



Home First Strategy 2023 – 2026

Easy Read Version





There may be some words you don't know in the document. When you see them for the first time they will be in **bold**.

There is a word list with the meanings of these new words at the end of the document



We want everyone in Fife to be able to live longer, healthier lives at home or in a homely setting.

Home First

This is where the name Home First comes from.



A **strategy** is a document that sets out the things that an organisation wants to do over a few years.



Fife Health and Social Care Partnership's Home First Strategy is a plan to:

- Work together to support people with their own health and care needs.
- Help people to live independently for as long as possible.



The **strategy** will help people to return to their home or homely setting as soon as possible, following a stay in hospital.

With any support, care or equipment that they might need.



The **Home First Strategy** has been made with:

- NHS Fife
- Fife Council
- Local partner agencies
- Care providers, and
- Members of the public



We know how important it is for people to return home or to a homely setting from hospital as soon as possible.



Hospital discharge is when people leave hospital to go home.



Delayed discharge is when people are well enough to leave the hospital but may face delays. The delays can be caused by different reasons.



Staying longer in hospital than needed will not be good for people and can stop them living independently at home.



The **strategy** includes teams of people from different services who screen and assess people for **frailty**.



When community-based support is available delayed discharge can happen less.



Teams of staff from different services will help to make this happen.

They will also share information with other teams who might also support you.



This also means that people may not need to be admitted to hospital.

They can be supported to stay at home for as long as possible. This is Home First.



Prevention and early intervention means finding and stopping or delaying problems before they happen.



Whilst also considering other contributing factors like:

- age and **genetics**
- healthy eating
- smoking
- exercise



We aim to prevent admissions to hospital for those living with long-term conditions and **frailty**.



Teams of staff will help people to manage their long-term conditions at home.

This should help to prevent hospital admissions.



Support and care must be provided at the right time and place for people using health and social care services.



People will have personal plans which tells health and care staff how they want to be cared for now and in the future.



New technology can support people with their own health.



Computer systems can also help teams:

- Plan visits
- Share information about your care



Over the next 3 years we will work hard to reduce the number of times people need to go into hospital.

We will improve the hospital discharge process and the care that people get when they do go home.

This will help people in Fife to be healthy and to stay at home for as long as possible.

What the words mean.

Strategy	The things that an organisation wants to do over a few years.
Fife Health and Social Care Partnership	When the local council and NHS work together to deliver services.
Frailty	When someone is weaker, vulnerable, or more delicate.
Genetics	Studying how physical characteristics are passed on from one generation to the next.
Home First Strategy	A plan to help people live longer, healthier lives at home or in a homely setting.



Home First



There's no place like home