



Joint Strategic Needs Assessment 2024

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A separate Joint Strategic Needs Assessment for Children and Young People has been developed to support the adults JSNA.

Introduction

The Joint Strategic Needs Assessment (JSNA) is a key element of the process of preparing the East Dunbartonshire Strategic Plan. This is a technical document that includes both quantitative and qualitative information to provide an assessment and forecast of needs, enabling investment to be linked to agreed outcomes. The JSNA informs the planning and nature of future services. This document has been produced as part of a process to support the preparation of a new Health and Social Care Partnership (HSCP) Strategic Plan for the period 2025-2030.

The purpose of the JSNA is to draw together a collection of data from a wide range of sources that informs the identification of the Strategic Plan priorities, and guides the commissioning of a broad range of health and social care services.

The JSNA provides an overview of the current and projected population demographic across East Dunbartonshire. It also provides information relating to life circumstances, health behaviours, health and social care status and our residents self-perceived health and well-being. The most current, robust data available were used to inform this needs assessment, including comparisons to the national Scottish average, the national census and available trend data. In addition, available locality level information has been provided to aid local planning. Due to the various data publication dates, some data may appear to be a year or two old but were the most up to date available during the preparation of this document.

The JSNA can only provide a snapshot in time of available health and social care information. It is recognised that there are gaps in the data, and the findings will often raise as many questions as answers that will require to be explored through further analysis. Over time, local systems will continue to be developed and refined to enable the HSCP to more accurately assess the health and social care needs of the East Dunbartonshire local population in order to plan, deliver and commission local quality services to individuals and our communities.

East Dunbartonshire HSCP is very grateful to the Public Health Scotland LIST Team for their support in the preparation of this document.

1. Summary of Key Points and Implications for Service Planning

Demographics

- East Dunbartonshire has an ageing population with 24.3% of the total population aged 65 and over, above the national average of 20.1%;
- An ageing population and high life expectancy are expected in combination to increase demand for health & social care services.

What People Told Us

- 69% answered positively when asked about rating the care provided by their GP practice;
- 13.1% of the population aged 3 and over said that they looked after, or gave regular help or support to family members, friends, neighbours or others because of long term physical or mental ill-health or disability, or problems relating to old age in East Dunbartonshire.

General Health

- Life expectancy at birth was 79.9 for males in East Dunbartonshire (Scotland 76.5) and 83.5 for females (Scotland 80.7);
- 40.6% of East Dunbartonshire residents reported feeling in 'very good health' compared with 30.1% for Scotland;
- The percentage of the last six months of life being spent at home or in a community setting is slightly lower in East Dunbartonshire compared to Scotland.

Long Term Conditions

- The five most prevalent physical Long Term Conditions in East Dunbartonshire are Cancer, Arthritis, Coronary Heart Disease, Asthma and Atrial Fibrillation;
- 69.6% of those aged 75+ in East Dunbartonshire are being treated for at least one long term condition;
- 6.84% of individuals in East Dunbartonshire had a diagnosis of cancer in 2022/23;
- Stroke activity was higher in East Dunbartonshire compared to the Scotland average.

Mental Wellbeing

- The proportion of the East Dunbartonshire population prescribed drugs for anxiety, depression or psychosis has increased from 13.6% in 2010/11 to 18.5% in 2021/22 (Scotland increased from 15% to 20.1%);
- 19% of people in East Dunbartonshire had said that they had felt lonely at least some of the time in the last 2 weeks.

Lifestyle and Risk Factors

- Drug related and Alcohol specific death rates are increasing in East Dunbartonshire, however they are still below the rates seen for Scotland.

Unscheduled Care

- 53.6% of patients in East Dunbartonshire who had an emergency admission in 2022/23 were aged 65+ (Scotland 44.9%);
- The East Dunbartonshire A&E attendance rate was 242 per 100,000 in 2023, which was lower than the Scotland rate of 272.2 per 100,000;
- 14.6% of elective hospital admissions in East Dunbartonshire were for 'General Surgery' and 13.2% for 'Gastroenterology';
- There was 7607 acute delayed discharge bed days in East Dunbartonshire in 2022/23, a 113.9% increase compared to 2017/18.

Adult Social Care Provision

- In March 2024, there were 1364 people in East Dunbartonshire receiving homecare in the last week of the month;
- Telecare packages provided within East Dunbartonshire have increased by 24.2% between 2017/18 and 2023/24.

Summary of Planning Implications

Despite relatively low levels of deprivation, East Dunbartonshire faces challenges in terms of demand for health and social care services. These demands are in a large part due to an ageing population and high life expectancy. 24% of the population are aged 65+, which is the 9th highest proportion in Scotland, and above the national average. 11.8% of the population are aged 75 and over, which can be seen to be the age group most in receipt of services.

Life expectancy at birth is 79.9 for males (Scotland 76.5) and 83.5 for females (Scotland 80.7). Older people are more likely to be affected by long-term conditions, with 70% of the 75+ population being treated for at least one long-term condition. These can lead to further health complications, and this is supported by the finding that 53.6% of emergency admissions in East Dunbartonshire in 2022/23 were for those aged 65+ compared to 44.9% for Scotland. East Dunbartonshire also has a higher elective hospital admission rate of 145.1 per 1,000 in 2022/23, around 52% greater than the Scotland rate of 95.4 per 1,000. The higher rate of elective admission is also associated with an ageing population¹.

Large increases in population are projected for those aged 65+, and in particular, the number of people aged 85+ was predicted to increase by 48% between 2018 and 2030, which is a steeper rise than any other HSCP in Scotland. It should therefore be expected that East Dunbartonshire will see a rise in elective admissions in the coming years.

The COVID-19 pandemic demonstrated an impact on the health and wellbeing of the population, however impacts were already being felt in some areas before the pandemic. The proportion of the population prescribed drugs for anxiety, depression or psychosis in East Dunbartonshire has increased from 13.6% in 2010/11 to 18.5% in 2021/22. Despite being lower than the rates for Scotland, the rate of drug related deaths has been increasing from 3.9 per 100,000 in 2010-2014 to 11.5 per 100,000 in 2018-2022. It will be incumbent upon the HSCP and all of its partners to work together to meet both the pre-existing and new challenges that are occurring post-pandemic.

¹ ANALYSIS OF TRENDS IN EMERGENCY AND ELECTIVE HOSPITAL ADMISSIONS AND HOSPITAL BED DAYS: 1997/98 TO 2014/15, R Wittenberg et al, 2015

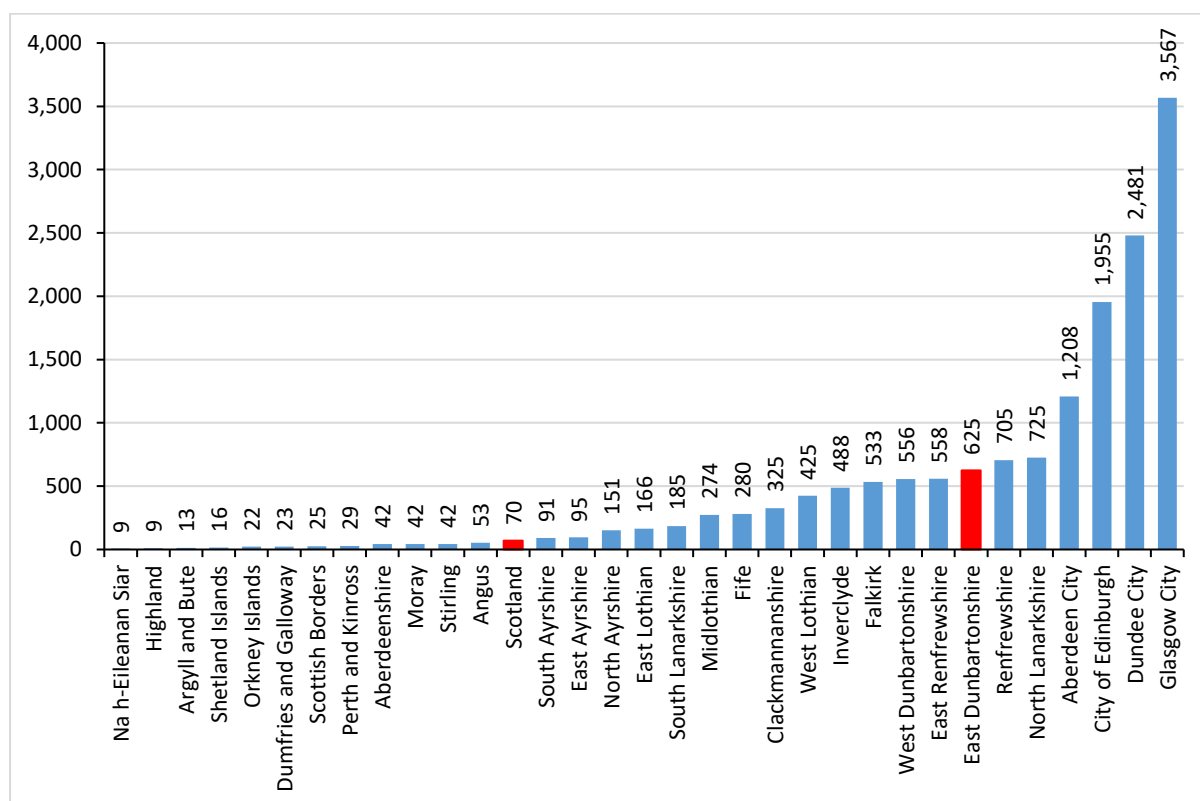
2. Profile of East Dunbartonshire

2.1 Area Profile

East Dunbartonshire covers an area of 174 square kilometres. It is mainly dominated by large urban/other urban areas of over 10,000 people (88.1%), and although there are several small villages, there are no remote small towns or rural areas more than a 30-minute drive from one of the larger towns (Scottish Government Urban Rural Classification).

There were 625 individuals per square kilometre in 2022 (Scotland 70 individuals per square kilometre), which made East Dunbartonshire the 7th most densely populated region in Scotland.

Figure 1: Population Density 2022 (Persons per Square Kilometre)



Source: NRS 2022 Mid-Year Population Estimates

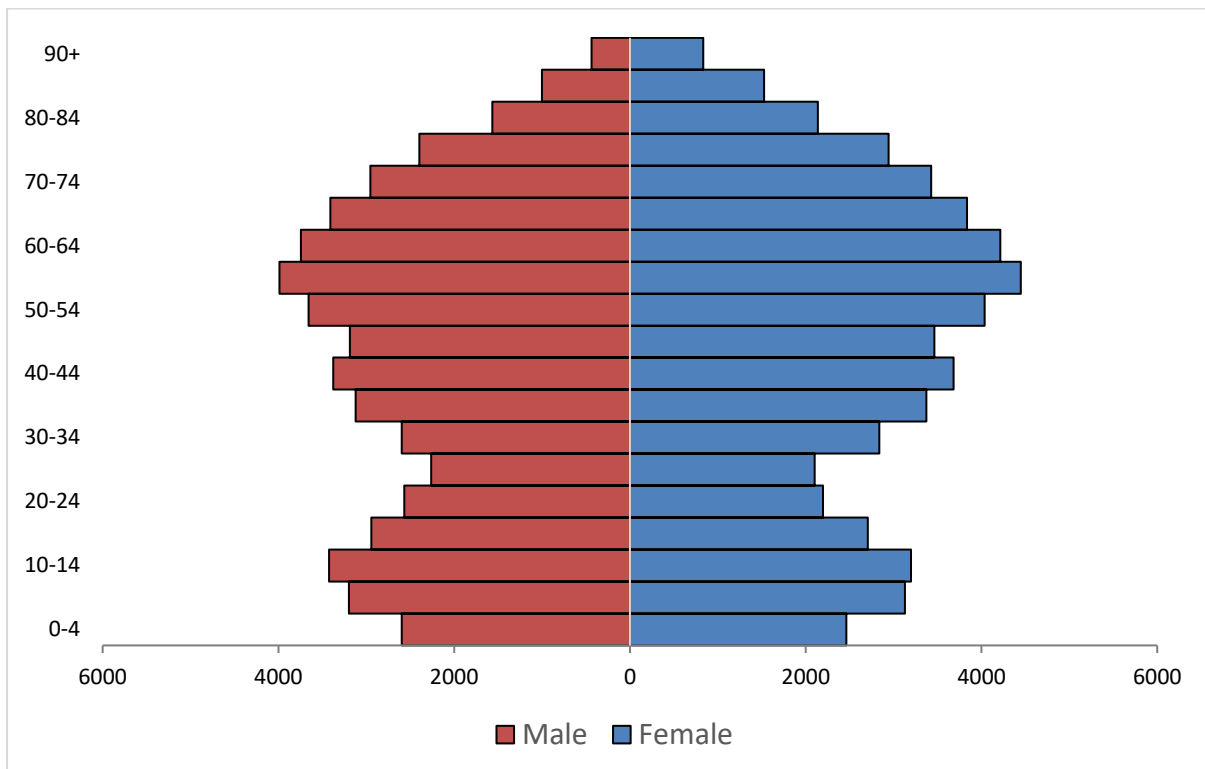
2.2 Demographic Profile

The health and social care needs of any population depend on the size and age of the population. The 2022 mid-year population estimates showed that East Dunbartonshire had an estimated population of 108,980, an increase of 0.3% from the 2019 estimate. The estimated number of older people was higher

than the national average with 24.3% aged 65 and over (Scotland 20.1%), and 11.8% aged 75 and over (Scotland 9.1%). The population aged 16-29 years was estimated to be 12.4% of the East Dunbartonshire population (Scotland 16.9%).

Figure 2 shows the population breakdown of East Dunbartonshire by age and gender.

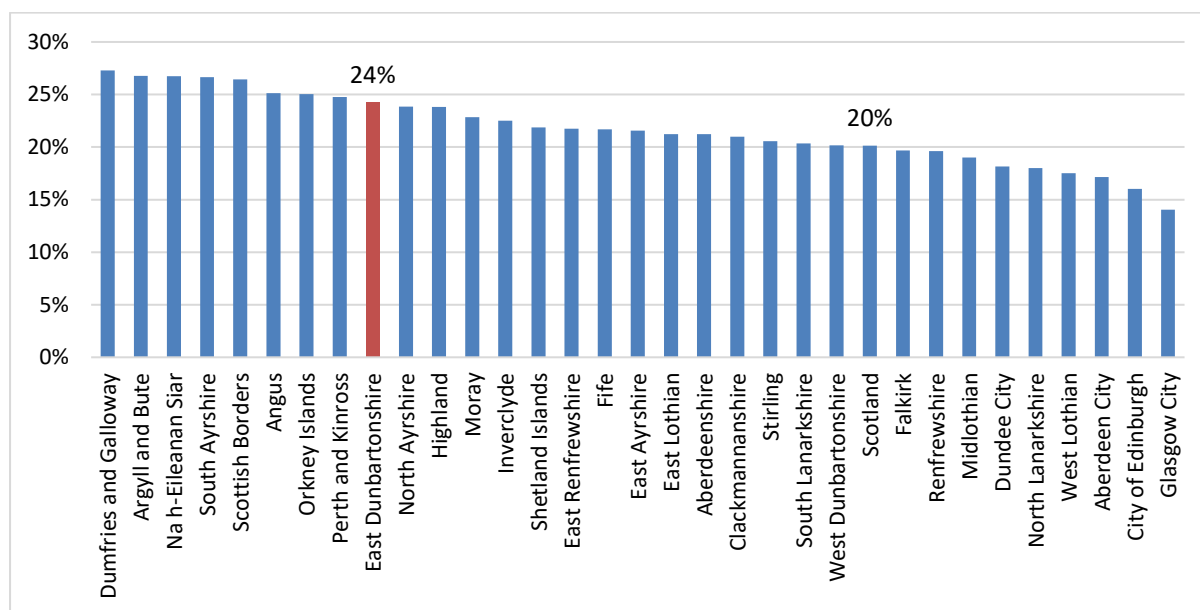
Figure 2: Population pyramid by age and gender (2022)



Source: NRS 2022 mid-year population estimates

Figure 3 below shows the percentage of the population aged 65+ in each local authority. In 2022, East Dunbartonshire had the 9th highest proportion of the estimated population aged 65+ in Scotland.

Figure 3: Percentage of Population aged 65+ (2022)



Source: NRS 2022 mid-year population estimates

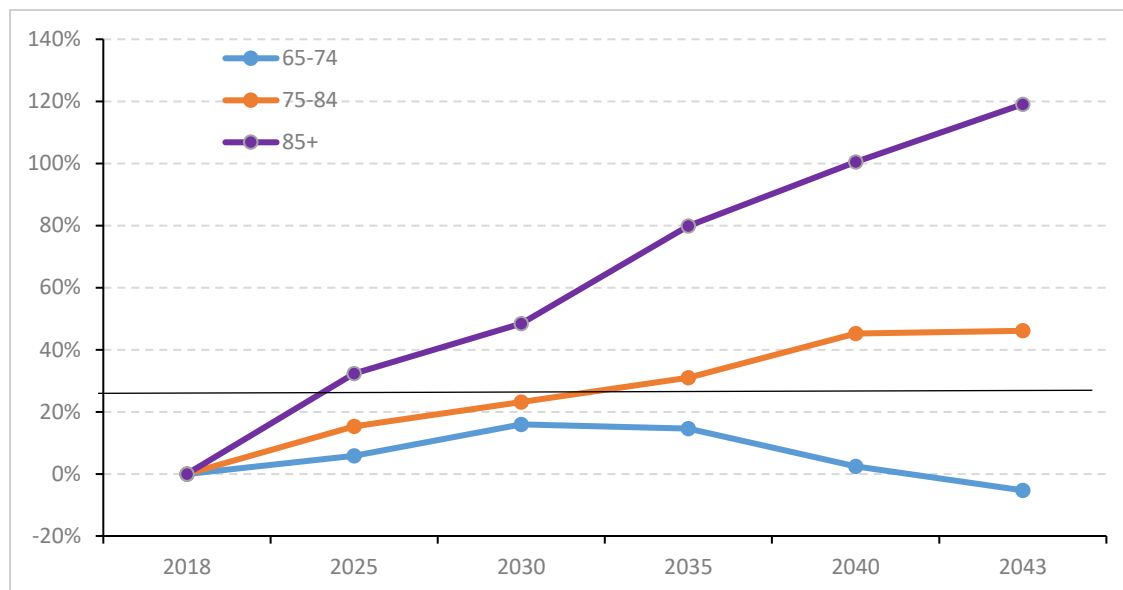
2.3 Population Projections

The 2018 population projections below published by NRS continue to be the most recent projections published. This section will be updated once more recent projections are made available.

The National Records of Scotland (NRS) population projections suggest there will be an increase of 7.6% in the overall population of East Dunbartonshire from 2018 – 2043 due to significant estimated rise in the population aged over 65yrs.

The figure below shows the proportion of increase projected in the older population from 2018-2043. The largest increase is in individuals aged over 85yrs, which is projected to rise by over 100% from 3,203 to 7,017 people. This projected rise in East Dunbartonshire’s older population, many of whom will be vulnerable with complex needs, suggests that demand for health and social care services will rise accordingly.

Figure 4: East Dunbartonshire population projection % by age group 2018-2043

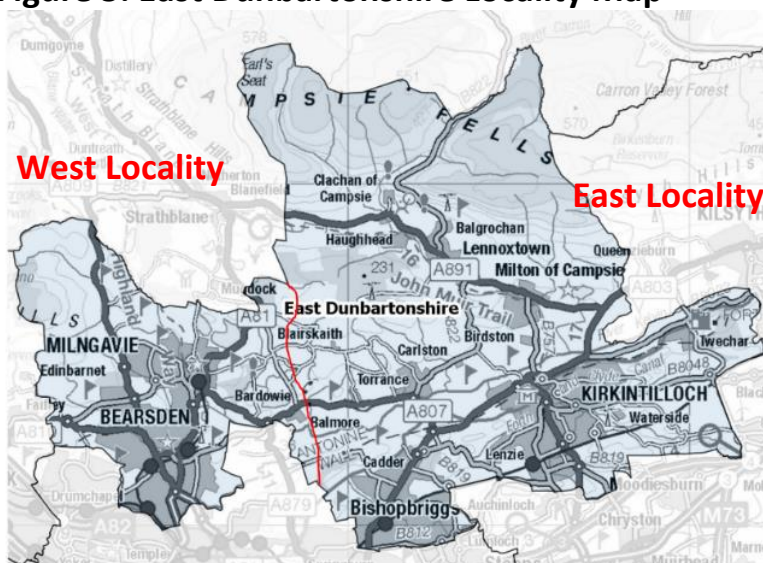


Source: NRS

2.4 Localities

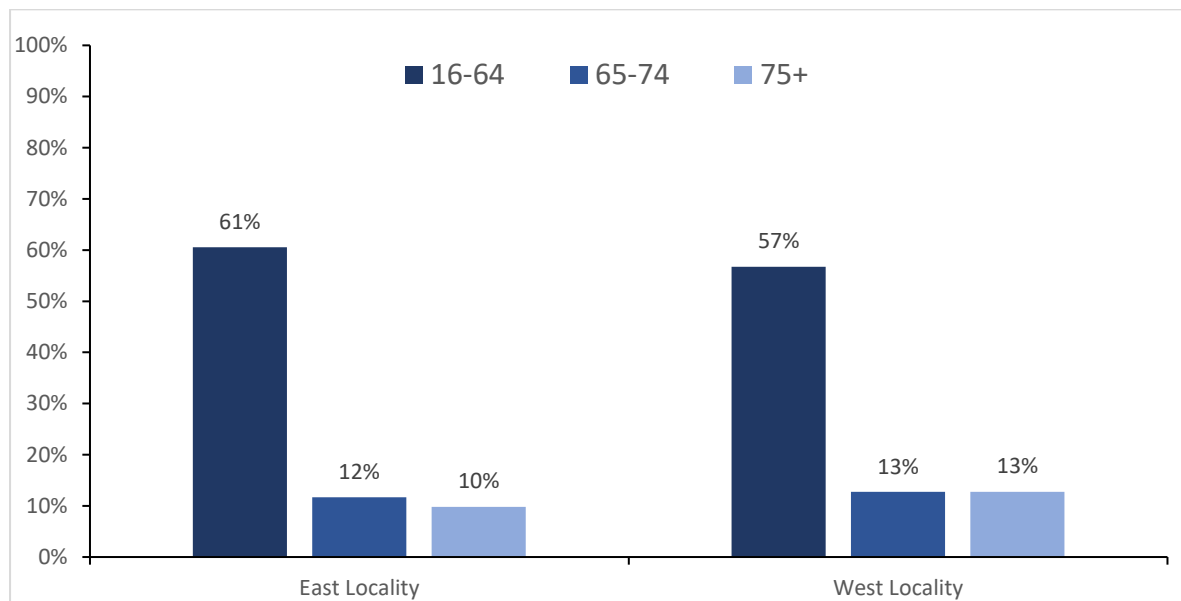
To allow the Health and Social Care Partnership (HSCP) to plan and deliver services which meet the differing needs within East Dunbartonshire, the area has been split into two geographical localities; East Dunbartonshire (East), hereafter referred to as East locality and East Dunbartonshire (West), hereafter referred to as West locality. The most recent information available by Locality has been used throughout this document.

Figure 5: East Dunbartonshire Locality Map



The East Locality includes 62% (67,076) of East Dunbartonshire’s population, while the West Locality accounts for 38% (41,824) of the population. The demographic breakdown by locality below shows a slightly older population in the West locality. Due to the West locality’s smaller population, the East still has a higher number of older people. For those aged 75+, the population in the East locality was 6,592 in 2021 compared to a 75+ population of 5,339 in the West locality.

Figure 6: Population breakdown by locality 2021



Source: ScotPHO

2.5 General Practitioner (GP) Services

In July 2024, there were 15 GP practices serving the East Dunbartonshire area, 10 practices are located in the East Locality and 5 in the West Locality. A total of 112,343 people were registered with an East Dunbartonshire GP and 25,287 (22.5%) of these were aged 65 and over.

The GP population in East Dunbartonshire is higher than the overall estimated population. Firstly, the GP population estimates are taken as at 1st July 2024, and our estimated population is from 2022. As our population is projected to increase, we can expect the GP population to increase. Secondly, the GP population base is calculated using the Community Health Index (CHI) and CHI is currently increasing faster than the overall population. Appendix 1 of the

PHS Practice List Sizes Publication² gives an explanation to this and gives three examples of why this might be the case:

- CHI will include people who have been given a CHI number but have since left the country to live for a period of time abroad.
- CHI will include overseas visitors who registered with a GP in Scotland or received screening services at a point in time during their visit.
- CHI will include students who have moved from Scotland during or after their studies but who have not registered elsewhere in the UK.

Table 1: GP Population 1st July 2024 by Age Group

Age Group	East Locality		West Locality		East Dunbartonshire	
	Number	%	Number	%	Number	%
0-4	3,118	4.3%	1,648	4.1%	4,766	4.2%
5-14	8,380	11.7%	4,854	12.0%	13,234	11.8%
15-24	7,363	10.2%	4,058	10.0%	11,421	10.2%
25-44	18,393	25.6%	8,808	21.8%	27,201	24.2%
45-64	19,493	27.1%	10,941	27.1%	30,434	27.1%
65-74	8,055	11.2%	4,819	11.9%	12,874	11.5%
75-84	5,171	7.2%	3,736	9.2%	8,907	7.9%
85+	1,934	2.7%	1,572	3.9%	3,506	3.1%
ALL	71,907	64.0%	40,436	36.0%	112,343	100.0%

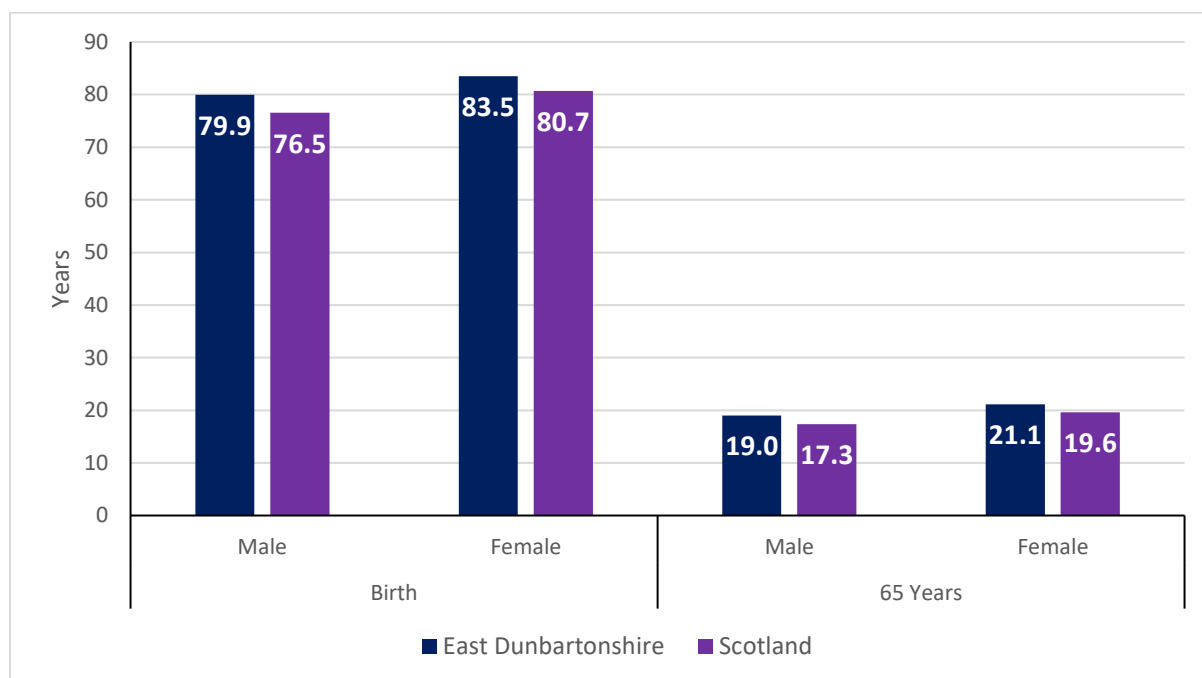
Source: PHS Open Data; GP Practice Populations

2.6 Life Expectancy

The 3 year average (2020-22) life expectancy in East Dunbartonshire was the highest at birth in Scotland for males, and the third highest for females. The life expectancy at birth in East Dunbartonshire was around 3.6 years higher for females than it was for males. Life expectancy at the age of 65 years was higher than for Scotland for both males and females. Although life expectancy remains high in East Dunbartonshire, in the last few years there's been a slight fall in the life expectancy in both East Dunbartonshire and Scotland.

² [General Practice - GP practice list sizes 2013 to 2023 - General practice - GP practice list sizes - Publications - Public Health Scotland](#)

Figure 7: Life expectancy at birth and 65 (3-year average 2020-2022)



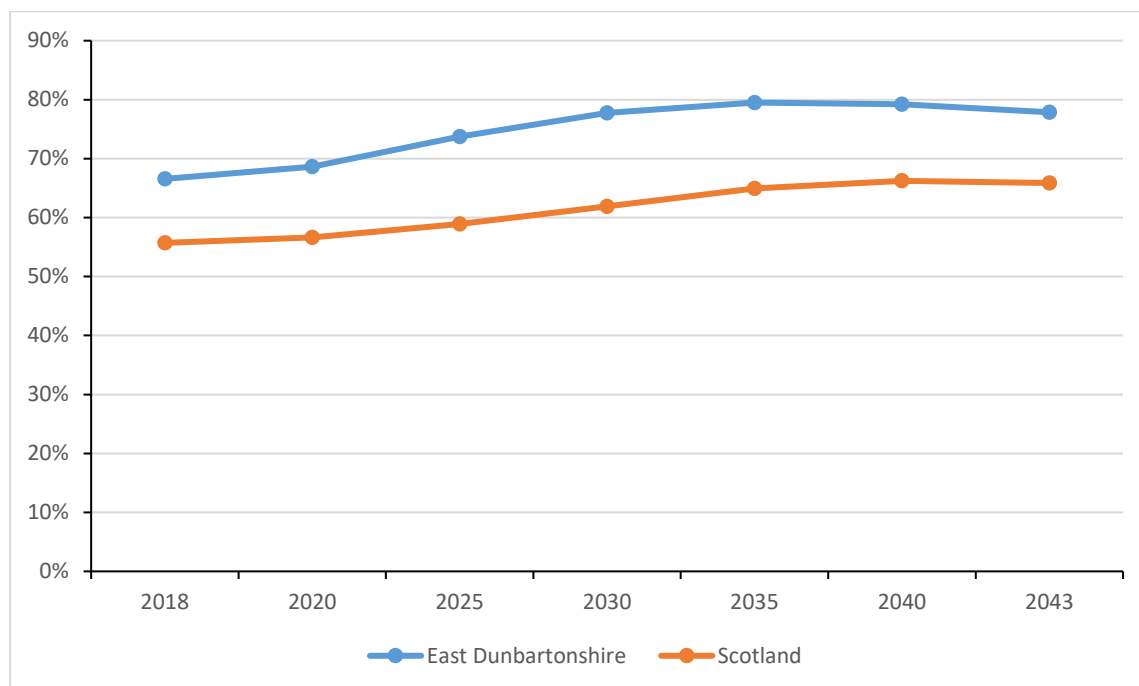
Source: NRS

2.7 Population Dependency Ratio

The 2018 population projections below published by NRS continue to be the most recent projections published. This section will be update once more recent projections are made available.

The population dependency ratio refers to the proportion of the dependent population (0-16 years and over 65 years or non-working age) in relation to the independent population (16-64 years or “working age”). The higher the dependency ratio, the lower the working age population compared to the proportion of “dependents”. This can have resource implications on health and social care service provision. The population dependency ratio was calculated using recent NRS population estimates projected to 2043, taking into account changes in the State pension age. As the total number of dependants in East Dunbartonshire was increasing faster than the working age population, the population dependency ratio was projected to increase to 77.9% in 2043 (Scotland 65.9%).

Figure 8: East Dunbartonshire dependency ratio; 2018 - 2043

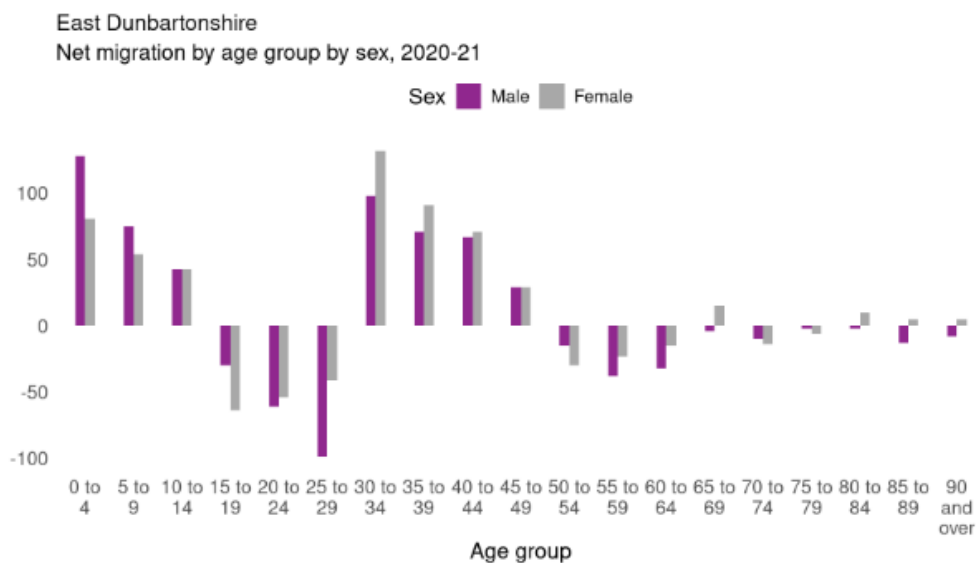


Source: NRS

2.8 Migration

Over the 5 years 2016/17 – 2020/21 there was a higher number of people moving into East Dunbartonshire (On average 3,968 per year) than those moving out (On average 3,450 per year).

Figure 9: East Dunbartonshire Net Migration 2020/21



Source: NRS Council Area Profiles

2.9 Ethnicity

The 2022 Census showed 90.3% of East Dunbartonshire's population was either White Scottish or White British, which is a decrease from the 2011 census. 9.7% of the population were from a minority ethnic group. This includes some ethnic groups that were in the White category on the census form, such as Irish, Polish, Gypsy/Traveller, Roma and Showman/Showwoman.

Table 2: East Dunbartonshire Population by Ethnicity

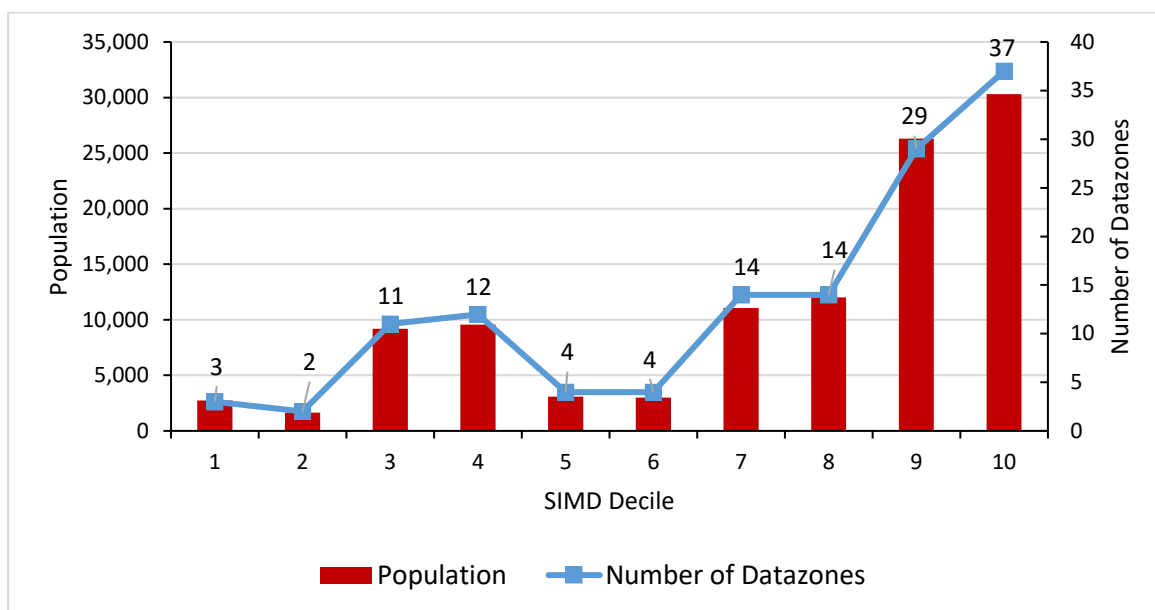
	Number	%
White Scottish or British	98,321	90.3%
White Polish, Irish, Gypsy Traveller or Other White	3,475	3.2%
Indian, Pakistani, Bangladeshi or Other Asian	3,475	3.2%
Chinese	1,240	1.1%
Mixed	1,193	1.1%
African	398	0.4%
Caribbean or Black	77	0.1%
Arab	275	0.3%
Other	480	0.4%

Source: Census 2022

2.10 Deprivation

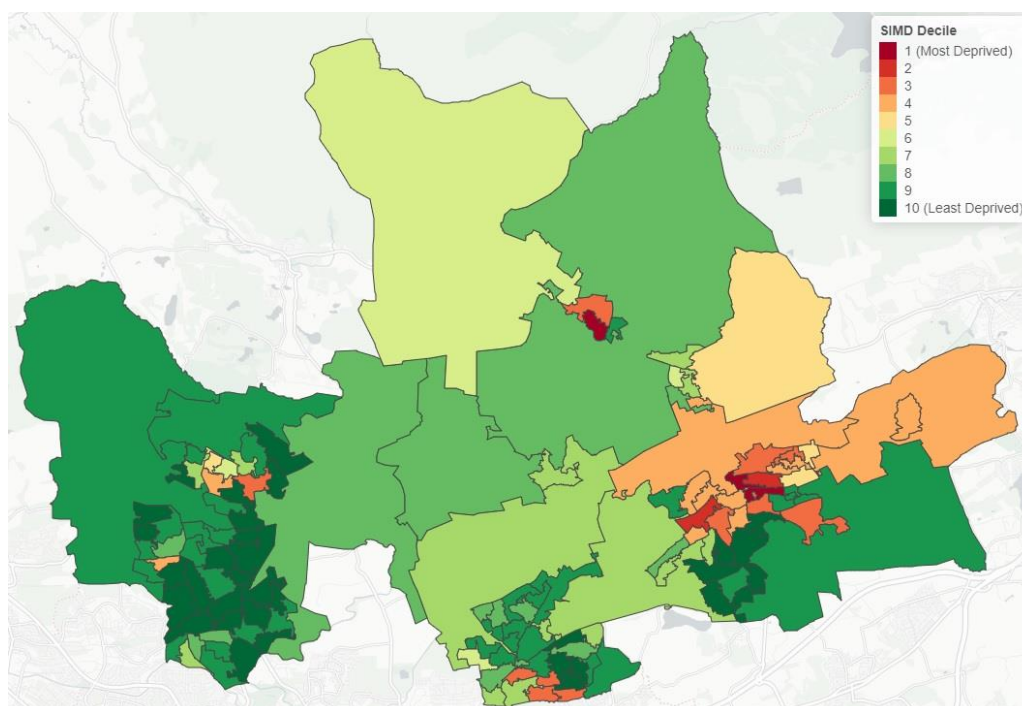
The Scottish Index of Multiple Deprivation (SIMD) ranks data zones (small areas with a population of roughly 700-800 people), from the most deprived to the least deprived. Using deciles, with 1 being the most deprived and 10 being the least deprived, the chart below illustrates the number of people and data zones in each decile in East Dunbartonshire.

Figure 10: East Dunbartonshire population by SIMD decile



Sources: NRS and Scottish Government

Although the majority of the population lived in the least deprived deciles, there are 3 data zone areas in East Dunbartonshire categorised in the 10% most deprived in Scotland. There are two in the Hillhead area of Kirkintilloch and one in Lennoxton. These are indicated by the darkest red coloured areas in the map below. There are a further 2 data zones in the next deprived 10% (SIMD Decile 2), one located in Hillhead and the other located in Kirkintilloch West.



2.10 Housing

In 2022, there were 47,131 households in East Dunbartonshire. This was an increase of 7.7% since 2012 (Scotland 6.8%). Table 2 shows the number of households in East Dunbartonshire and Scotland and the changes over the years.

Table 3: Households in East Dunbartonshire and Scotland

	2022	Change 2021 to 2022		Change 2012 to 2022	
		Number	%	Number	%
East Dunbartonshire	47,131	282	0.6	3,353	7.7
Scotland	2,549,797	20,974	0.8	163,137	6.8

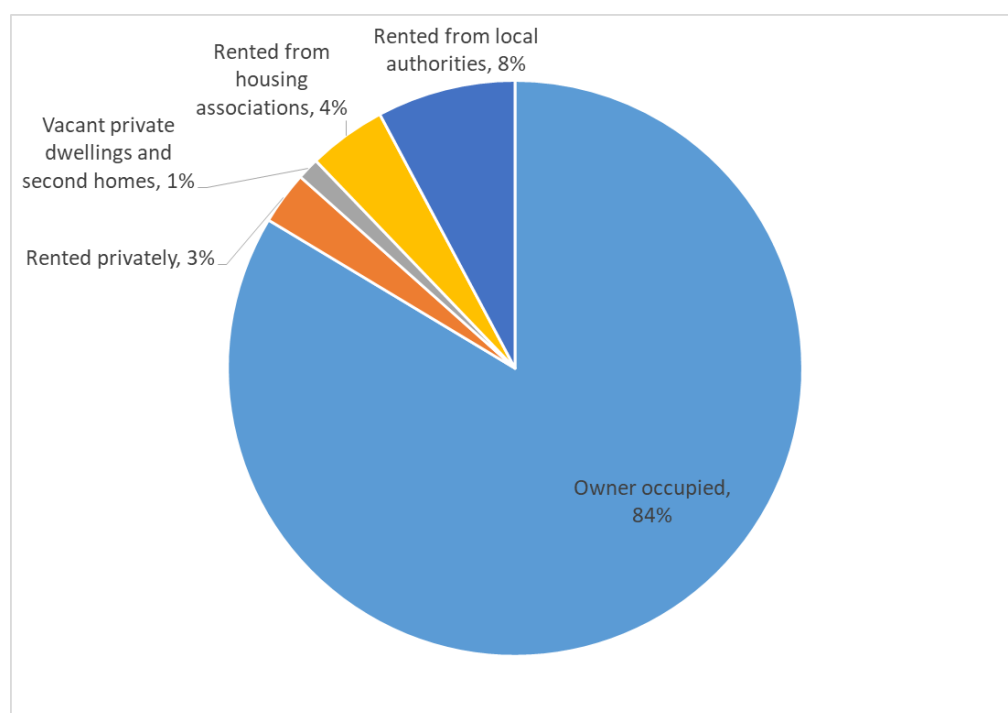
Source: NRS

The total number of households in East Dunbartonshire is projected to increase by 12% between 2018 and 2043, compared to a projected increase of 10% across Scotland.

2.10.1 Housing Tenures

East Dunbartonshire is dominated by owner occupants at 84% of the population.

Figure 11: East Dunbartonshire housing tenure



Source: Scottish Government Housing Statistics 2022/23

2.10.2 Social Rented Sector

The pressure in the small, social rented sector is quite high. The Council manage a housing stock of approximately 3,769 houses while the housing list had 2,714 active applicants as at 1st April 2024.

2.10.3 Private Rented Sector

Due to the high pressures in both social rented and owner occupation housing tenures, there continues to be pressure on the private rented sector to meet housing need. However, the Local Housing Allowance for East Dunbartonshire is one of the highest in Scotland, meaning that tenures were unaffordable for some households and they move out of the area to rent or buy. Local Housing Allowance is used to calculate the maximum amount of Housing Benefit or Universal Credit someone can claim when they are renting properties from a private landlord. This means a high local housing allowance can show that private rents in the local area are high.

2.10.4 Local Housing Strategy

The [East Dunbartonshire Local Housing Strategy 2023-28](#) aims to work with its partners to meet the following priorities:

- Delivering more homes at the heart of great places and communities
- Achieving housing quality. affordable warmth and net zero homes
- Supporting people to live independently and well at home
- Improving housing options. choice and affordability

2.10.5 Homelessness

During 2022/23 there were 421 homeless applications made in East Dunbartonshire, a 38% rise on 2021/22, and was a return to pre-pandemic levels. There was 108 households in temporary housing as at 31st March 2023. Over the last couple of years, there has been an increase of the percentage of homelessness applications in those aged 60+. Prior to 2020/21 the usual percentage was between 3 and 4%, but in 2022/23, 9% of all homelessness applications in East Dunbartonshire were made by people aged 60+. As the

percentage of applications from older people increases services have to adapt to meet the needs of the applicants.

People who are homeless are more likely than the general population to have a health problem, including mental health, and/or addiction issues. They were also more likely to be fuel poor.

2.10.6 Aids and Adaptations

Care and Repair in East Dunbartonshire operates across the local authority to assist older and disabled people living in private sector housing to remain in their own homes independently by having aids and adaptation carried out as well as some minor works if required. The service works closely with the Council's Occupational Therapy service and contributes to the alleviation of delayed hospital discharge.

Social Landlords carry out aids and adaptations to properties which they own where the tenant has an identified need. The adaptation service enables tenants' to live safely and comfortably in their homes.

2.11 Fuel Poverty

A household is considered to be in fuel poverty if in order to maintain a satisfactory heating regime, total fuel costs necessary for the home are more than 10% of the household's adjusted net income. Extreme poverty is considered to be more than 20% of adjusted net income.

There is a lack of recent data for the number of East Dunbartonshire households in fuel poverty. However, in 2022 31% of Scottish Households were estimated to be in fuel poverty which is an increase on the estimate of 24.6% in 2019.

The 2022/23 East Dunbartonshire Health and Wellbeing Survey found that 8% of people in East Dunbartonshire found it difficult to meet the cost of Gas, electricity, other fuel bills 'Often', while another 11% said they struggled to meet the cost 'Occasionally'. It was also found that 20% of people had difficulty meeting the costs of food and/or energy.

2.12 Internet Use

The East Dunbartonshire Health and Wellbeing Survey found that 8% of people in East Dunbartonshire do not use the internet, lower than the percentage of Scotland as a whole (10% - 2022 Scottish Household Survey). The proportion of people not using the internet increased with age with 28% of those aged 75+ not using the internet compared to 1% of those aged 16-34.

2.13 Employment and Income

East Dunbartonshire has a lower percentage of people who are Economically Active compared to the rest of Scotland. People who are economically active can include people who are either in employment or unemployed, whereas people who are economically inactive are, for example, people who are retired, or could be students, or people who are sick. The unemployment rate in East Dunbartonshire in 2023 was 3.1%, which was slightly lower than the Scotland rate of 3.5%.

Table 4: Percentage of People who are Economically Active (2023)

	Economically Active	Economically Inactive
East Dunbartonshire	75.5%	24.5%
Scotland	77.5%	22.5%

Source: NOMIS

2.14 Summary

East Dunbartonshire has a high number of people living in the least deprived SIMD quintiles compared with the rest of Scotland. East Dunbartonshire has a high life expectancy compared to Scotland, however this is stalling. A high life expectancy in the area can mean that the demand for health and social care services will be increased.

3. What People Told Us

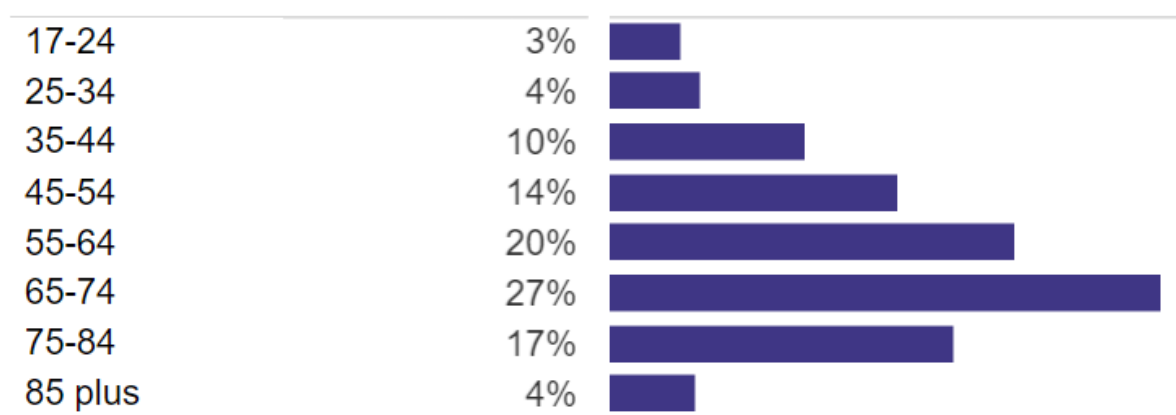
3.1 Scottish Health & Care Experience Survey

In May 2024 the Scottish Government published the Scottish Health & Care Experience Survey (HACE) covering the period 2023/24. This survey reported on people’s experiences over the previous 12 months of accessing and using their GP practice and other local healthcare services, receiving care, support and help with everyday living.

A total of 1,881 people responded to the survey in East Dunbartonshire which was a response rate of 25%. There were a total of 107,538 responses for Scotland, a response rate of 20%. A substantially lower number of people responded to the questions relating to Care, Support and Help with Everyday Living and Informal Caring which makes accurate comparison difficult, so these figures should be viewed as approximate only.

Figure 12: Percentage respondents by Age in East Dunbartonshire

Age group:



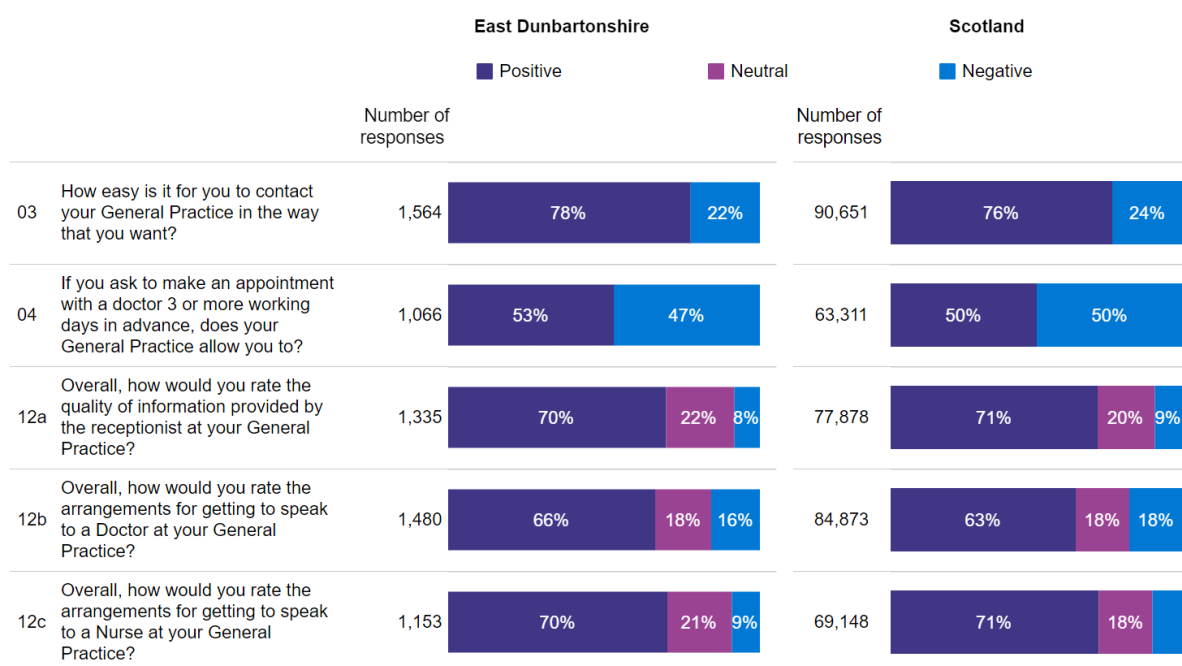
Source: Scottish Health & Care Experience Survey 2024

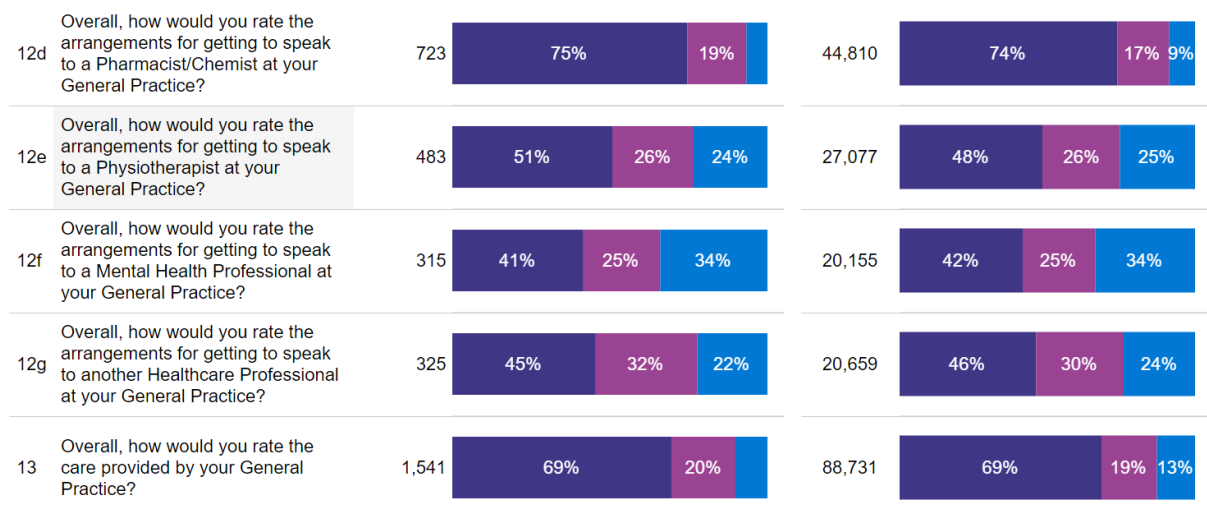
68% of the responses were from people aged 55 and above, and 55% of responses were from Females. Overall, 93% of East Dunbartonshire respondents said that they feel that they are able to look after their own health either ‘Very well’ or ‘Quite well’.

3.2 The GP Practice

The majority of respondents in East Dunbartonshire rated their experience with local GP practices and the service provided as positive. 78% responded positively to a question about how easy it was for them to contact their GP practice in the way that they want compared to 76% in Scotland. Despite this, there are areas where people responded negatively. Only 53% of people said that if they wanted to make a GP appointment 3 or more working days in advance the general practice would allow them to, compared to 77% in the HACE survey 2019/20. In addition, 34% of respondents in East Dunbartonshire responded negatively when asked about arrangements to speak to a Mental Health Professional at their General Practice.

Figure 13: HACE GP Practice Survey Responses





Source: Scottish Health & Care Experience Survey

3.3 Care, Support and Help with Everyday Living

There was a small sample size of respondents in East Dunbartonshire so any comparisons with Scotland should be treated cautiously. 57% of respondents in East Dunbartonshire responded positively around the topic of whether they were aware of the help, care and support options available to them. When asked whether they felt that people took account of the things that mattered to them, 67% responded positively and 71% responded positively when they were asked whether they felt safe. In addition, 67% responded positively when they were asked whether they were supported to live as independently as possible.

Figure 14: HACE Social Care Responses



Source: Scottish Health & Care Experience Survey 2024

3.4 Caring Responsibilities

The 2022 Census found that 13,897 people in East Dunbartonshire (13.1% of the population aged 3 and over) said that they looked after, or gave any help or support to family members, friends, neighbours or others where this support was required because of long term physical ill-health, mental ill-health, disability or problems related to old age.

The caring responsibilities section of the HACE survey which is shown in Figure 15 below received the lowest percentage of positive responses in both East Dunbartonshire and Scotland. It should be noted however that the number of responses were small at an East Dunbartonshire level so results should be treated with caution. Only 28% of respondents in East Dunbartonshire answered positively to whether they feel supported to continue caring. As well as this, only 28% of respondents also answered positively to the question around whether local services were well coordinated for the people that they look after.

Figure 15: HACE Caring Responsibilities Responses



Source: Scottish Health & Care Experience Survey 2024

3.5 Summary

Looking at the survey as a whole, people in East Dunbartonshire generally responded positively to questions around their experience of health and social care services. Areas for improvement appear in relation to access to mental health professionals, the ability of people to access GP services and also in supporting those who help care for a relative.

4. General Wellbeing

4.1 Healthy Life Expectancy

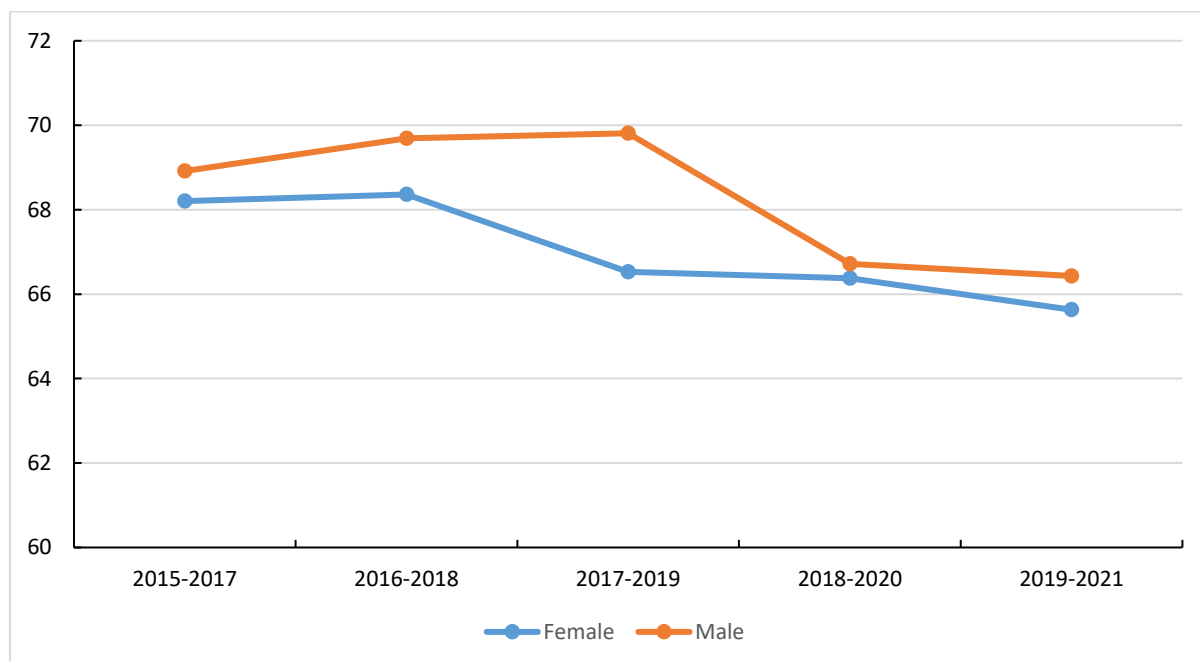
Life expectancy and healthy life expectancy provide useful measures for planning services. Healthy life expectancy estimates the number of years an individual will live in a healthy state. Table 5 shows the Healthy Life Expectancy (HLE) at birth and at 65 years, with East Dunbartonshire having higher estimates than Scotland. Despite this, there has been a decrease in HLE in East Dunbartonshire, shown in Figure 16 below. In 2015-17, HLE was 68.9 for Males and 68.2 for Females, but by 2019-21 this was 66.4 for Males and 65.6 for Females.

Table 5: Healthy Life Expectancy (3-year average 2019-21)

	Male		Female	
	HLE at birth	HLE at 65	HLE at birth	HLE at 65
East Dunbartonshire	66.4	11.7	65.6	13.0
Scotland	60.4	9.6	61.1	11.0

Source: NRS

Figure 16: Healthy Life Expectancy at Birth in East Dunbartonshire (3-year Average)

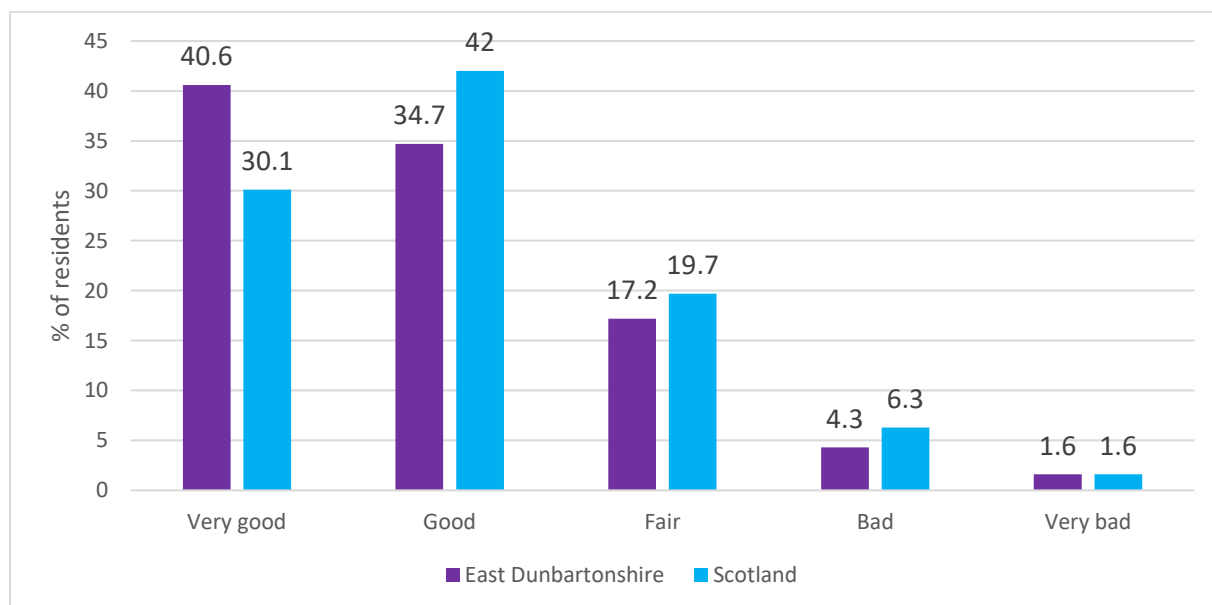


Source: Scotpho

4.2 Self-Reported General Health

Figure 17 shows the self-reported general health of people living in East Dunbartonshire compared to Scotland as a whole. A higher proportion of East Dunbartonshire residents reported feeling in 'very good' health than in Scotland overall (40.6% of East Dunbartonshire residents compared to 30.1% for Scotland). Looking at the 'Very good' and 'good' categories, 75.3% of residents in East Dunbartonshire felt their health was very good or good, compared to 72.1% for Scotland. This indicates that the perception of general health is slightly higher in East Dunbartonshire compared to Scotland as a whole. It should be noted however that this is a self-perception of a person's general health, and the answer that they gave may change depending on when they are asked due the perception changing with different factors.

Figure 17: Self-reported general health of residents, 2022



Source: Scottish Survey Core Questions (SSCQ)

4.3 Deaths by Age Group

There were 1,263 deaths recorded in East Dunbartonshire in 2022, accounting for approximately 2% of deaths in Scotland. The majority of deaths in East Dunbartonshire were among those aged 75 and over, and this was higher than for Scotland. The percentage of deaths in those people aged 74 and under was lower when compared to Scotland.

Table 6: Deaths in 2022 by Age Group

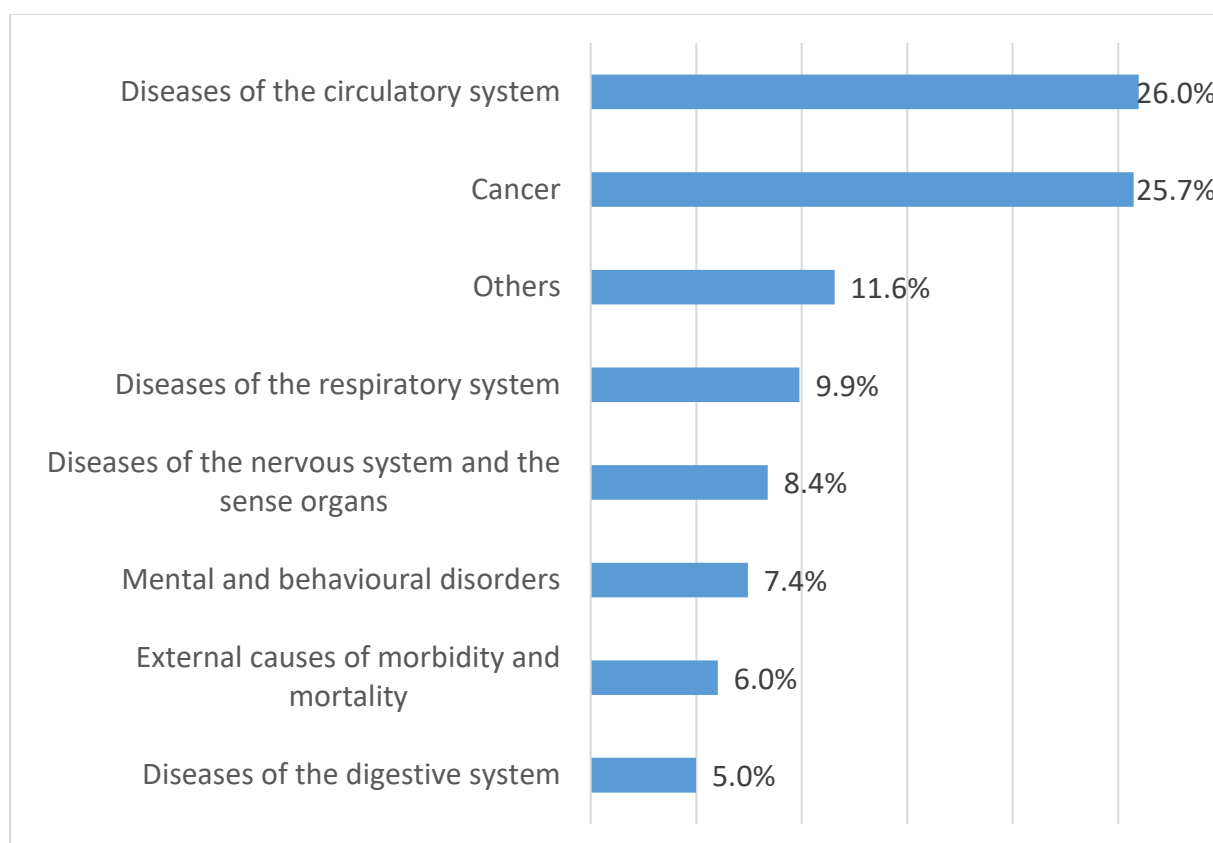
Local Authority	<65	65-74	75+	Total
East Dunbartonshire	12.4%	13.7%	73.9%	1,263
Scotland	17.9%	18.4%	63.7%	62,941

Source: NRS

4.4 Causes of death

The most common cause of death in East Dunbartonshire in 2022 was diseases of the circulatory system (26%), followed by Neoplasms (Cancer) (25.7%) and 'Other' causes (11.6%).

Figure 18: Causes of Death in East Dunbartonshire in 2022

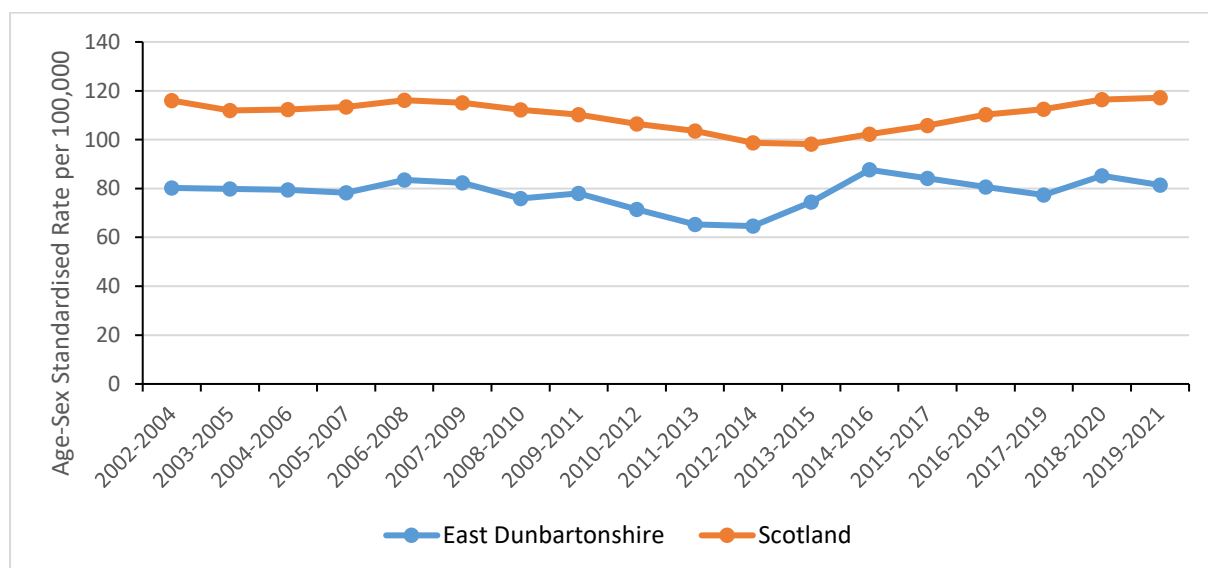


Source: NRS; Vital Events

4.5 All-Cause Mortality among 15-44 Year Olds

Deaths from all causes in 15-44 year olds were lower than the Scotland average. In 2019-21, there were 81.43 deaths per 100,000 population in this age group (Scotland 117.14).

Figure 19: All Cause Mortality Among 15-44 Year Olds (3-year average)

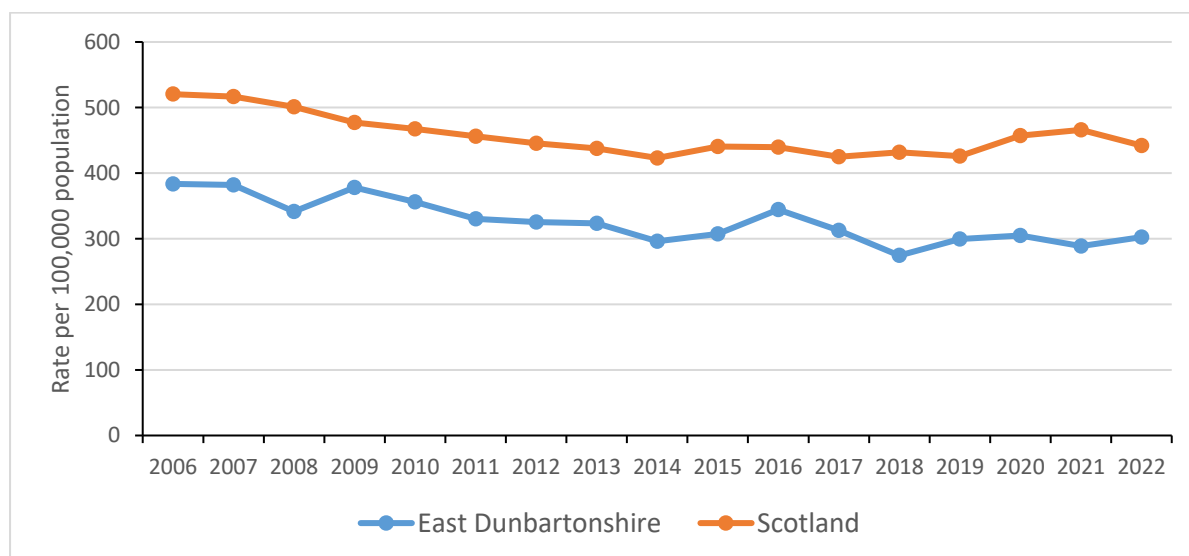


Source Scotpho

4.6 Age Standardised Deaths for ages less than 75

A decrease in premature mortality over time demonstrates an improvement in the health status of the population as a whole. In East Dunbartonshire, the age-standardised mortality rate in those less than 75 years has decreased over time and has remained lower than the rate for Scotland. In 2022, the rate of deaths less than 75 years was 302.3 per 100,000 (442.1 for Scotland) and rates were higher amongst males compared to females in East Dunbartonshire.

Figure 20: Age Standardised Death Rates in Individuals Less Than 75 Years

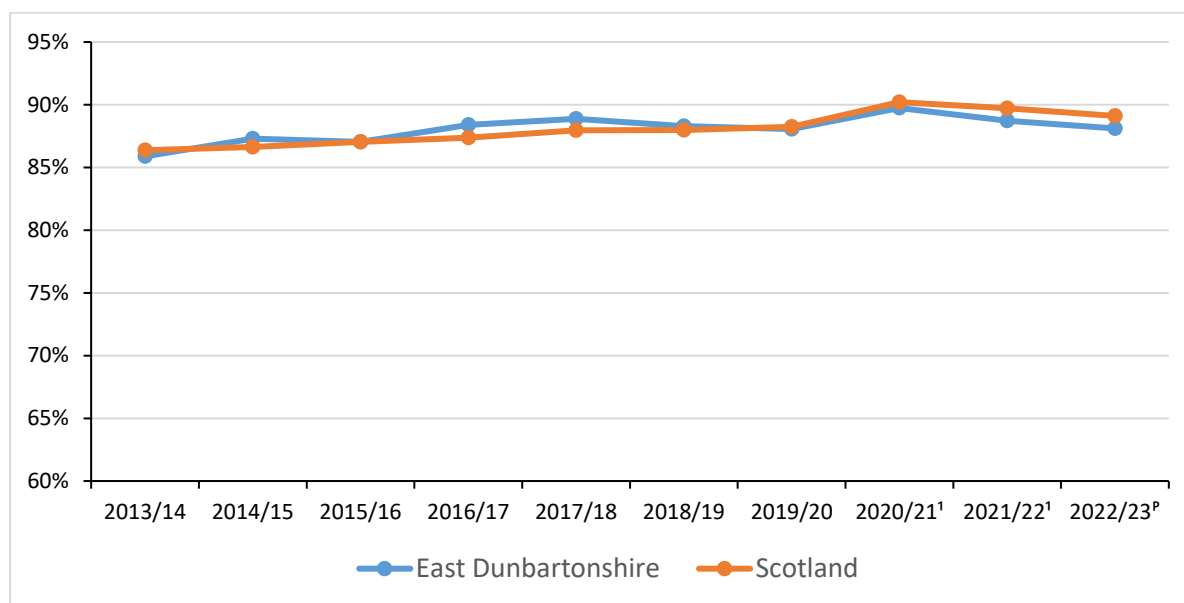


Source: NRS

4.7 Percentage of last 6 months of life at home/community setting

End of life care indicates whether plans and structures have been put in place to allow patients to spend their last six months of life at home or in the community rather than in an acute hospital setting. For people in East Dunbartonshire, the percentage of the last 6 months of life spent at home or in the community setting has been lower than the Scottish average since 2019/20.

Figure 21: Percentage of Last 6 Months of Life at Home or Community Setting

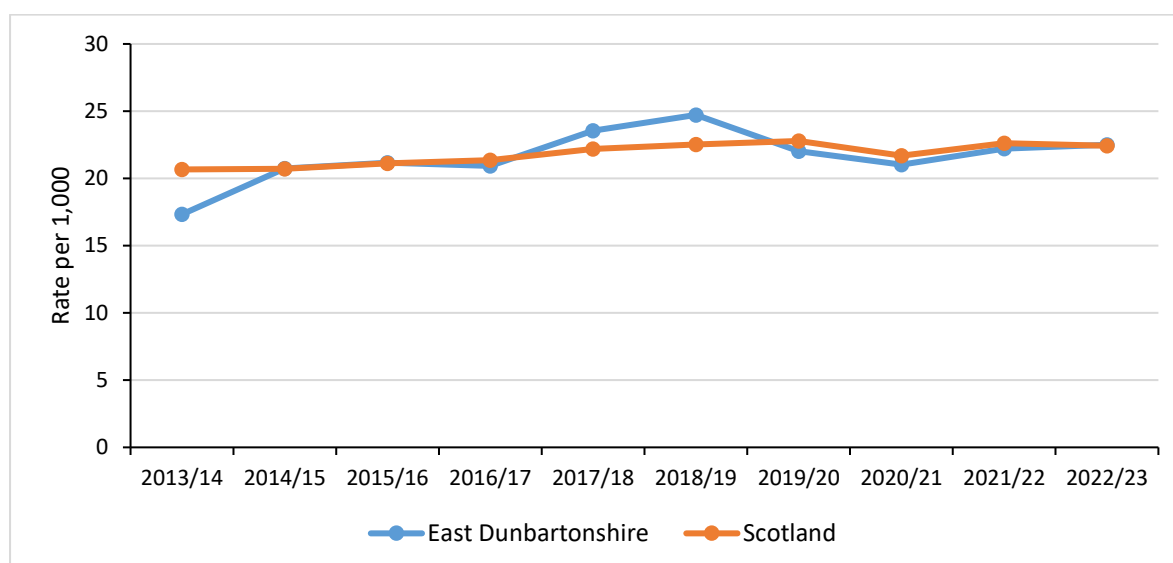


Source: PHS - Percentage of end of life spent at home or in a community setting. 1 = Figures in 2020/21 and 2021/22 are likely to have been affected by the impact of COVID-19 on hospital stays. P = Data for 2022/23 are provisional.

4.8 Falls

The rate of emergency admissions from falls in East Dunbartonshire has, overall, been slowly rising. In 2022/23 the rate for East Dunbartonshire was 22.5 per 1,000 population compared to 22.4 for Scotland as a whole.

Figure 22: Emergency Admissions from falls per 1,000 population aged 65+



Source: PHS, Unintentional injuries publication

4.9 Learning Disability

There were 497 adults (18+) with a learning disability who had some support from the East Dunbartonshire Joint Learning Disability Team as at 1st August 2023. The table below gives a numerical breakdown by age and gender. Most people who had support were Male (61%) and the largest proportion was amongst the 18-29 age group (36%).

Table 7: Learning Disability by Age and gender as at 01/08/2023

Age Range	Female	Male	Total people in age range	Age range as a % of total
18-29	62	115	177	36%
30-44	57	95	152	31%
45-59	47	49	96	19%
60-74	23	38	61	12%
75+	3	8	11	2%
Total gender	192	305	497	100%
Gender as a % of total	39%	61%	100%	

Source: Learning Disability Strategic Review Project

4.10 Autism

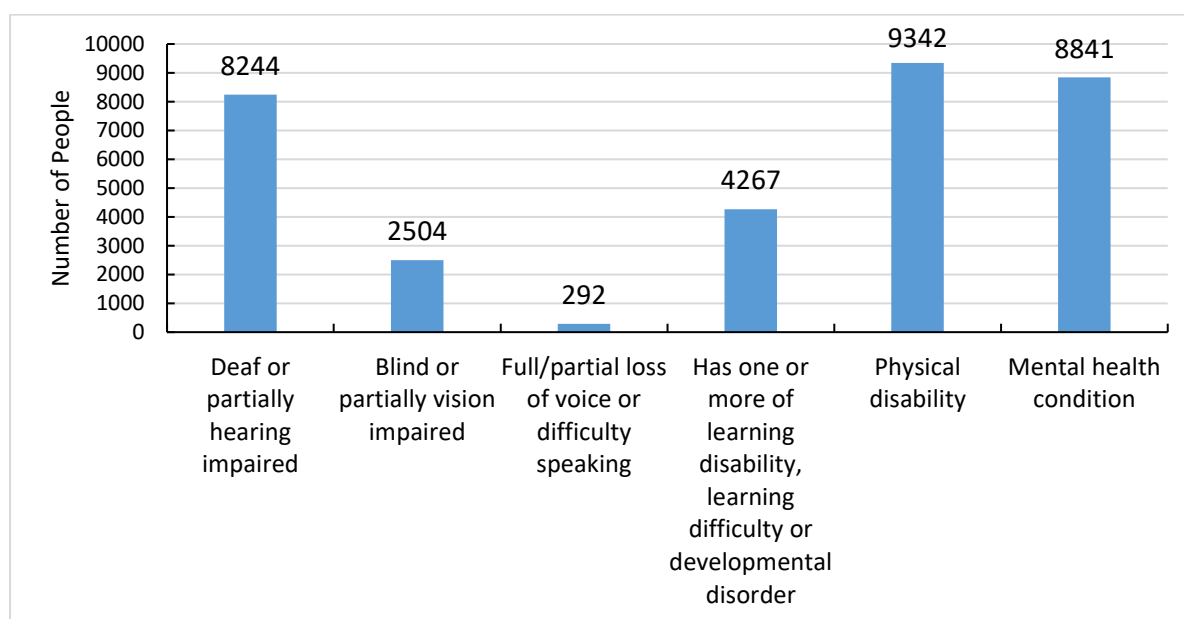
Autism is a lifelong developmental disorder, sometimes referred to as autistic spectrum disorder (ASD). Autism affects the way an individual understands, communicates and relates to other people and the environment and includes Asperger’s Syndrome. The East Dunbartonshire Autism Strategy highlights the challenges in understanding and recording the true prevalence of autism.

4.11 Physical Disability

The 2022 Census included a question asking if respondents had a health condition which had or was expected to last more than twelve months, with a list of conditions presented with respondents asked to tick all that apply.

This question found that 8.6% of the East Dunbartonshire population said that they had a physical disability, and 3.9% of the population had one or more of learning disability, learning difficulty or developmental disorder. The Census also found that 21% (22,835 people) of the population of East Dunbartonshire said they had a long-term illness, disease or condition. Figure 23 below shows the responses of the health condition question from people in East Dunbartonshire. Note that a person may be present in more than one of these categories.

Figure 23: Reported Disability and Mental or Physical Ill-Health in East Dunbartonshire (2022)



Source: Scotland’s Census 2024

4.12 Summary

Overall, people in East Dunbartonshire have a higher life expectancy and healthy life expectancy when compared to Scotland. Despite this, life expectancy is stalling and the East Dunbartonshire population is getting older. Deaths in the younger age groups are lower than for Scotland, however the use of learning disability services is higher in younger people than older people in East Dunbartonshire.

5. Long Term Conditions

This section examines specific long term conditions relevant to East Dunbartonshire's population such as dementia, cancer, chronic obstructive airways disease (COPD), asthma, coronary heart disease (CHD), stroke and diabetes. These conditions can have a significant impact on hospital and social care resources as well as the overall health and wellbeing of a population.

The SOURCE dataset, maintained by Public Health Scotland, links acute, A&E, outpatient and community prescription data. The number of people with a given LTC is estimated from this dataset by counting the number of people who have been in contact with secondary care or collected a prescription in a given year and have a relevant diagnosis recorded at any point in their lifetime hospital records.

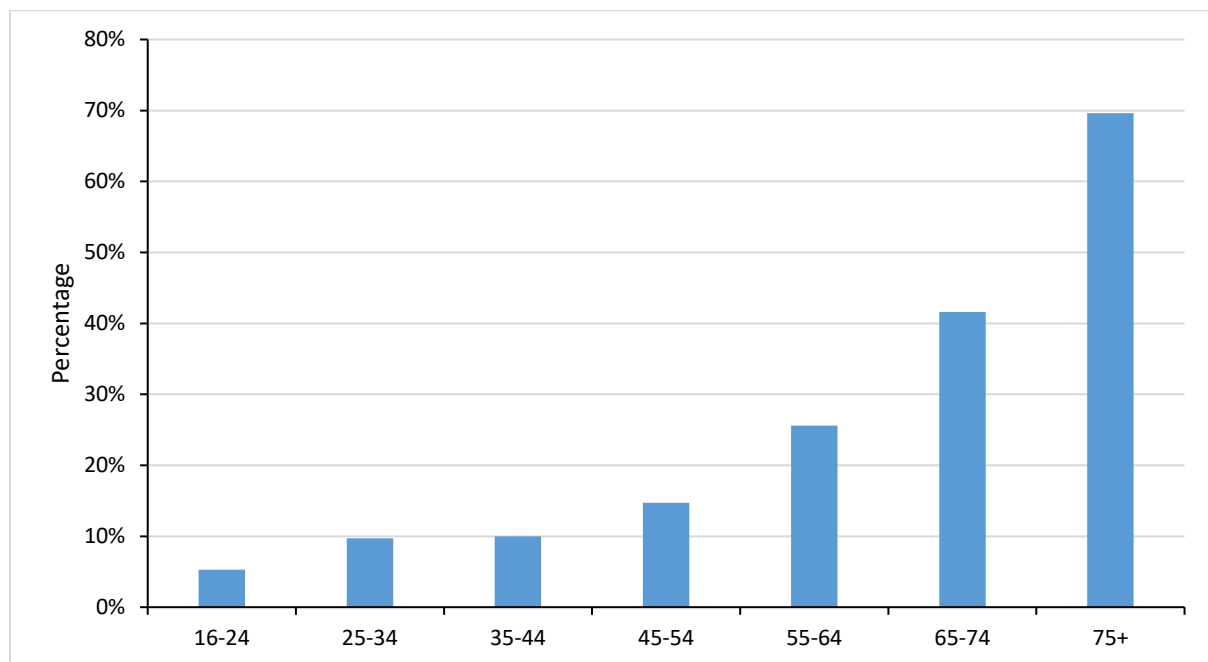
Important limitations to be aware of in interpreting the estimates are that:

1. SOURCE estimates will not include patients who have never been admitted to hospital in relation to their condition.
2. SOURCE estimates will only count patients annually who have had contact with secondary care or collected a prescription that year. For most, but not all with an LTC, a prescription is likely to be collected. However, an individual with diabetes who is diet and exercise controlled may be missed if they had no contact with secondary care services that year, for example.
3. SOURCE estimates may overestimate conditions which affect individuals for a period of time but not for their lifetime. For example, a cancer patient who has been in remission for twenty years would still be counted if they had contact with secondary care or collected a prescription (for any reason).

Long term conditions refer to those conditions that generally last for a year or longer and may impact upon a persons' life. The East Dunbartonshire Health and Wellbeing Survey 2022/23 found that one in three people said that they had a long term condition that substantially interfered with their day to day activities. The percentage of people saying they had a long term condition increased with age (14% of those aged under 35, 59% aged 65 or over). The survey also found that the likelihood of a long term condition was higher amongst the most deprived areas. (43% most deprived 20%, 34% other areas). The Scottish Survey Core Questions (SSCQ) 2022 found that 20.9% of those in

East Dunbartonshire said that they had a limiting condition, lower than Scotland (27.1%). Figure 24 below shows that as the age of a person gets older, the percentage being treated for at least one long term condition increases. This uses the PHS Source Linkage Files, so is a more factual source rather than asking the population about the perception of their own general health.

Figure 24: Percentage being treated for at least one long term condition by age

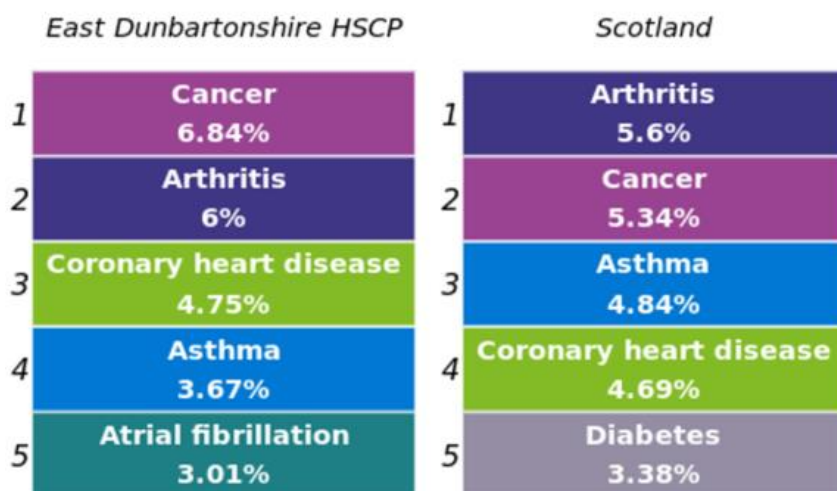


Source: Source Linkage Files (PHS)

5.1 Focus on Specific long term health conditions

This section examines specific long term conditions (LTC) relevant to East Dunbartonshire’s population such as dementia, cancer, chronic obstructive airways disease (COPD), asthma, coronary heart disease (CHD), stroke and diabetes. These conditions can have a significant impact on hospital and social care resources as well as the overall health and wellbeing of a population. Figure 25 below displays the most prevalent LTCs in East Dunbartonshire and Scotland.

Figure 25: Prevalence of the five most common physical LTCs 2022/23



Source: PHS Locality Profiles – Source Linkage Files

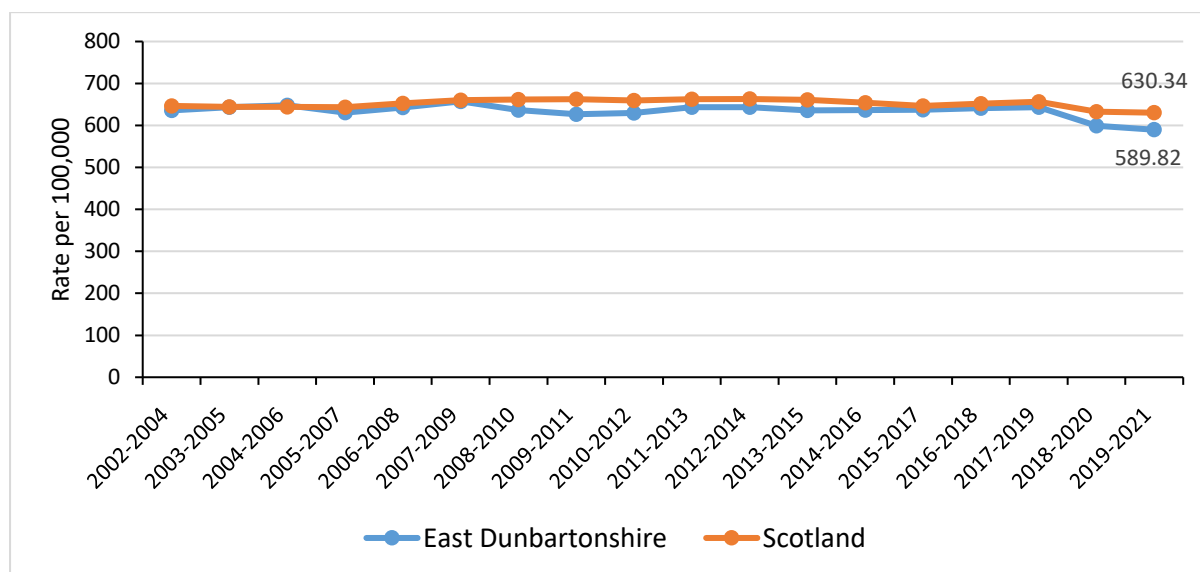
5.1.1 Cancer

Cancer was the most prevalent LTC in East Dunbartonshire in 2022/23 with an estimated prevalence of 6.84% (PHS Locality Profiles – Source Linkage Files).

Trends in cancer diagnosis

From 2019-2021 there was a rate of, on average, 589.8 people per 100,000 population with a new cancer diagnosis in East Dunbartonshire. In the same time period the Scotland rate was 630.3 per 100,000.

Figure 26: Patients registered with cancer rate per 100,000 (3-year average)

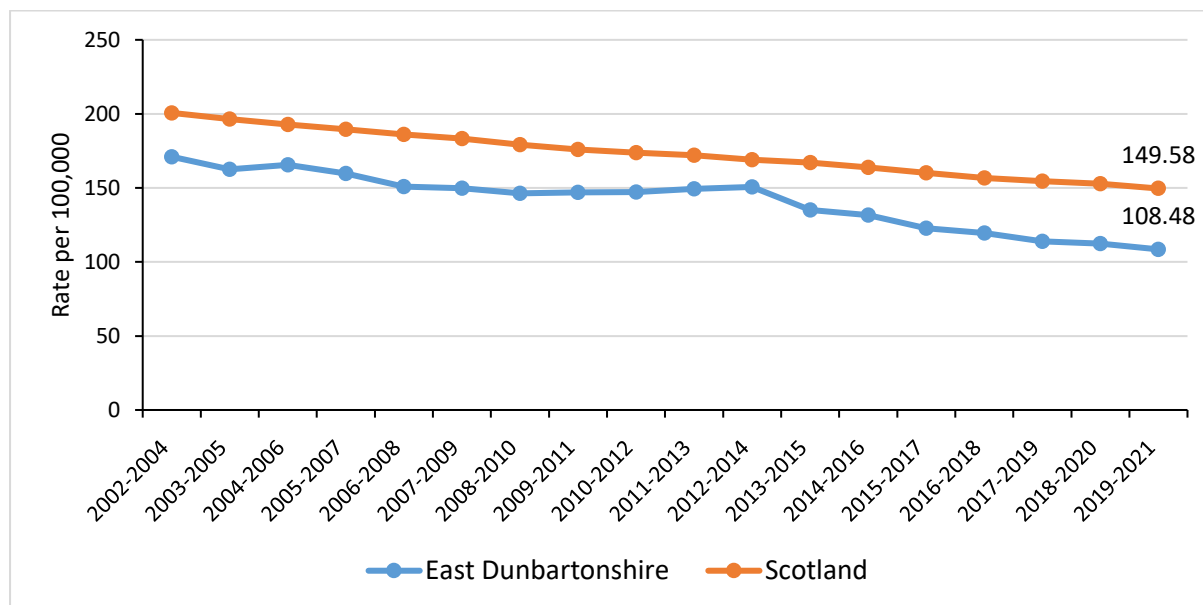


Source: Scotpho

Early deaths from Cancer

People who are aged under 75 who die as a result of cancer are considered to be an early death. The average yearly death rate per 100,000 for East Dunbartonshire from 2019-2021 was 108.5 (Scotland 149.6). The rate of early deaths from cancer has been decreasing each year since 2012-2014 in East Dunbartonshire and for Scotland as a whole.

Figure 27: Early deaths from cancer rate per 100,000 (3-year average)

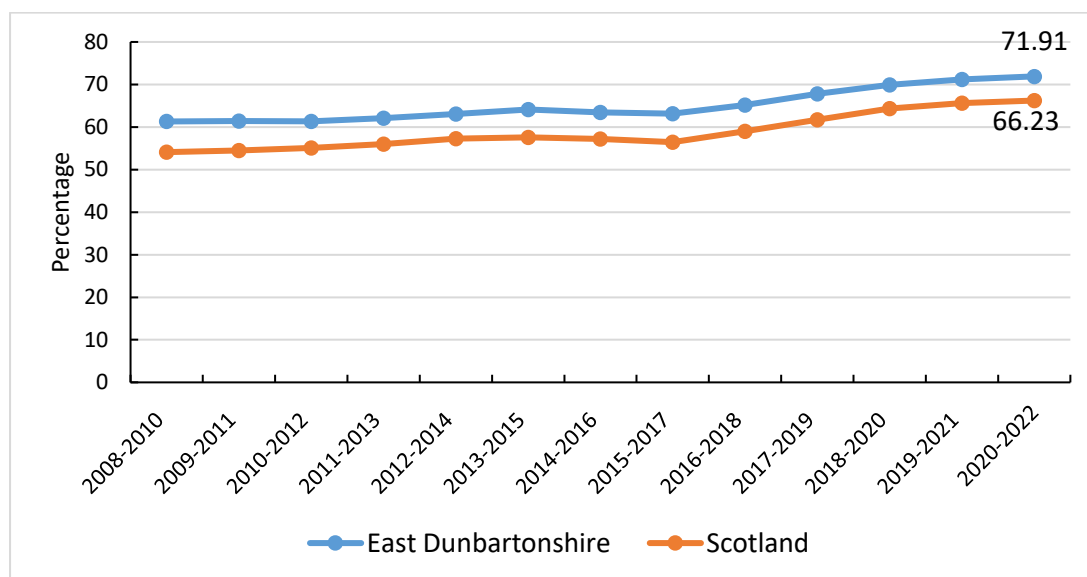


Source: Scotpho

Bowel Screening Uptake

The three year average bowel screening uptake between 2019 and 2021 was 71.91% in East Dunbartonshire, higher than the 66.23% for Scotland. Overall, the bowel screening uptake has increased over time in both East Dunbartonshire and Scotland, and has been consistently higher in East Dunbartonshire when compared to Scotland.

Figure 28: Bowel Screening Uptake (3-year average)



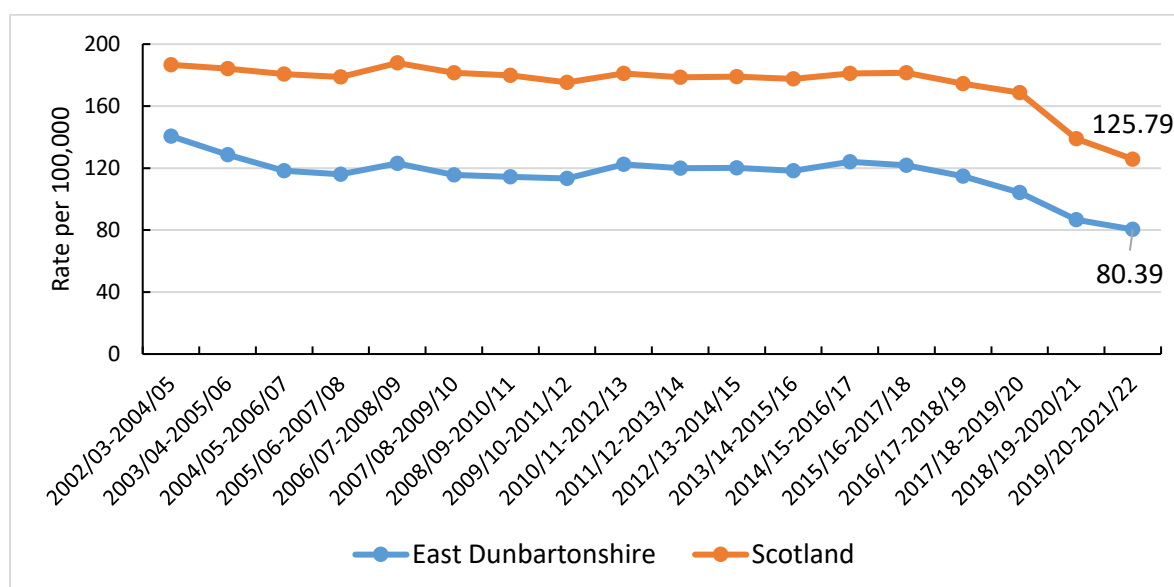
Source: Scotpho

5.1.2 Chronic Obstructive Pulmonary Disease (COPD)

COPD Incidence

COPD incidence rates have been decreasing in recent years and have been continuously lower in East Dunbartonshire than the rate for Scotland as a whole. In 2019/20-2021/22 the 3 year average rate per 100,000 of COPD was 80.4 (Scotland 125.8).

Figure 29: COPD incidence rates per 100,000 (3-year average)

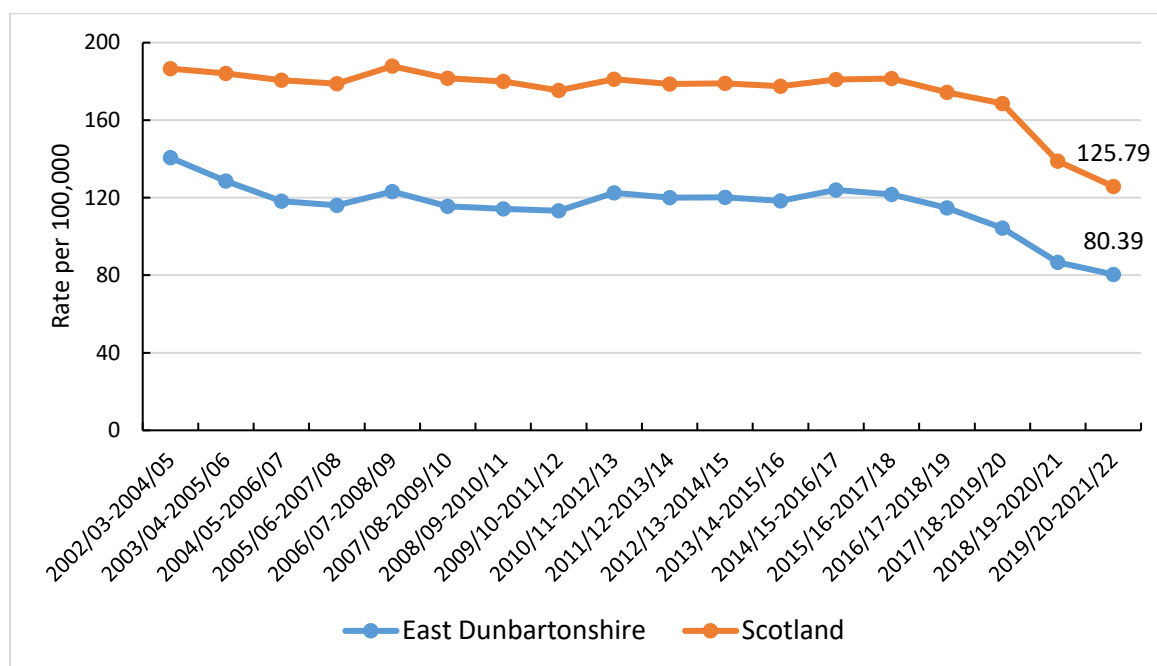


Source: Scotpho

COPD Hospitalisation

The rate of COPD hospitalisation was 80.4 per 100,000 population on average from 2018/20-2021/22, lower than for Scotland at 125.8 per 100,000. As with incidence rates, the rate of hospitalisations has been decreasing over time in East Dunbartonshire.

Figure 30: COPD hospitalisations rate per 100,000 (3-year average)



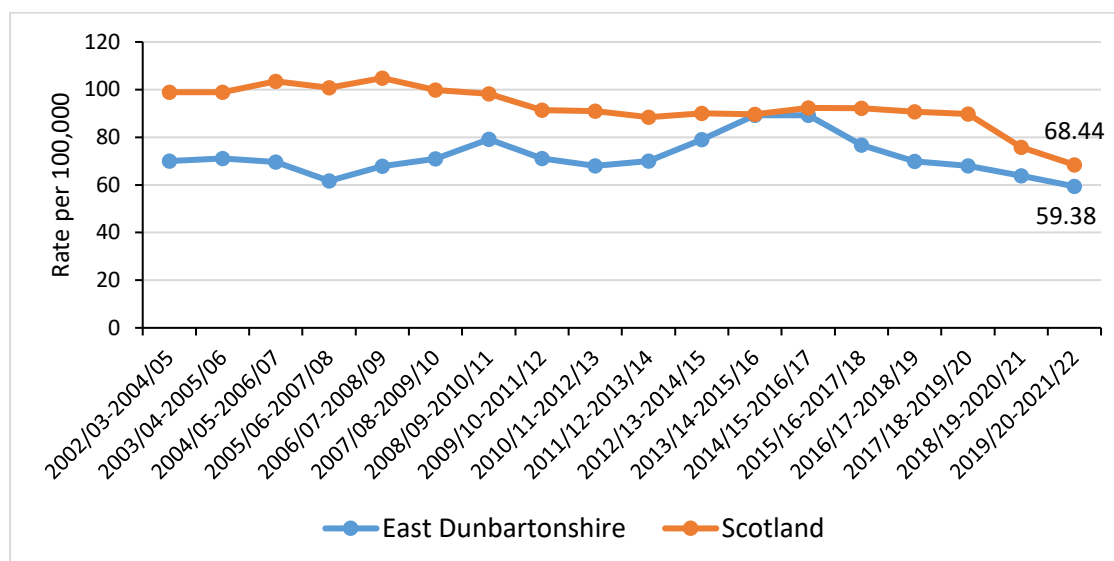
Source: Scotpho

5.1.3 Asthma

Asthma Hospitalisations

The rate for Asthma hospitalisation has been decreasing in East Dunbartonshire since 2014/15-2016/17. In 2019/20-2021/22, the rate per 100,000 for Asthma hospitalisations was 59.4 which is lower than for Scotland as a whole which was 68.4 per 100,000.

Figure 31: Asthma Hospitalisations per 100,000 (3-year average)



Source: Scotpho

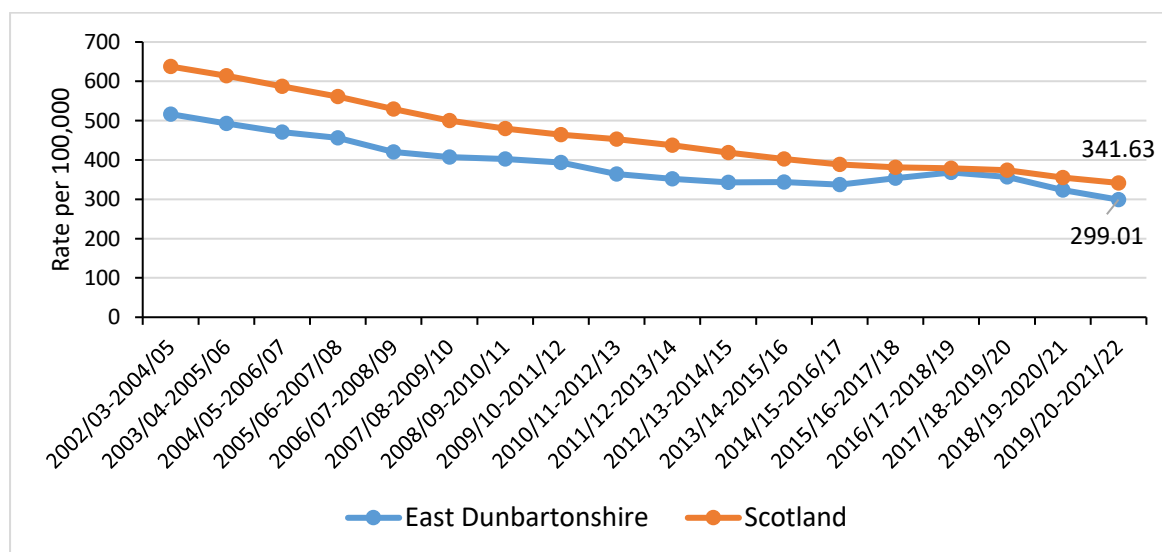
5.1.4 Coronary Heart Disease (CHD)

In 2022/23, there was an estimated 4.75% of people living with CHD in East Dunbartonshire (PHS Locality Profiles – Source Linkage Files).

CHD Hospitalisations

In 2019/20-2020/21, the rate for CHD hospitalisation in East Dunbartonshire was 299 per 100,000 which is lower than for Scotland at 341.6 per 100,000.

Figure 32: CHD Hospitalisation Rate per 100,000 (3-year average)

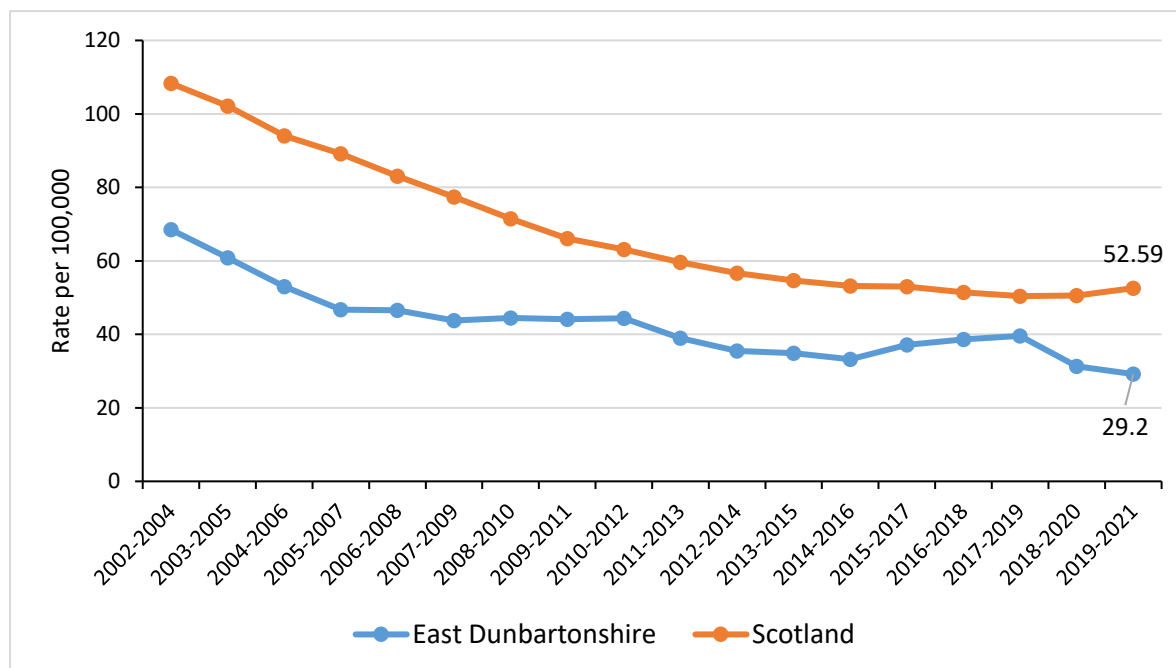


Source: Scotpho

Early deaths from CHD

The rate of early deaths for individuals in East Dunbartonshire has been decreasing over time. In 2019/20-2021/22 the rate per 100,000 was 29.2 for East Dunbartonshire, lower than the 52.6 per 100,000 for Scotland.

Figure 33: Early Deaths from CHD per 100,000 (3-year average)

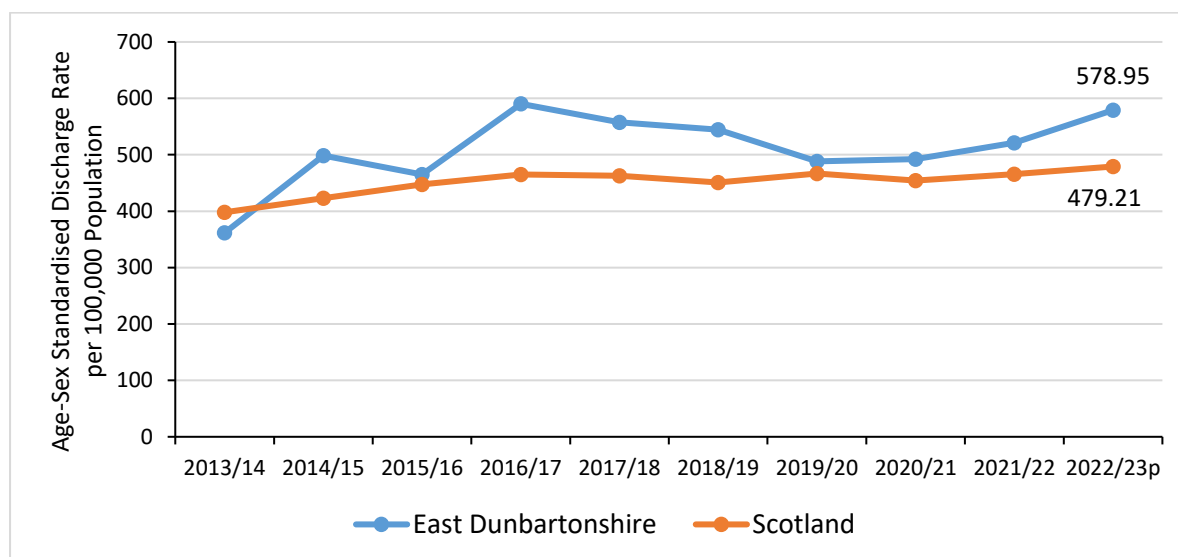


Source: Scotpho

5.1.5 Strokes

Strokes can affect people of all ages, however people over the age of 55 are at higher risk of a stroke which can have an impact on services as the average age of the population gets older. Overall, stroke activity has been higher in East Dunbartonshire compared to Scotland since 2014/15. In 2022/23 (Provisional figures), the age-sex standardised discharge rate was 578.95 per 100,000 in East Dunbartonshire compared to 479.21 per 100,000 for Scotland.

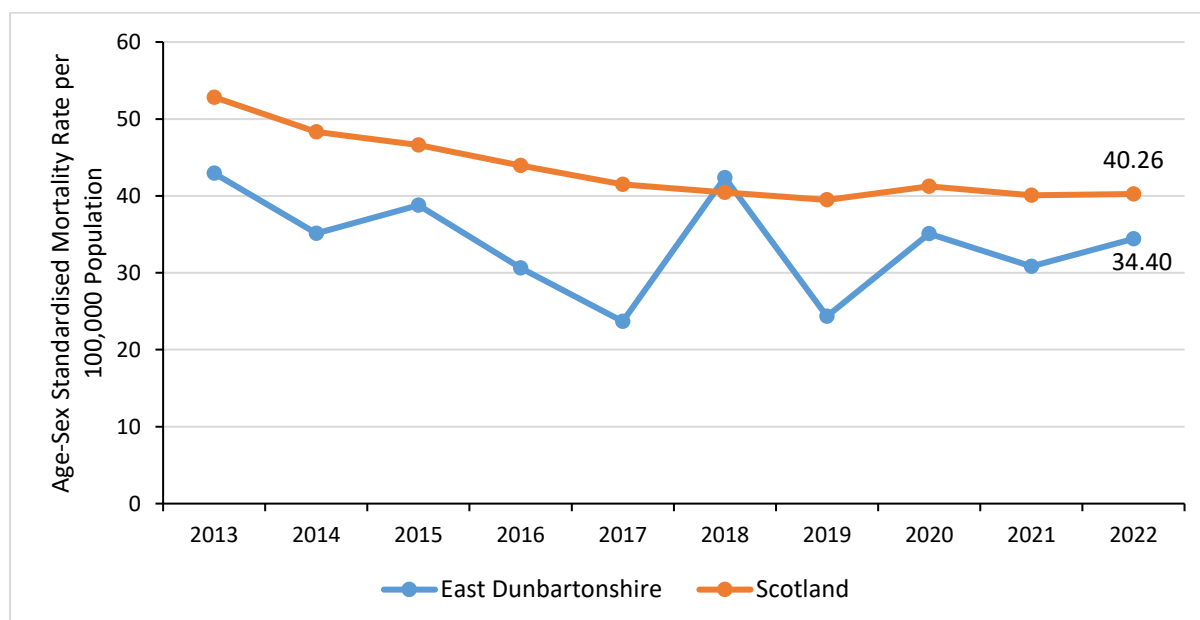
Figure 34: Stroke Activity Rate per 100,000 Population



Source: PHS; Cerebrovascular Disease Activity

Despite having a higher activity rate than Scotland, East Dunbartonshire has a lower mortality rate from strokes, as Figure 35 below shows. In 2022, the age-sex standardised mortality rate was 34.4 per 100,000 for East Dunbartonshire whereas it was 40.26 per 100,000 for Scotland.

Figure 35: Number of Stroke Deaths per 100,000 Population



Source: PHS; Cerebrovascular Disease Activity

5.2 Summary

A number of long term conditions have a high prevalence in East Dunbartonshire including cancer, strokes, and CHD. It is important that residents with long term conditions have the necessary health and social care services available for them to access. As long term conditions are more prevalent in people of an older age services will need to adapt to pressures as the average age of the population increases.

6. Mental Wellbeing

6.1 Long Term Mental Health Condition

We know anecdotally that mental health is an increasing challenge across the whole of Scotland, and East Dunbartonshire will be inevitably be impacted too. In the following section we see evidence of this in terms of increasing numbers of people being prescribed mental health related drugs in East Dunbartonshire.

The prevalence of mental health in East Dunbartonshire over a 6-year period was lower than the Scottish average for people registered with a GP practice. It should be noted however that not all GP practices in Scotland and East Dunbartonshire were included in the disease prevalence publication so any comparisons should be treated with caution as the figures may not be representative.

Table 8: Prevalence of mental health per 100 Patients

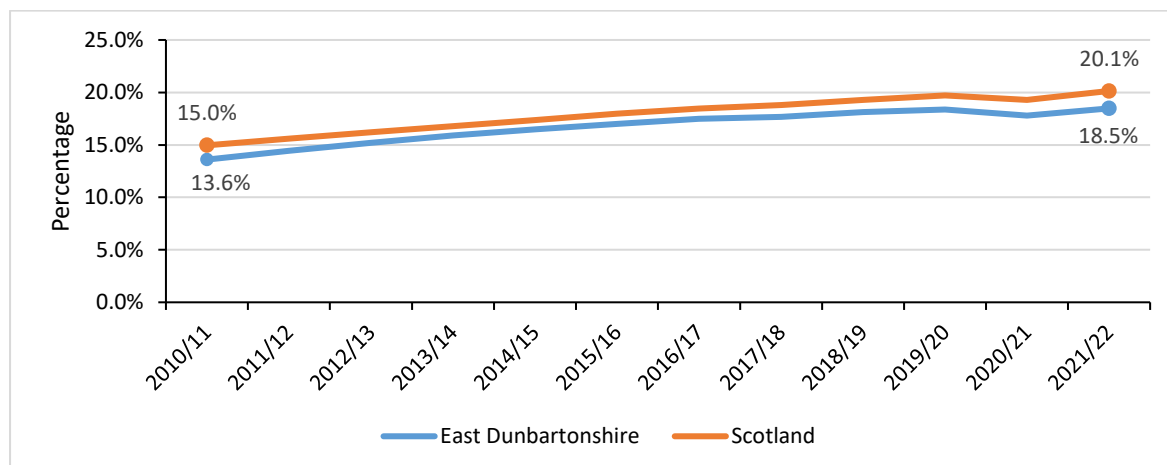
Local Authority	2018	2019	2020	2021	2022	2023
East Dunbartonshire	0.8	0.8	0.8	0.8	0.8	0.8
Scotland	1.0	1.0	1.0	1.0	1.0	1.0

Source: PHS Disease Prevalence

6.2 Depression

The percentage of the East Dunbartonshire population prescribed drugs for anxiety, depression or psychosis increased from 13.6% in 2010/11 to 18.5% in 2021/22. This is still lower than the Scottish percentage of 20.1%.

Figure 36: % population prescribed drugs for anxiety/depression/psychosis



Source: ScotPHO

6.3 WEMWBS Score

The 2022-23 East Dunbartonshire Health and Wellbeing Survey found that 19% of adults had a Warwick-Edinburgh Mental Well-being Scale (WEMWBS) score indicating depression. WEMWBS scores assess the mental wellbeing of the population, with the lower the score, the higher the indication of depression. The mean WEMWBS score in East Dunbartonshire was 52.3. This compares to the Scottish Health Survey (2022) where the mean WEMWBS score for Scotland of 47 in 2022.

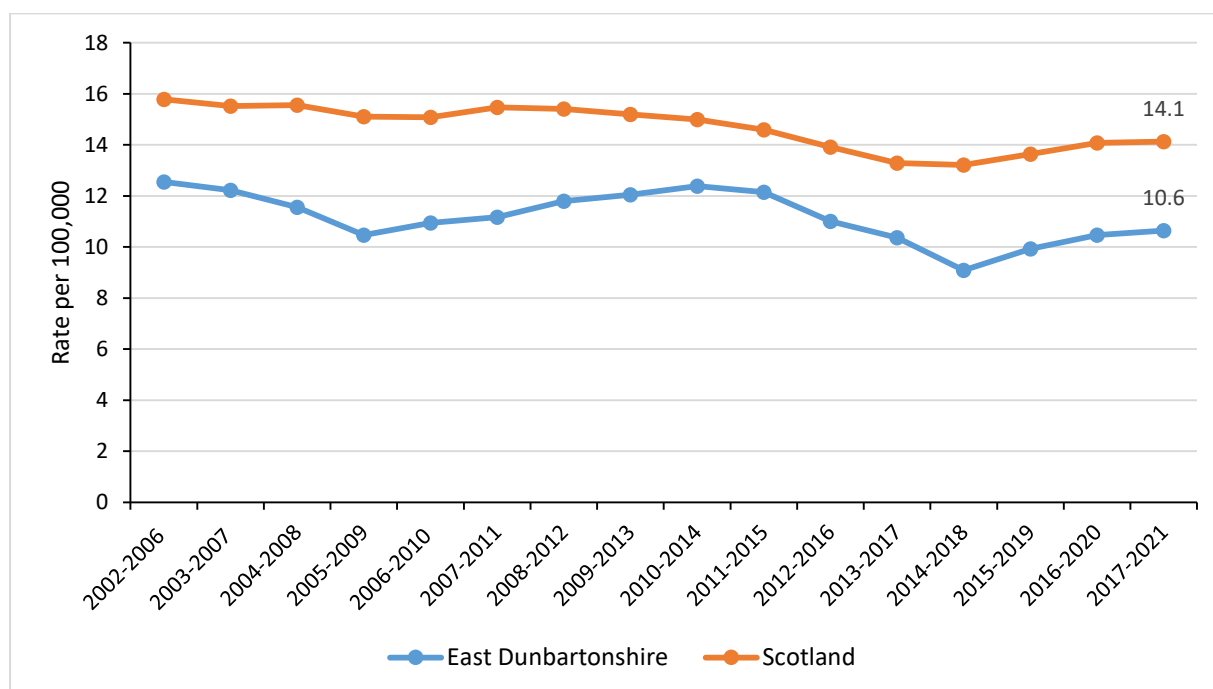
6.4 Loneliness and Isolation

Overall, 19% of respondents to the East Dunbartonshire Health and Wellbeing Survey said that they had felt lonely at least some of the time in the previous two weeks. This was lower than the NHS Greater Glasgow & Clyde area as a whole where it was 25%. Comparing nationally, the Scottish Household survey (2022) found that 23% of people had experienced feelings of loneliness at some point in the previous week.

6.5 Suicide

Recorded death rates due to suicide were lower in East Dunbartonshire than in Scotland as a whole. In the latest five year period 2017-2021, there were 10.6 deaths per 100,000 population (Scotland 14.). The figure below shows that the 5-year aggregate suicide rate in East Dunbartonshire has been increasing since 2014-2018.

Figure 37: Age-sex standardised rate per 100,000 population of deaths from suicide (5-year aggregate)



Source: ScotPHO

6.6 Summary

The percentage of people prescribed drugs for anxiety/depression/psychosis is increasing in East Dunbartonshire. Despite this, the percentage is lower than for the rest of Scotland, and along with this, the WEMWBS score for people in East Dunbartonshire is, on average, higher. The percentage of people feeling lonely in East Dunbartonshire is lower than for other areas of NHS Greater Glasgow and Clyde. Finally, the number rate of deaths by suicide in East Dunbartonshire continues to be lower than the rate for Scotland.

7. Lifestyle and Risk Factors

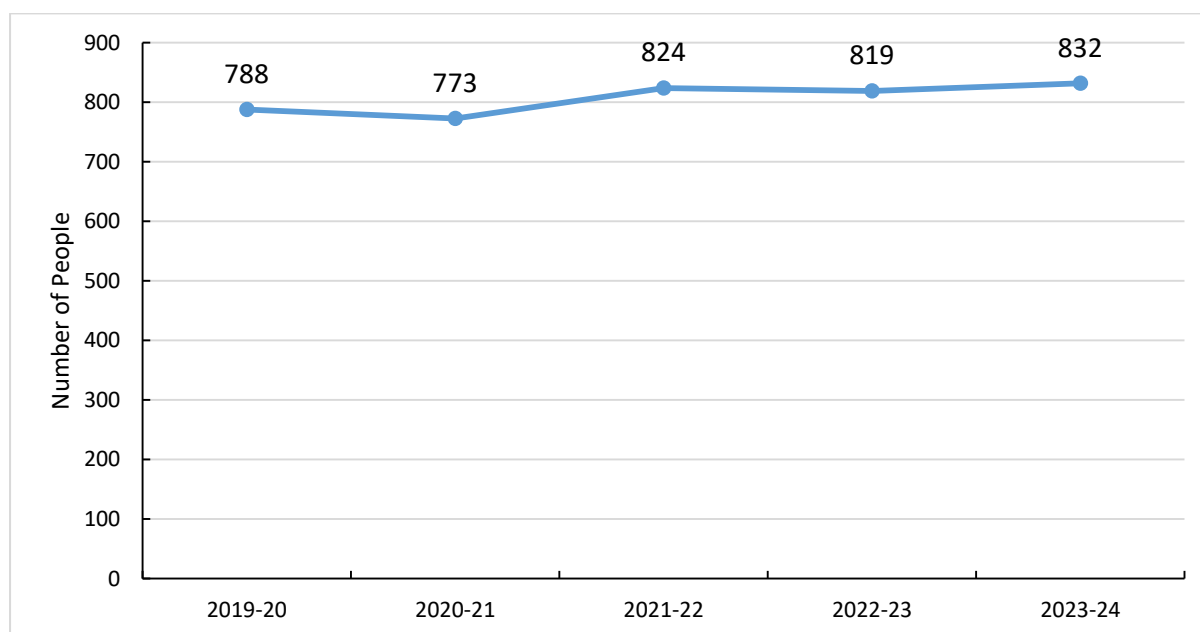
7.1 ADRS Service Users

In 2023-24, 832 people were receiving services from East Dunbartonshire Alcohol and Drug Recovery Service (ADRS), of which 652 (78.4%) were from the East locality and 161 (19.3%) were from the West locality. There were also 19 people who were located outside the East Dunbartonshire area.

These figures should be treated with caution, as the figures alone can give no explanation to what type or level of service for each service user. It also takes no account of how long they have received the services and the level of engagement they have with the services.

Figure 38 below displays the number of people receiving an ADRS service over the last five years.

Figure 38: Number of people receiving ADRS services



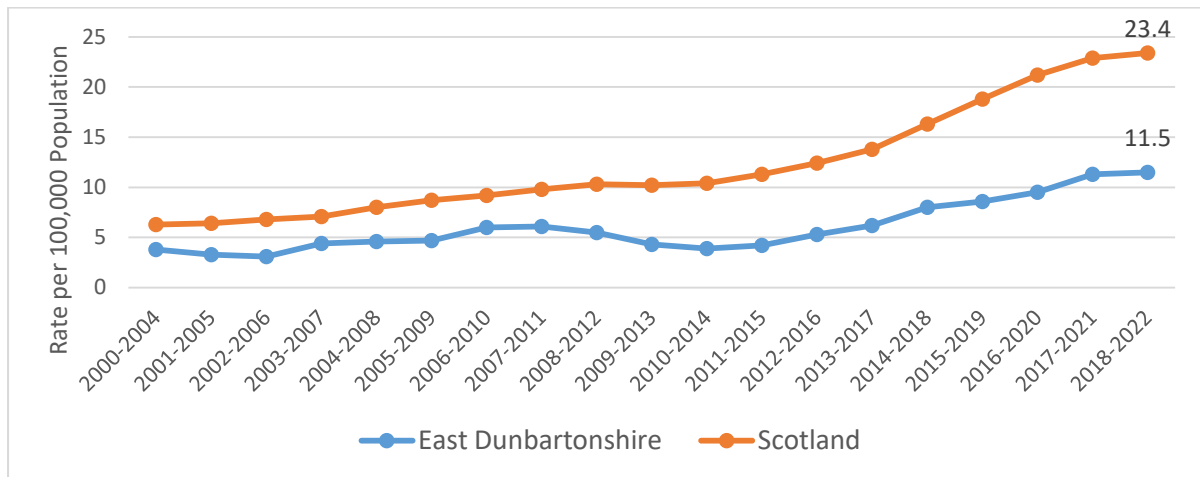
Source: CareFirst

7.2 Drug Related Deaths

In recent years there has been an increase in the rate of drug related deaths in both East Dunbartonshire and Scotland. The average rate for 2018-2022 was 11.5 per 100,000 for East Dunbartonshire which is well below the rate of 23.4

for Scotland. Despite the increases in deaths, the rate for East Dunbartonshire has been consistently lower than the rate of deaths for Scotland.

Figure 39: Age standardised rate per 100,000 population of drug related deaths (5-year average)

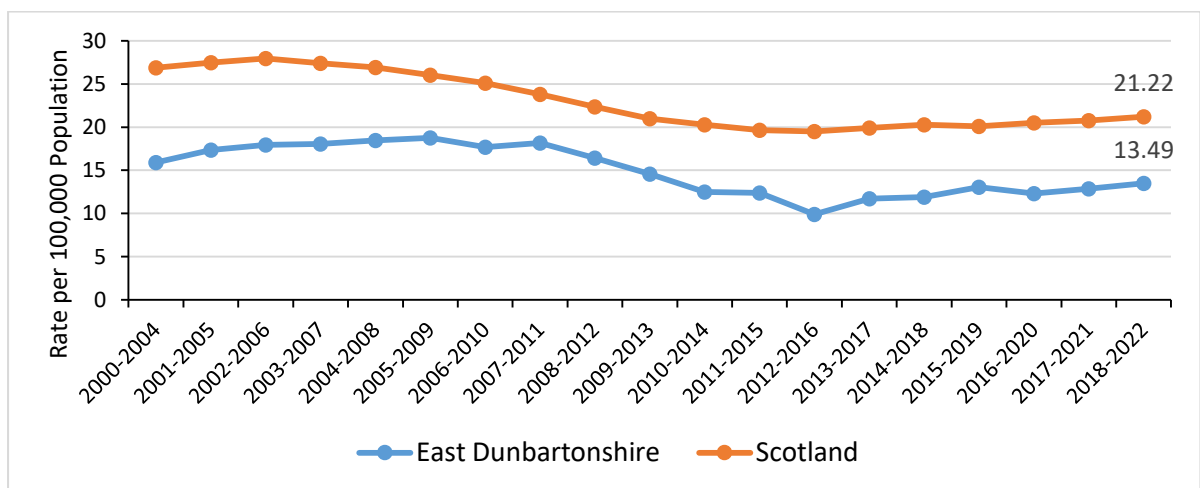


Source: NRS

7.3 Alcohol Specific Deaths

The rate for alcohol specific deaths in East Dunbartonshire was 13.49 per 100,000 on average from 2018-2022. This is below the Scotland rate of 21.22 deaths per 100,000. In recent years there have been slow increases in the rate of alcohol specific deaths for both East Dunbartonshire and Scotland, however, the East Dunbartonshire rate has been consistently below the Scotland rate.

Figure 40: Age-sex standardised rate per 100,000 population of alcohol specific deaths (5-year average)



Source: NRS

7.4 Smoking Prevalence

Smoking prevalence in East Dunbartonshire is lower than in other areas of Scotland. The Scottish Survey Core Questions 2022 found that 8% of people in East Dunbartonshire said that they smoked. This was the third lowest out of the 32 local authority areas, with the Scotland total being 13.8%.

7.5 E-Cigarettes

There is currently a shortage of statistics around the use of E-cigarettes (or vapes). This however is a topic of significant interest, and the UK government have moved to ban disposable vapes due to their popularity amongst children.

The East Dunbartonshire Health and Wellbeing Survey found 9% said that they had used e-cigarettes at least some days in the last year. The age group most likely to have used them was the 16-34 group (17%) and those aged 75+ were least likely to have used e-cigarettes (3%). People in the 20% most deprived were more likely to have used an e-cigarette at some point in the last year.

7.6 Physical Activity

The East Dunbartonshire Health and Wellbeing Survey found that 78% of people in East Dunbartonshire met the target of 150 minutes of exercise per week. The percentage meeting the target did however decrease with age. 85% of 16-34 year olds met this target, whereas, 68% of people aged 75+ met the target. Overall, East Dunbartonshire met the target at a higher rate than NHS Greater Glasgow and Clyde (70%).

The survey also found that 32% of people said that they were more physically active than before the Covid-19 pandemic. However, 33% said they were less physically active. Overall, younger people were more likely to be more active than before the pandemic compared to older people.

7.7 Summary

Overall, drug related and alcohol specific deaths in East Dunbartonshire are lower when compared to Scotland. However, there have been increases in

recent years which will need to be monitored. The majority of people in East Dunbartonshire meet the recommended targets for exercise each week.

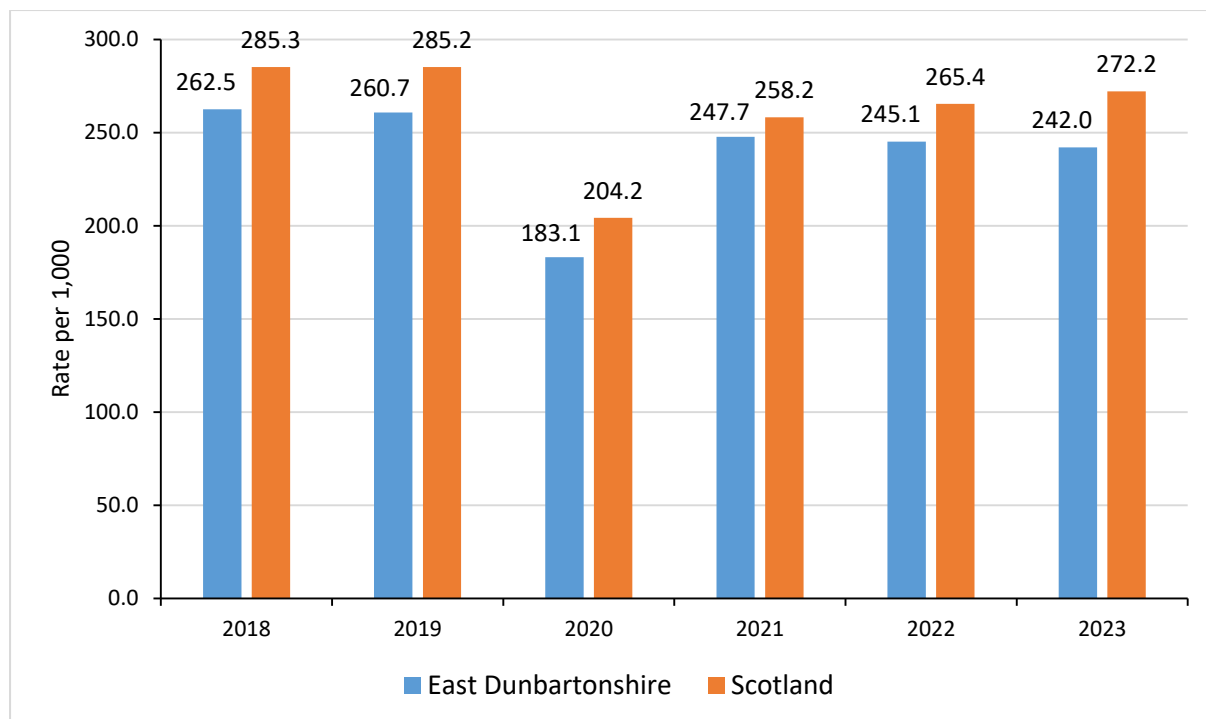
8. Unscheduled Care

Unscheduled care is the unplanned treatment and care, such as A&E attendance or an emergency hospital admission resulting from an urgent event. The Scottish Government included the reduction of unscheduled care as a key priority.

8.1 Accident & Emergency Attendance

Compared to 2018, the rate of A&E attendance per 1,000 was 7.8% lower in 2023. There was a large drop between 2019 and 2020, but this coincides with the Covid-19 pandemic. Rates have increased again since, however they are still slightly below the pre-Covid rates. Throughout the time period shown in Figure 41 below, the A&E attendance rate per 1,000 has been lower in East Dunbartonshire compared to Scotland.

Figure 41: A&E Attendance rate per 1,000 population 2018/19 – 2022/23



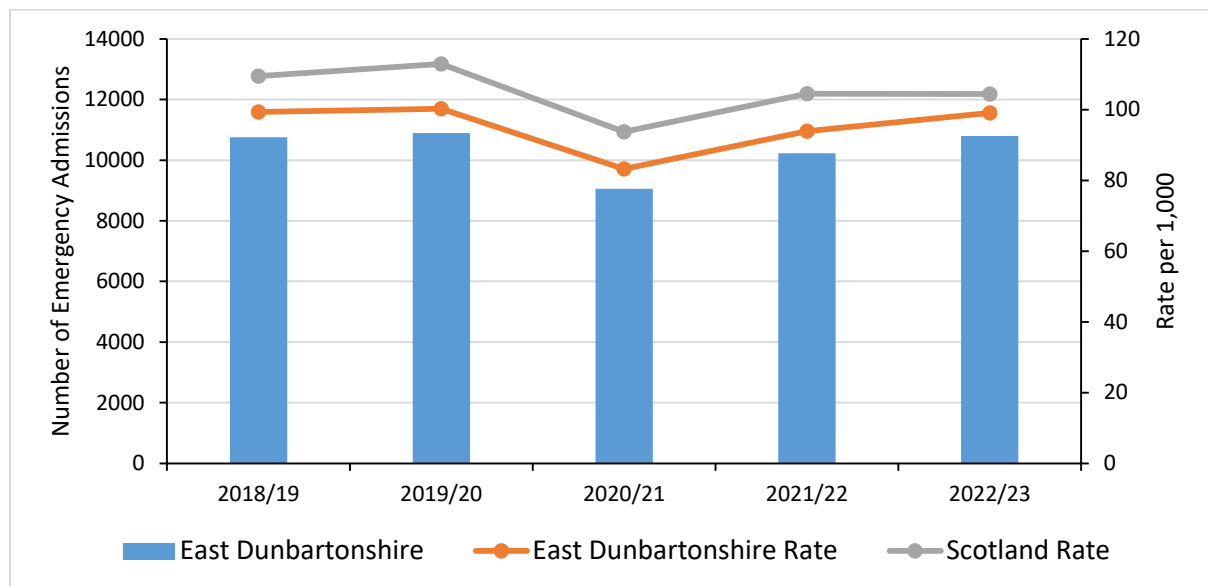
Source: PHS

8.2 Emergency Admissions to Hospital

The rate of emergency admissions in East Dunbartonshire was lower than for Scotland between 2018/19 and 2022/23. In 2022/23, the emergency admission

rate was 99.1 per 1,000 (Scotland; 104.4 per 1,000). The rate for East Dunbartonshire in 2022/23 was similar to 2018/19, indicating rates of emergency admissions have increased back to pre-pandemic levels.

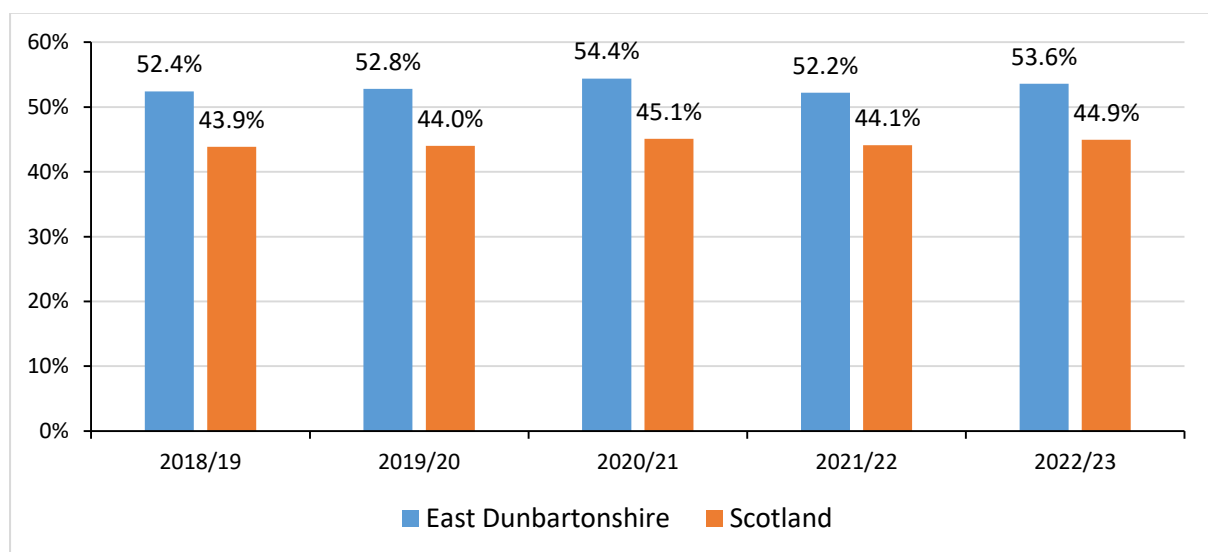
Figure 42: Emergency Admissions and Rates 2018/19 – 2022/23



Source: PHS

Over half of people who had an emergency admission in East Dunbartonshire were 65 or over in every year between 2018/19 and 2022/23. In 2022/23, 53.6% of emergency admissions were 65+, higher than the Scotland level of 44.9%.

Figure 43: Adults aged 65+ as a Percentage of All Emergency Admissions 2018/19 – 2022/23

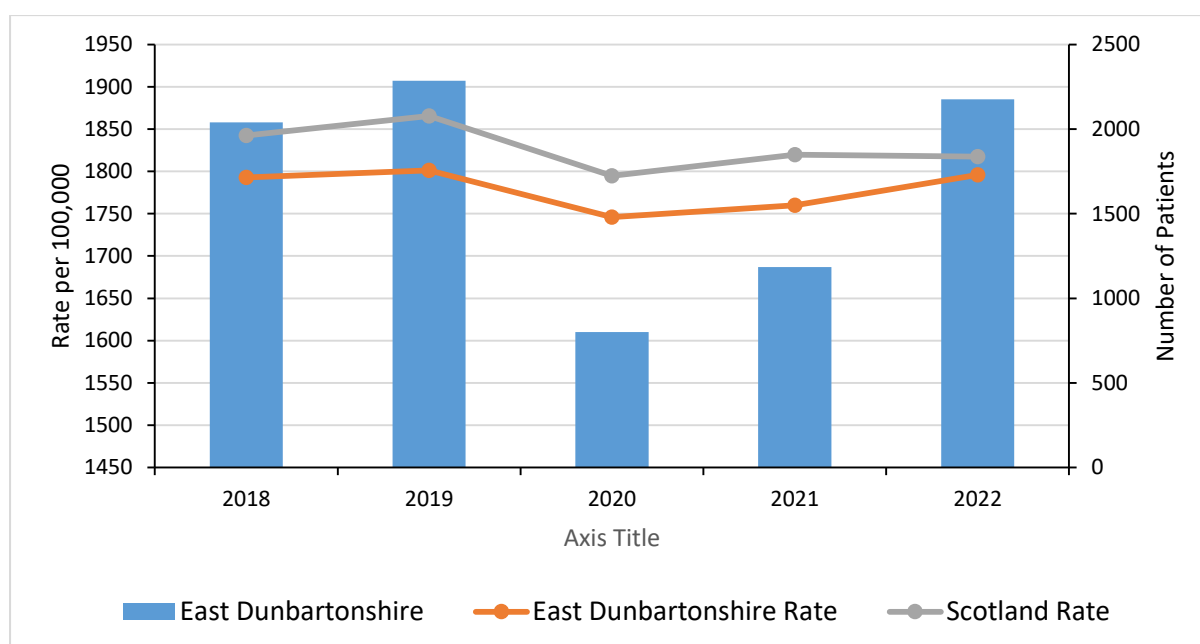


Source: PHS

8.3 Multiple Emergency Admissions

Between 2018 and 2022, the rate of people with two or more emergency admissions was lower in East Dunbartonshire compared to Scotland. In 2022, the rate of patients with 2+ emergency admissions was 1729.8 per 100,000 for East Dunbartonshire compared to the Scotland rate of 1836.7 per 100,000. Figure 44 below shows that there was a substantial drop at the start of the pandemic in 2020, however rates are recovering towards the same as before the pandemic.

Figure 44: Rate per 100,000 and Number of Patients with 2+ Emergency Admissions 2018 – 2022

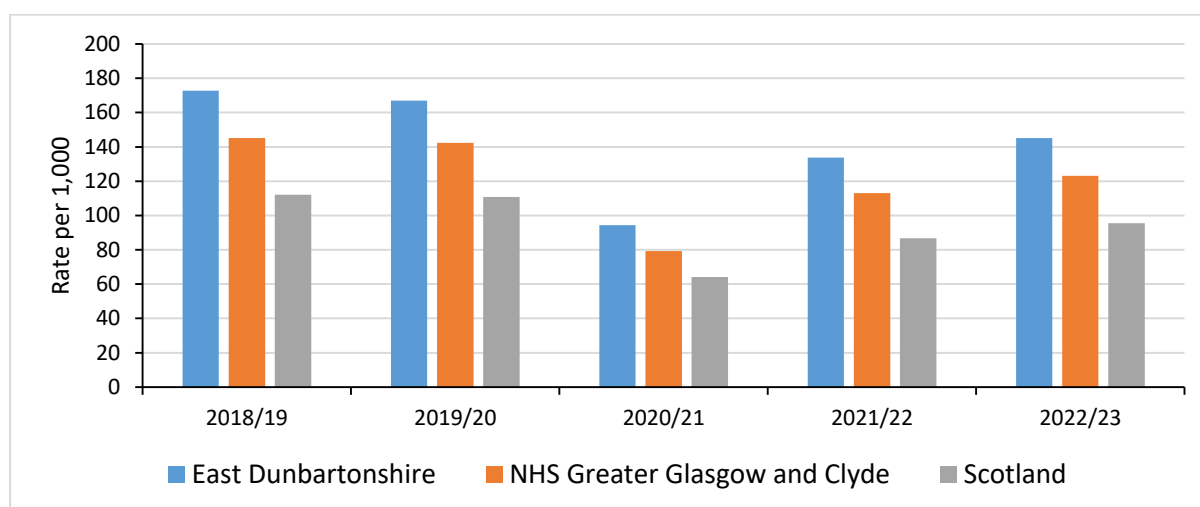


Source: PHS

8.4 Elective Hospital Admissions

Since 2018/19, the rate of elective hospital admissions has been higher in East Dunbartonshire compared to NHS Greater Glasgow & Clyde and Scotland. There was a substantial decrease in 2020 at the start of the pandemic, but there has been increases since, however rates haven't got to the same level as pre-pandemic. In 2022/23, East Dunbartonshire had an elective hospital admission rate of 145.1 per 1,000, compared to 95.4 per 1,000 for Scotland.

Figure 45: Elective Hospital Admissions Rate per 1,000



Source: PHS

Table 9: Top 5 Admissions by Specialty 2022/23

Specialty	Number of Admissions	% Overall Elective Admissions
General Surgery (excl Vascular)	2317	14.6%
Gastroenterology	2090	13.2%
Medical Oncology	1775	11.2%
Urology	1743	11.0%
Haematology	1589	10.0%

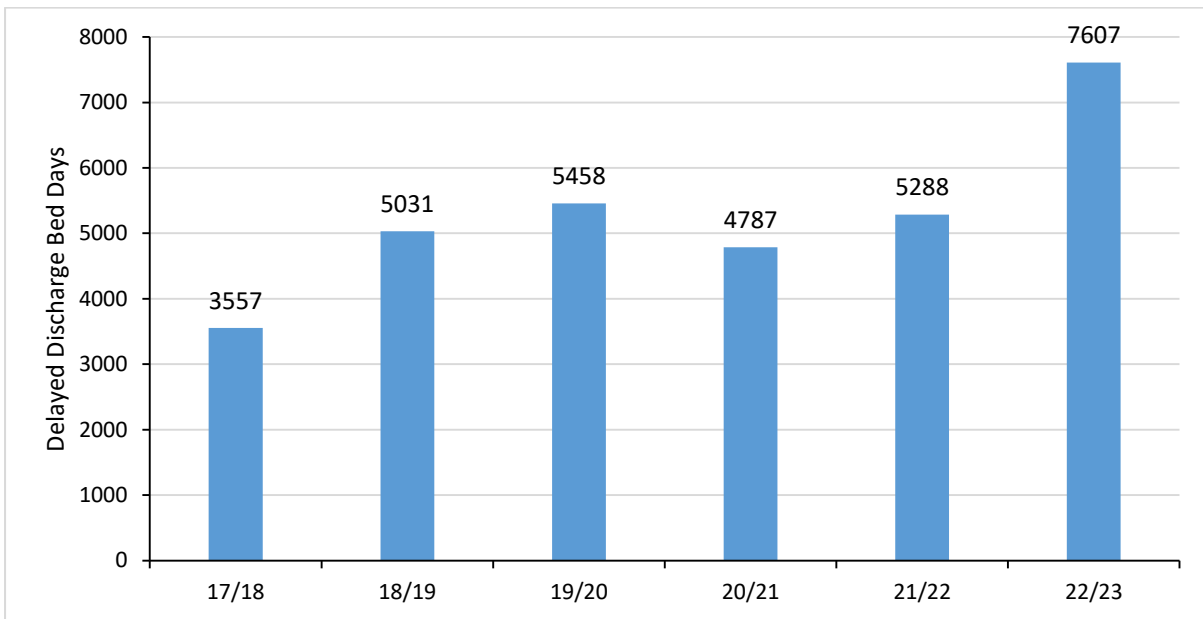
Source: PHS

8.5 Delayed Discharges

A delayed discharge occurs when a patient, clinically ready for discharge, cannot leave hospital as a result of legal impediments to the person being moved to a non-acute place of care, or in some cases where the other necessary care, support or accommodation for them is not readily accessible and/or (very rarely) where funding is not available, for example to purchase a care home place. Sometimes delays can also be due to family issues.

In 2022/23 there were 7607 acute delayed discharge bed days in East Dunbartonshire. This was a 43.9% increase compared to 2021/22 and a 113.9% increase compared to 2017/18.

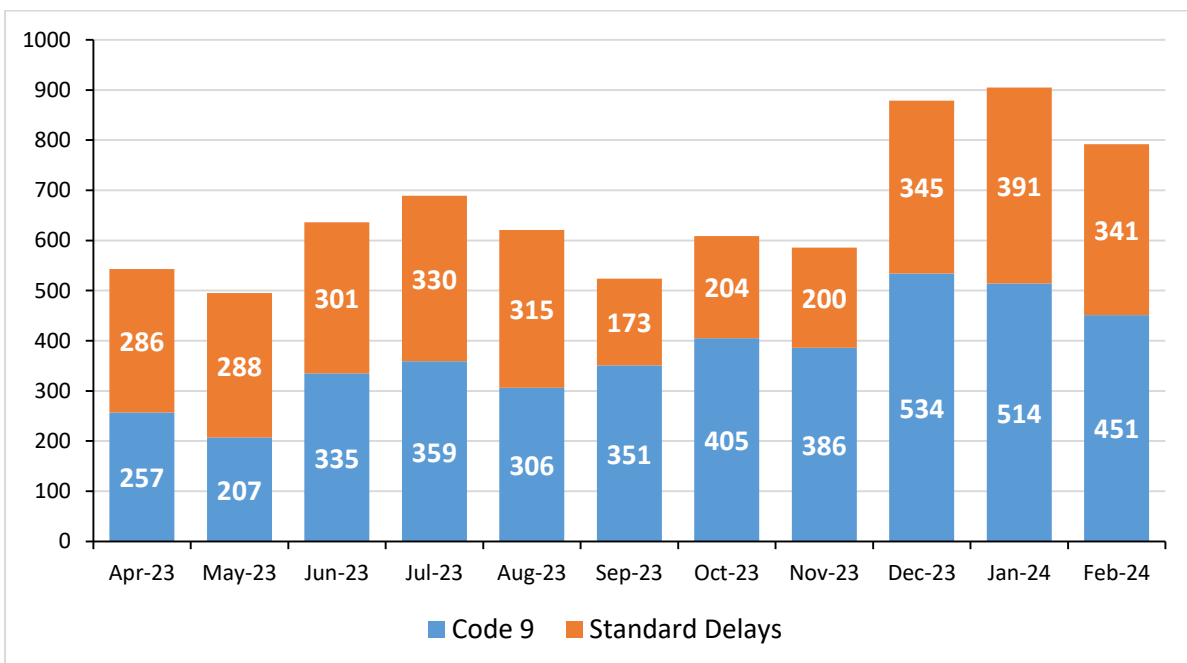
Figure 46: Acute Delayed Discharge Bed Days



Source: PHS; Delayed Discharge Open Data

In February 2024, 57% of bed days lost to delayed discharges were for Code 9 delays, this is an increase compared to the start of the financial year where in April 2023, 47% of bed days lost to delayed discharges were for Code 9 delays.

Figure 47: Bed Days Lost to Delayed Discharges

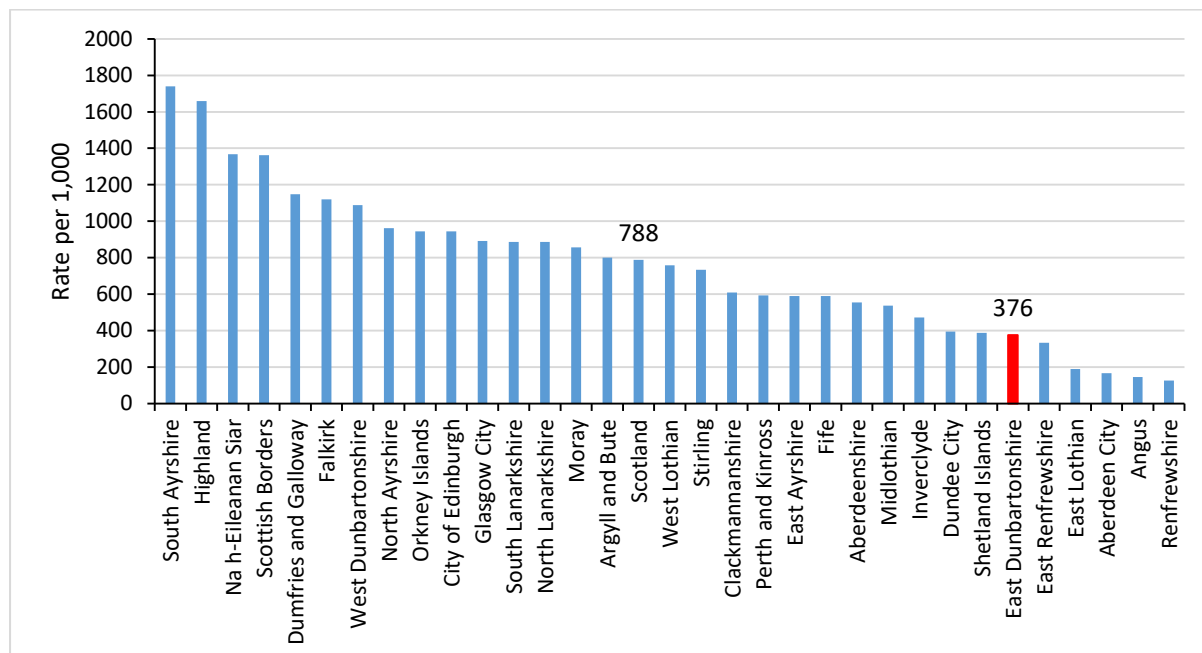


Source: PHS; Delayed Discharge Open Data

The figure below shows the bed days occupied by adults aged 75 and above for Scotland, and all council areas in Scotland. East Dunbartonshire has the 6th

lowest rate per 1,000 for bed days occupied by adults aged 75 and above between April 2023 and February 2024.

Figure 48: Bed Days Occupied by Delayed Discharge Patients aged 75+ (per 1,000 patients) Apr 23 – Feb 24



Source: PHS

8.6 Summary

A&E and Emergency Admission rates are lower in East Dunbartonshire compared to Scotland, however a higher proportion of emergency admissions are in the 65+ age group in East Dunbartonshire compared to Scotland. The number of acute delayed discharge bed days increased substantially in 2022/23.

9. Adult Social Care Provision

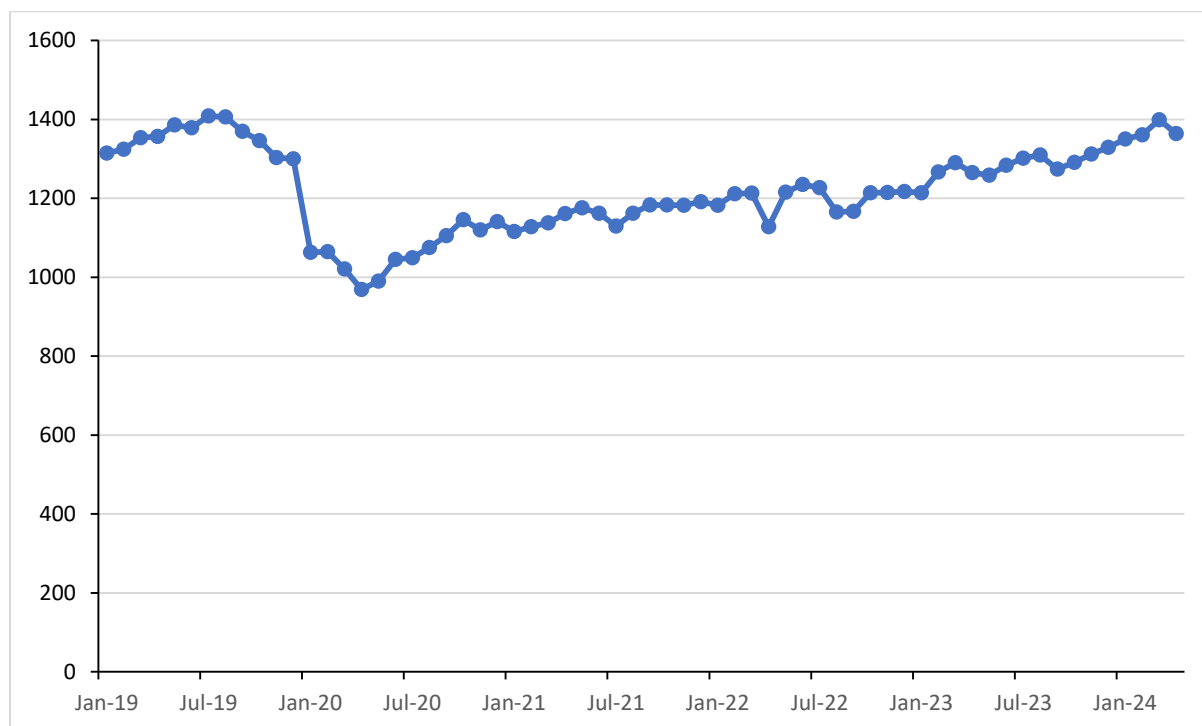
The majority of social care services are delivered to people aged 75 and over: around 55.5% of social care customers in 2021/22 were 75 or over (PHS Insights into Social Care Dashboards), with the majority of these 85+. Specialist services are also delivered to younger adults, often by joint teams.

East Dunbartonshire has a growing 75+ and 85+ population, and with the majority of social care services provided to these age groups, which will likely result in greater demand on social care services in the area.

9.1 Home Care

In March 2024, there were 1364 people in East Dunbartonshire receiving homecare in the last week of the month. There was a large drop in customers at the beginning of 2020, however this has now recovered to pre-pandemic levels, and is increasing at the same level as seen throughout 2019.

Figure 49: Number of Homecare Customers in Last Week of Month (January 2019 – March 2024)

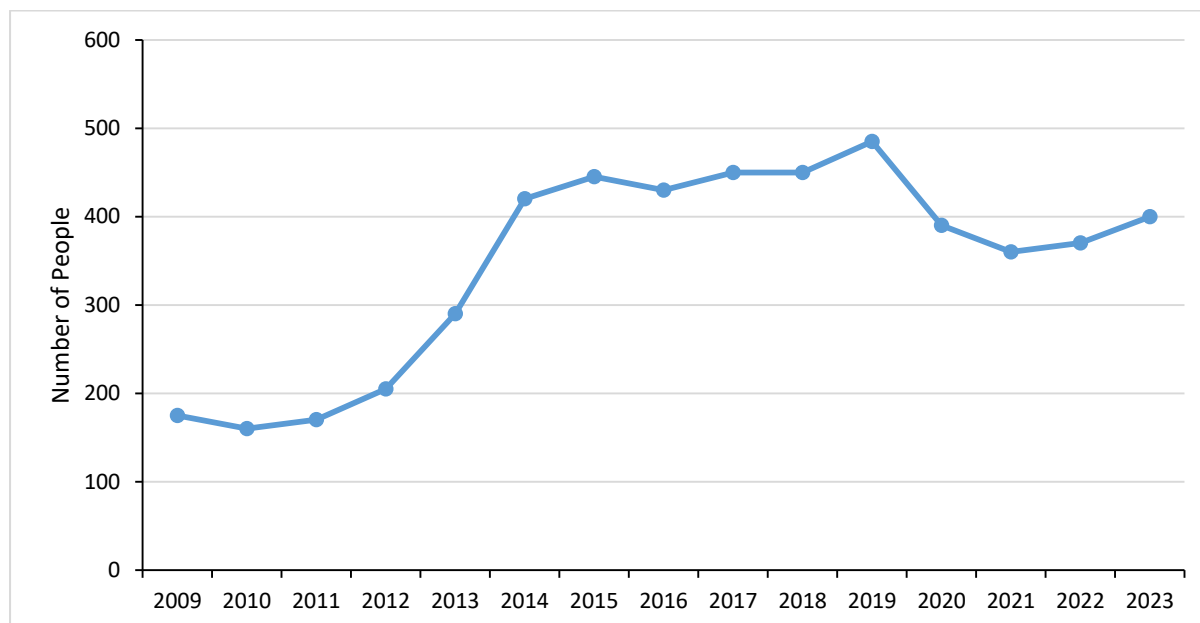


Source: East Dunbartonshire Council; Corporate Performance and Research Team

9.2 Care at Home

Following a drop coinciding with the beginning of the Covid-19 pandemic, the number of people aged 65+ with long term care needs receiving 10 or more hours of care at home in East Dunbartonshire is starting to increase again. In 2023, 400 people were receiving at least 10 hours of care at home.

Figure 50: Number of people aged 65 and over with long-term care needs receiving 10+ hours of care at home in East Dunbartonshire



Source: PHS; People supported through Social Care Services

9.3 Self Directed Support (SDS)

This section looks at the number of people choosing Self Directed Support Options to direct their own support package. Their choice will be dependent upon the amount of control and responsibility that the customer or their family wish to take in arranging the delivery of care. None of the options are considered inferior to the other options and the statistics reflect customer choice. Note that if service users choose more than one support option (as per option 4), they will also be added to the total of each option that applies. The options are:

Option 1 – The service user receives a direct payment and arranges their own support

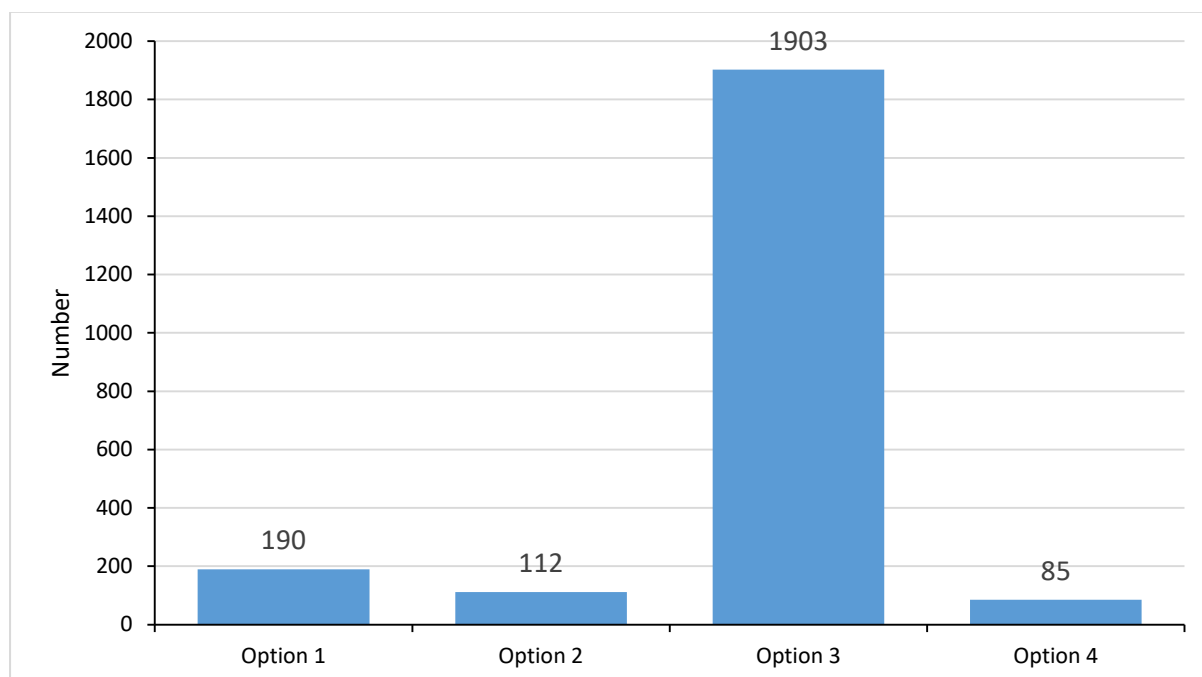
Option 2 – The service user decides and the HSCP arranges support

Option 3 – After discussing with the service user, the HSCP decides and arranges support

Option 4 – The service user uses a mixture of options 1-3.

The number of direct payments in East Dunbartonshire in Quarter 4 2023/24 was 190. The chart below shows the breakdown of SDS options as at Quarter 4 2023-24:

Figure 51: Self Directed Support in East Dunbartonshire (Quarter 4 2023/24)

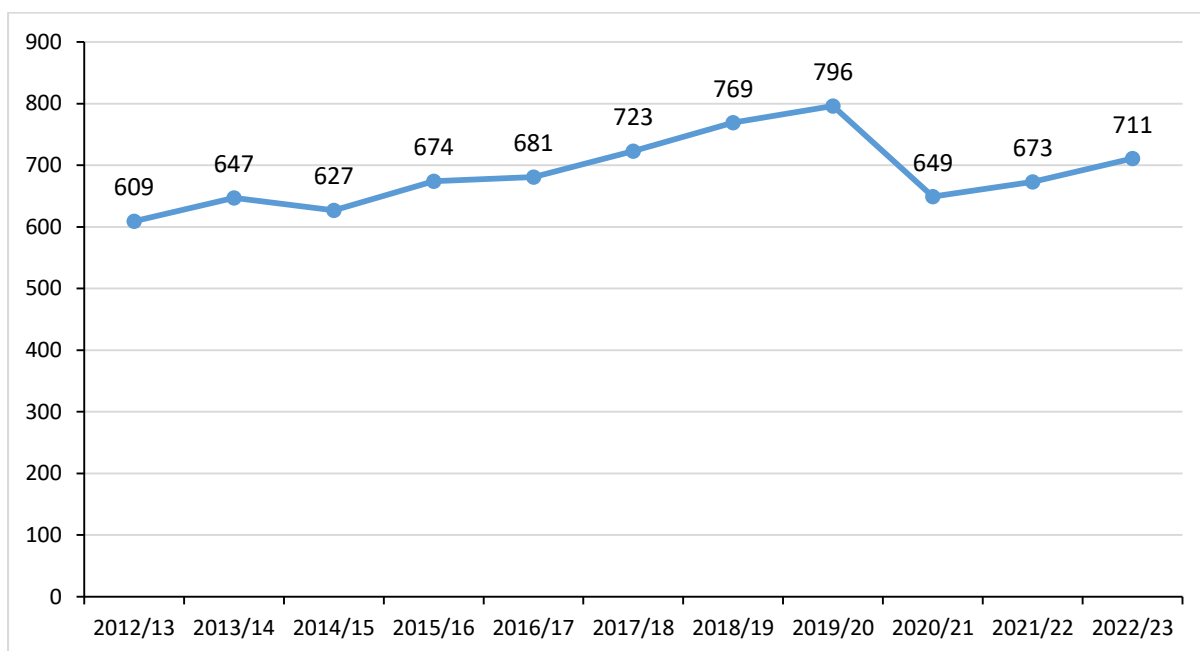


Source: East Dunbartonshire HSCP; SDS Figures

9.4 Care Homes

The number of people in permanent care home placement in East Dunbartonshire had been rising before the Covid-19 pandemic. There was a drop which coincided with the start of the pandemic, however numbers are starting to increase again. As the population gets older, demand for care home placements will grow considerably.

Figure 52: Number of people in Permanent Care Home Placement

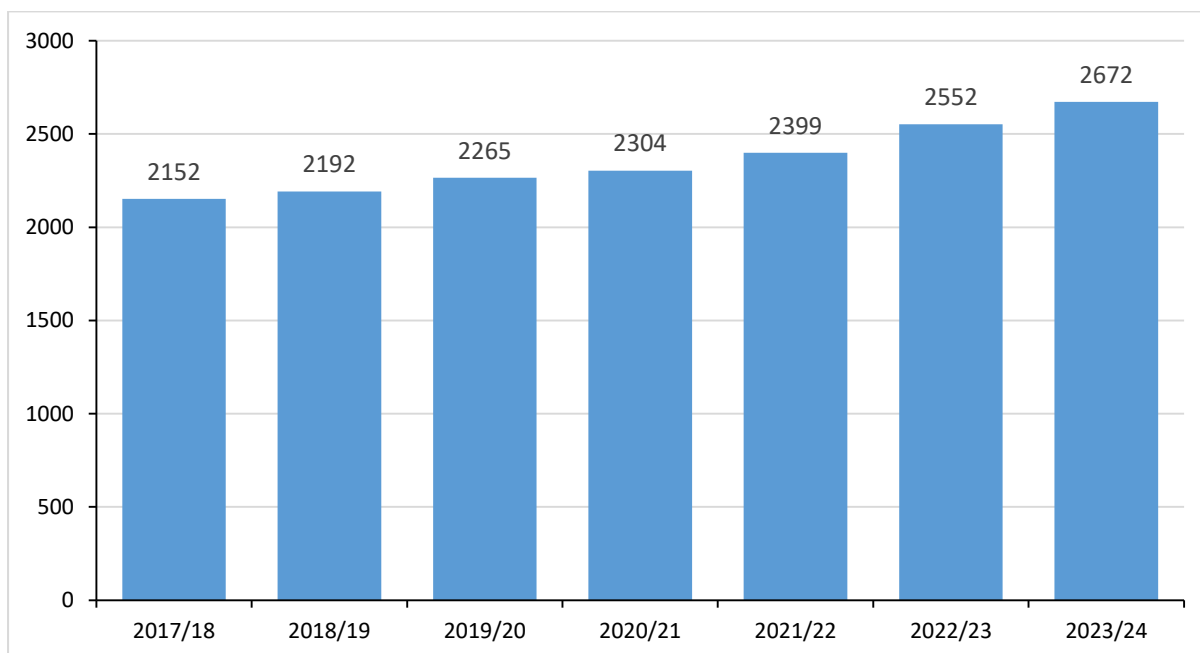


Source: Pentana

9.5 Telecare & Telehealth Technology

Telecare packages provided within East Dunbartonshire have increased by 24.2% from 2152 in 2017/18 to 2672 in 2023/24.

Figure 53: Uptake of Telecare Packages as at Quarter 4 (75+)



Source: Technology Enabled Care; Alarm Receiving Centre

9.6 Summary

After a drop at the beginning of the Covid-19 pandemic, the number of homecare customers in East Dunbartonshire customers is increasing, and as the population ages it can be expected that demand will continue to grow. The number of telecare packages in East Dunbartonshire continues to increase.