



ACTIVE & INDEPENDENT  
LIVING PROGRAMME

# Allied Health Professions Co-creating Wellbeing with the People of Scotland

Active and Independent Living Programme

**Dr Sarah L Mitchell - Programme Director**  
**Scottish AHP Stroke Forum – *Brave New World***  
**8<sup>th</sup> June 2017**

# Co-Production of AILP



- 20+ events
- >1000 stakeholders
- Delegates from:
  - Service Users and Carer Groups
  - Third Sector
  - Education
  - Health
  - Social Care
  - Fire Service
  - Police
  - Ambulance
  - Housing



# AILP VISION



Allied Health Professionals will work in partnership with the people of Scotland to enable them to live healthy, active and independent lives by supporting personal outcomes for health and wellbeing.

# AILP AIMS



- AILP aims to provide focus to the contribution AHPs make, working with other professions and partners across agencies to improve the health and wellbeing of the population throughout the life-course.
- It offers opportunities to fully realise the benefits of an emphasis on wellbeing and wellness, in addition to the effective treatment of ill health.
- It sits neatly within the objectives of the Health and Social Care Delivery Plan by focusing on the AHP contribution to delivering better health, better care and better value.

# AILP Ambitions for AHPs in H&SC



- AHPs promoting Health & Well Being and early intervention
- AHP Services are easily accessible
- All stakeholders are aware of AHP Services
- AHPs working in Partnership
- AHPs delivering excellence through research and innovation
- AHP Workforce equipped to contribute to future health and social care requirements of population

# The importance of data to underpin the programme



- AHPOMs implemented nationally so we have a source of standardised AHP data recorded regularly.
- Benefits include;
  - Benchmarking
  - Demonstrating AHP contribution to health and social care
  - Evidence base for quality improvement
  - Trends and predictive modelling
- AHP data used with wider public health data
- Scotland as an international leader in AHP data
- Consultation – 16<sup>th</sup> June 2017
- <http://www.isdscotland.org/Products-and-Services/Data-Definitions-and-References/Allied-Health-Professionals-National-Dataset/Operational-Measures.asp>

# The improvement programmes 2017-18

## Building on our successes

- MSK Programme
- Falls Programme
- CYP
- Dementia
- Operational Measures

## New Initiatives

- Vocational Rehabilitation
- Anticipatory Care
- Health & Well-being
  - Move and Improve
  - Eat Well
  - Make Every Communication Count
  - The LifeCurve

# What about AHP Stroke services and AILP?



Direct application to all AHP services including stroke rehabilitation .....

- All 6 ambitions
- The transformational approaches to access from MSK
- The approaches to community rehabilitation from falls programme
- Vocational rehabilitation and the fit note
- Dementia programme - connecting people connecting support
- Anticipatory care planning
- And all the health and wellbeing approaches



# What about Stroke services and AILP? – ‘The Brave New World’



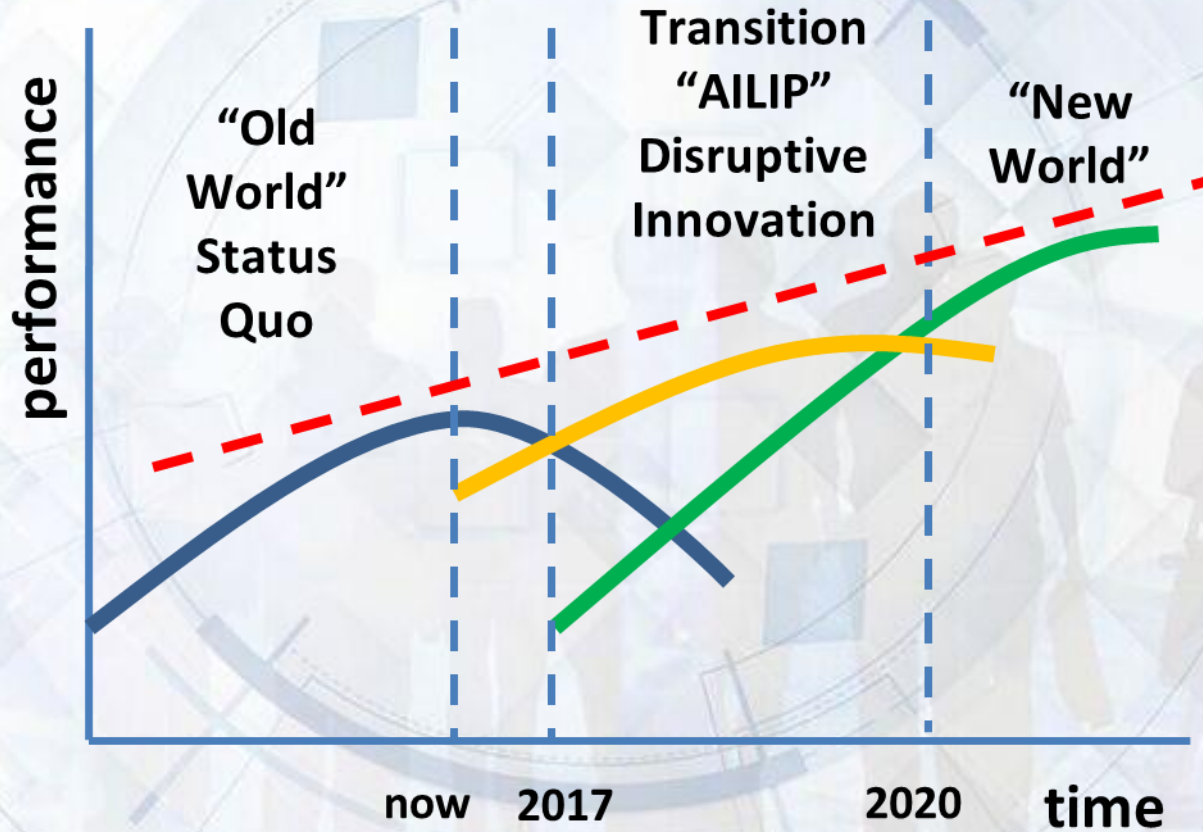
How well are you .....

- Ensuring people know what AHPs can offer across general stroke services – what is our contribution? How is this articulated?
- Developing easy access routes / transitions across services?
- Using technology to support stroke rehabilitation?
- Partnering with third sector and other organisations?
- Promoting personal outcome approaches and are you measuring impact?
- Delivering services in the right place?



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# Transforming Allied Health



# Transforming Allied Health - The Lifecurve



## The Lifecurve

10<sup>th</sup> May

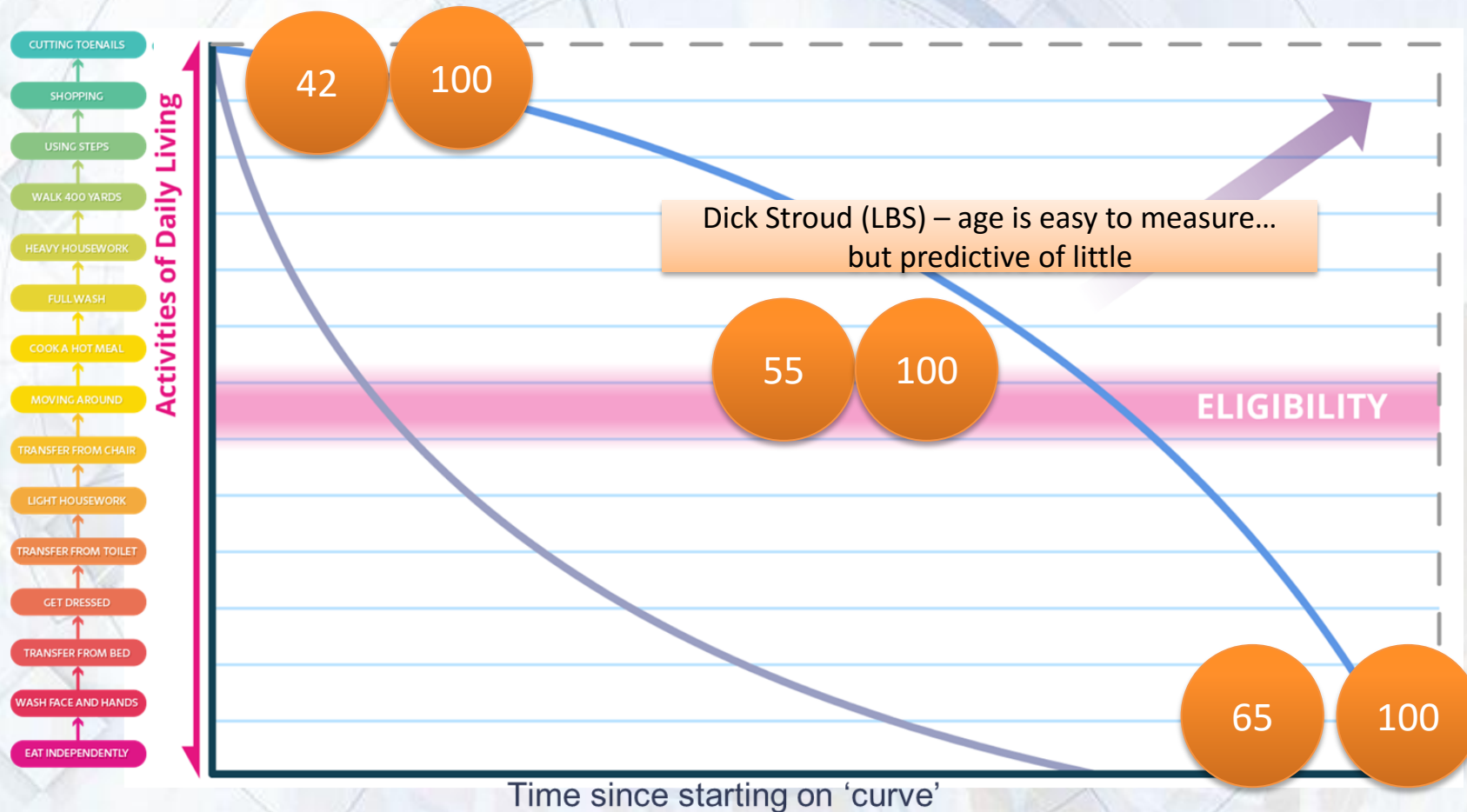
## National AHP Survey Day



include: Arts Therapists, Dieticians, Occupational Therapists, Physiotherapists, Podiatrists, Paramedics, Speech and Language Therapists, Orthoptists, Orthotists, Prosthetists and Diagnostic and Therapeutic Radiographers.

Most AHPs work in health where they make up around a third of the health workforce as well as around 500 AHPs (mainly Occupational Therapists) working in social work services.

# Why is the Lifecurve so applicable to AILP?

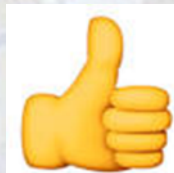


# The effect of rehabilitation on Lifecurve

Effect of  
Structured Physical Activity on Prevention of Major Mobility Disability in Older Adults  
(The LIFE Study Randomized Clinical Trial)

817  
given a  
health education  
programme

818  
given a  
specific exercise  
programme



could walk  
400 yards  
for at least  
2.6 years longer

# Delivering the AILIP Vision



- Governance through the Ministerial Strategic Group for Health and Community Care
- Development of local delivery plans – aligned to the strategic plans of the integration authorities
- Improvement support provided for some national programmes and these will be reviewed annually
- Everyone's Business
- AHPs focus: Emphasis on multidisciplinary, multi agency working across sectors



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# What will be different?

- The innovation this programme will bring to prevention, early intervention and rehabilitation will transform not only the way AHPs work, but more importantly, also help the people of Scotland to live healthy, active and independent lives
- Working to the ambitions and with partners across all professions and sectors, AHPs will develop their targeted and universal interventions to make a more visible, accessible and measurable contribution to supporting the populations they serve.