

5 – 11 December 2025



bulletin



# Adult<sup>and</sup> Health

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## Carers

### [Support for carers](#)

The Scottish Government has announced that a Carer Additional Person Payment, worth up to £520 a year, will be available from March 2026, available to people who care for more than one disabled person.



## Equalities

### [Equality and Human Rights Mainstreaming Strategy](#)

The Scottish Government has published their Equality and Human Rights Mainstreaming Strategy, setting out their approach to embedding equality and human rights into everything it does across government and encouraging the same approach across the wider public sector. The Strategy is supported by an [Action Plan](#) and a [Toolkit](#), and an accountability framework is to be published in summer 2026 to set out structures for oversight, accountability and delivery. The vision is to “support the continued growth of strong communities across Scotland, built on a foundation where everyone can fully realise their human rights. These communities will be diverse, inclusive, empowered, resilient and safe. We are committed to addressing the systemic inequalities that persist in Scotland.”

### [Annual assessment of human rights in Scotland](#)

The Scottish Human Rights Commission (HRC) has published its annual assessment of how human rights are being realised across Scotland. The ‘State of the Nation: Economic, Social and Cultural Rights in Scotland’ report focuses on economic, social and cultural rights, the rights that ensure everyone can live with dignity: rights to adequate housing, health, social security, food, and fair working conditions. Reportedly finding ten areas of concern across Scotland, the SHRC report highlights that healthcare is not always available where and when people need it, the support for people with learning disabilities and autism to live in their own homes is inadequate, and people cannot access effective justice or remedies when their ESC rights are not realised.

### [Proposals for Public Sector Equality Duty improvement activity](#)

The Scottish Government has published ‘Regulation 12 Report: Published Proposals to Enable Better Performance of the PSED in Scotland – 2025-29’, setting out their proposals to help listed authorities in Scotland improve their performance in relation to the general equality duty as set out in the Equality Act 2010. Proposals for action include Pay Gap Action Plans, stakeholder engagement on PSED improvement, improving the wider public sector’s understanding of, and engagement with, the fostering good relations element of the general equality duty, and increasing the emphasis on senior accountability in relation to PSED.

## Justice

### [Review of remand prisoners’ experiences](#)

HM Inspectorate of Prisons for Scotland (HMIPS) has published a report on ‘Remand Prisoners’ Experiences in the Scottish Prisons System’, which notes that while the number of people spending time on remand has risen in recent years, and the length of remand stays has increased, remanded prisoners tend to experience the harshest regime of all Scottish prisoners. It notes the severe impact that pre-trial detention can have on individuals and their families, often leading to loss of housing



and employment, a deterioration in relationships, and increasing the risk of poor mental health and self-harm.

## Older People

### [Focus on Frailty programme update](#)

Healthcare Improvement Scotland has published an update on progress, impact and next steps of the Focus on Frailty improvement programme. The update provides examples of impact, achievements and next steps.

## Other Health and Social Care

### [Flu cases expected to spike](#)

The Scottish Government's Health Secretary has warned that cases of flu are expected to spike in the coming weeks, and that "It is impossible to tell for certain because it depends on how the flu spreads, but at the moment it appears to be following the same trajectory as we saw last year which saw a short and sharp, sudden spike", the BBC reports. The Health Secretary is reportedly urging those eligible for a vaccine to take up the offer and anyone who can afford a private vaccine to do so.

### **Disclaimer**

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

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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