria that would see a device or diagnostic selected for NICE guidance development.

### [Survey on people's experience of health and care](#)

The results of the Health and Care Experience Survey for 2019/20 have been published by NHS Scotland. The Survey asked about people's experience of accessing and using their GP practice and other local healthcare services; receiving care, support and help with everyday living; and caring responsibilities.

### [Annual assessment of health and social care \(England\)](#)

The Care Quality Commission (CQC) has published their annual assessment of the state of health and social care in England, which looks at the quality of care over the past year. This includes the period before the full impact of COVID-19 began to be felt and CQC's routine inspections were suspended as a result of the pandemic. Amongst other findings, the assessment reportedly states that the social care sector has been fragile as a result of the lack of a long-term funding solution, and in need of investment and workforce planning, and that COVID-19 has, "not only exposed but exacerbated existing problems."



### [Plans to monitor infection prevention and control \(IPC\) over winter \(England\)](#)

The Care Quality Commission (CQC) has outlined plans to monitor infection prevention and control over winter in care and hospital locations. Their IPC inspections are already being rolled out across care locations in England and they will share the results of those inspections on our website in a simple and easy to access layout so that the public can be assured across a number of key criteria that a care location has an effective approach to infection prevention control.

### **Other**

### [Commission on the role of housing in the future of care and support](#)

The Social Care Institute for Excellence (SCIE) has announced it will lead on a new commission to develop an evidence-based vision and roadmap for housing in the future of care and support. The Commission will review progress of the 2014 Commission on Residential Care's recommendations, taking account of COVID-19, and will consider all forms of housing services that provide care and support including care homes (both residential and nursing) and housing with care (supported living, extra care, shared lives and home share).

### [Effect of welfare policies on people's lives](#)

The UK Parliament's Scottish Affairs Committee has launched an inquiry into welfare policy in Scotland. The inquiry will examine the impact of welfare policies on claimants across Scotland; poverty and inequality levels more broadly; the effectiveness of Scottish Choices in welfare payments; and the impact of Universal Credit policies unique to Scotland.

### [Appointment of SCVO Honorary President](#)

The Scottish Council for Voluntary Organisations (SCVO) has announced that Maureen McGinn, who is currently the Convenor of the Children in Scotland Board, will join them as their Honorary President.

### [Relaunch of personalised care coalition](#)

The British Association of Social Workers (BASW) is supporting the re-launch of the Coalition for Personalised Care (C4PC). C4PC, which was previously known as the Coalition for Collaborative Care, is a group of organisations and individuals which comes together with the goal of achieving personalised care for everyone, and includes voluntary, community and social enterprise organisations, royal colleges, academic bodies, improvement organisations, health and care practitioners and people with experience of accessing health and social care services.

### [Whistleblowing Officer to commence in April 2021](#)

The Scottish Government's Cabinet Secretary for Health and Sport, Jeane Freeman, has confirmed that the role of the Independent National Whistleblowing Officer will be implemented with effect from 1 April 2021. The role was originally due to go-live



in Summer 2020 but this was revised in view of the current pandemic and in consultation with the Scottish Public Sector Ombudsmen.

## **Self-Directed Support**

### [Research into SDS and social care experiences](#)

The Health and Social Care Alliance Scotland (the ALLIANCE), together with Self Directed Support Scotland, has published research into people's experiences of self-directed support (SDS) and social care. The project, 'My Support, My Choice', asked people via survey, interviews and focus groups about how they got information about SDS, how much choice and control they had over their social care, communication and relationships with social work, care staff recruitment, training and quality, and their access to independent advocacy, advice and support.

### **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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