



Strategic Plan 2026-29

Summary - for consultation

Contents

What it's all about	3
What is the strategic plan?	3
Why we need it	3
Our Local needs	4
Working together	6
Our priorities for 2026-29	7
The Priorities - Prevention	8
The Priorities - Communities	9
The Priorities - Digital	11
Summary	13

Shaping health and social care together

What's this all about?

This short summary explains what our Strategic Plan 2026–29 is all about - what we want to achieve, how we'll do it, and most importantly, how you can help shape it.

Our goal is simple:

To help the people of Fife live healthier, more independent lives – in the right place, at the right time, with the right support.

What is the Strategic Plan?

It's a plan for improving health and care services in our communities.

It sets out:

- What we want to achieve
- How we plan to get there
- How we'll work together with you

Why we need it

Fife's population is changing. People are living longer - which is wonderful - but it also means more people need support.

Over the next few years: for example:

- Demand for Care at Home services may rise by 10%
- Emergency admissions for older adults could increase by 15%
- Dementia is expected to rise by 10%
- Lung cancer cases may increase by 17%
- One in three people in Fife will experience a mental health issue each year

We want to plan ahead so our services are ready - flexible, fair, and focused on what matters most to you.

We're focused on getting it right for all our communities by using data and local insight to understand Fife's seven localities; their strengths, challenges, and what matters most to the people who live there. Each locality profile provides a clear picture of local needs, helping us target resources and shape priorities in ways that reflect local circumstances while maintaining fairness and consistency across Fife. Although many of our health and social care challenges reflect wider national trends, understanding local context allows us to plan and deliver care that's both equitable and responsive. We will continue to use data and insight to review and update our understanding over time, ensuring that our approach evolves with our communities and remains focused on what matters most to them. Some services particularly statutory and specialist ones will continue to operate on a Fife-wide basis, working alongside locality priorities to ensure joined-up support for everyone.

Our Local needs

Each of Fife's seven localities has its own unique profile and priorities- these are not exhaustive, but highlight key themes and challenges identified at a specific point in time.



DUNFERMLINE	Priority
Dunfermline is a growing city with strong economic activity and relatively good health indicators, though some areas experience deprivation and limited access to services, alongside an ageing population and rising demand for support.	Improve access to care, prepare for increased service needs, and address transport and community health access challenges.

COWDENBEATH	Priority
Cowdenbeath and surrounding villages face deep-rooted health and social challenges, including high levels of long-term illness, mental health conditions, unpaid care, lower life expectancy, and higher child poverty. .	Tackle inequalities, support carers, and improve access to local care.

GLENROTHES	Priority
Glenrothes is facing poor health outcomes, high mental health needs, fuel poverty, and the highest rates of alcohol and drug-related admissions in Fife.	Improve access to healthcare, support preventative approaches, and address social deprivation.

KIRKCALDY	Priority
Kirkcaldy has varied neighbourhoods, facing health inequalities, fuel poverty, social isolation, and high rates of long-term conditions and emergency admissions.	Priorities: Improve access to primary care, support older adults, and enhance community-based services to reduce isolation.

LEVENMOUTH	Priority
Levenmouth, including Leven and surrounding coastal villages, has a strong community identity but faces complex health and wellbeing challenges linked to deprivation, with high levels of long-term conditions, mental health needs, and unpaid care.	Reduce inequalities, improve access to care, and support people to live well locally.

NORTH EAST FIFE	Priority
North East Fife is a large rural area with coastal towns and the university town of St Andrews, showing the best overall health outcomes in Fife but facing challenges such as rural isolation, an ageing population, and limited digital connectivity.	Improve access to care in remote areas, support lone living, and address the needs of a growing military population.

SOUTH WEST FIFE	Priority
South West Fife includes towns and rural communities with generally good health outcomes and lower fuel poverty, but faces challenges such as delayed discharges, mixed satisfaction with care, and rising demand for older adult and mental health services.	Improve transport access, support preventative care, and ensure services meet diverse local needs.

These locality-specific priorities align with and inform our overarching strategic aims, ensuring that our planning is both responsive to local needs and consistent with the wider vision for health and social care across Fife.

Working together

Improving health and care in Fife takes all of us:

- NHS Fife
- Fife Council
- Our dedicated workforce
- Carers and families
- Community organisations
- the third and independent sectors
- and you - the people who live here

We've listened and continue to listen. We're learning.

And we're using your experiences, feedback, and data to plan smarter and do better.

Making the best use of our resources

We have a finite budget. That means we must make every pound count - investing in prevention, innovation, and joined-up care that delivers better outcomes for everyone.

The plan isn't just something we have to do - it's something we believe in.



Our Priorities for 2026–29

We're focusing on three key priorities to make health and care in Fife more connected, sustainable, and person-centred.

Prevention: People in Fife have the knowledge, support, and confidence to live healthier, more independent lives.

Communities: Work together with our communities and our partners to support people, carers and families to enjoy fulfilling, healthy and independent lives, with joined up care that promotes wellbeing and connection.

Digital: Inclusive and innovative digital care that enhances wellbeing, independence and connection.

These priorities will be supported by a delivery framework which ensures we are FIT for the future with a focus on:



F Financial Sustainability

We are committed to making the best use of our resources by investing in prevention and building a system that is both economically and environmentally responsible.

I Integration

We will continue to join up services across health, social care, housing, and the third sector to deliver seamless, person-centred support.

T Transformation

We are redesigning care models, embracing digital innovation, and co-producing services with communities to meet evolving needs.



The Priorities - Prevention

1. Prevention

Aim: Empower people to live healthier, more independent lives longer.

Why it matters:

Many health challenges — like preventable diseases, poor mental wellbeing, and substance harm — can be reduced through early action and support. That's why we're focused on empowering people to take charge of their health and wellbeing. By providing clear, targeted information and having meaningful conversations about the factors that affect their lives, we can help individuals make informed choices. This includes practical guidance to support both physical and mental health.

At the same time, we are strengthening systems to protect adults at risk of harm and making services easier to navigate. Wherever people turn, they should be able to access the right care, in the right place, at the right time. Together, we can create a safer, more supportive environment for everyone.

What you've told us:

People want quicker access to help, clear information, and simple ways to manage their health.

How we'll do it:

- Provide targeted information and have good conversations with

people about factors impacting their wellbeing and what they can do to support their own physical and mental health.

- Ensure joint systems and processes are in place to protect adults at risk of harm.
- Deliver person-centred, strengths-based social work practice that promotes independence, protects vulnerable individuals, and supports people to live safely and well within their communities.
- Support people to achieve their best mental health and wellbeing through the delivery of our Fife Mental Health & Wellbeing Strategy.
- Strengthen Primary Care Services improving equitable access, quality and peoples experience of care.
- Prevent and reduce harm caused by alcohol and drug use.
- Reduce the number of suicide deaths in Fife whilst tackling the inequalities which contribute to suicide.
- Build knowledge and confidence in responding to self-harm across a range of settings, ensuring people receive an effective and compassionate response.

Together, we can build a culture of prevention and wellbeing across Fife.

The Priorities - Communities

2. Communities

Aim: To work together with communities and our partners to support people, carers, and families to enjoy fulfilling, healthy, independent lives, with joined-up care that promotes wellbeing and connection.

Why it matters:

As more people live longer with complex conditions, we need stronger community-based support and better links between services.

What you've told us:

People want compassionate, local care that supports independence and respects their choices.

Carers want recognition, respect, and better access to help.

How we'll do it:

- Support unpaid carers so they can look after their loved ones while also staying healthy and well themselves.
- Listen to people's voices and experiences, and make sure they shape the way care and support are planned and delivered.
- Plan services with communities, using local knowledge and evidence to set priorities and respond innovatively to challenges.
- Work together to plan, design and deliver services that achieve better outcomes for people, use resources wisely, and share

good ideas.

- Strengthen community led support so more people can connect with local support and take action to improve their life in ways that matter to them.
- Ensure timely and equitable access to independent advocacy for people who need support to understand choices and express their views.



- Ensure safe and timely hospital discharges: Ensure services work together so that people leave hospital safely with the right support in place.
- Embed a culture of learning, reflection and openness, where data and lived experience come together to help us to understand complex challenges, shape solutions, and lead meaningful change that improves outcomes for the people of Fife
- Create a connected, person-centred support system where individuals and families receive the help they need regardless of where they first seek support, through good conversations, effective triage, and a collaborative network of services.
- Embed the principles of healthy and active ageing across health and social care services, ensuring older people are supported to live well, maintain independence, and experience coordinated, person-centred care aligned with the Ageing and Frailty Standards.
- Ensure that people experiencing care in adult and older people's care homes get the most out of life, and experience connection which enriches their day-to-day lives and meets their individual needs.
- Actively advance equality, eliminate discrimination, and improve outcomes for people from all backgrounds by embedding inclusive practice, listening to lived experience, and targeting actions where they are needed most.
- Ensure people living with dementia and their families have their

strengths recognised, their rights upheld, and receive person-centred care and support, free from stigma and delivered in a coordinated way across services, when and where they need it.

- Shape integrated supports, services, and attitudes that uphold the human rights of autistic people and people with learning or intellectual disabilities, empowering them to live healthy, active lives and fully participate in society.

Strong communities mean better health for everyone.

The Priorities - Digital

3. Digital

Aim: Inclusive and innovative digital care that enhances wellbeing, independence and connection.

Why it matters:

Digital tools are changing how we deliver and experience care - from online GP appointments to smart home monitoring.

What you've told us:

People value digital convenience but want services to stay simple, safe, and optional for those less confident with technology.

How we'll do it:

- Enhance Hospital at Home services by expanding remote monitoring, virtual consultations, and integrated care platforms, enabling people to receive hospital-level care safely in their own homes.
- Increase access to digital tools that support prevention and self-management of long-term conditions, including apps, wearables, and virtual clinics for conditions such as cardiovascular disease, COPD, diabetes, and high blood pressure.
- Improve access to online self-help resources and therapies, supporting people to manage their mental health and wellbeing.

- Strengthen equitable access to digital and technology-enabled care, helping older people to live independently and safely at home.
- Develop and test enhanced digital support for people living with dementia, aligned with Scotland's Dementia Strategy, focusing on tools that enhance safety, connection, and wellbeing.
- Design and implement integrated digital care pathways to enhance information sharing, care planning and future care planning
- Build digital confidence across our workforce and communities by providing inclusive training and support, while embedding cyber security awareness and safe digital practices, ensuring everyone can access and benefit from digital health and social care services securely and confidently.
- Pilot and evaluate new digital approaches to supporting carers, focusing on tools that improve access to information, peer support, and flexible respite options.
- Strengthen digital support for people living with frailty and at risk of falls, expanding access to remote monitoring, wearable technologies, and predictive tools such as fall detection sensors and virtual rehabilitation programmes.

Digital care should be smart, safe, and accessible for everyone.

Thank you for being part of the journey

In this summary, we've shared:

What our Strategic Plan is about – improving health and care services in Fife together

Why we need it – the growing demand for care as our population changes

Our three key priorities – Prevention, Communities, and Digital

How we'll deliver it – by being FIT for the Future: Financially sustainable, Integrated, and Transformative.

The priorities reflect what we've learned, what people have told us, and what we believe will make the biggest difference for Fife's future.

We know that delivering health and social care is something we can only do together – with individuals, carers, families, staff, partners, and communities all playing a part.

Your experiences and insights continue to shape how we work, how we plan, and how we deliver support and care across Fife.

Every conversation, every idea, and every voice helps us move closer to our vision – enabling people in Fife to live independent, healthy, and fulfilling lives.

Thank you for taking the time to read this summary and for being part of the journey toward a healthier Fife.