

# Embracing Technology to Support Overnight Support Services Newsletter – October 2024



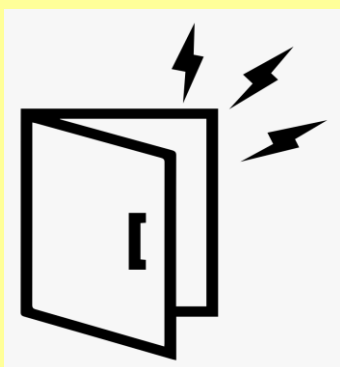
Fife Health and Social Care Partnership want to find better ways of meeting the needs of people who need overnight care and support at home.



This is to make sure that people are supported to be as independent as possible in their own home.



And that we continue to provide a high quality, modern overnight care service, both now and in the future.



To do this we need to increase the use of digital technology in people's homes.

# What has been happening?



In this, our 2nd newsletter, we explain what has been happening in Fife and what will happen next.



Many people in Fife already use monitors, sensors and alarms to live safely and independently in their own home.



We want more people who use our health and social care services to be able to use technology at home.



Using technology allows care providers to improve their services and people to be as independent as possible.



We know that using technology to support people overnight in their home won't work for everyone.



We will look individually at every person in Fife who has overnight services in their home to decide if technology can help them.



We want to explore with the people we support and their families how technology might work for them.



In Scotland, the need for social care services continue to grow as more people live longer and healthier lives.



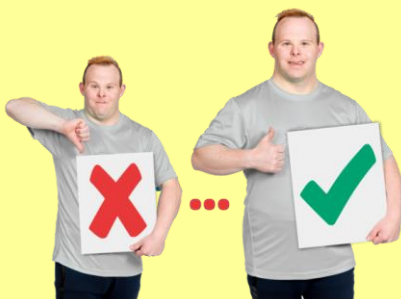
We will look at ways that support staff and technology can work together to meet people's needs.



We need staff to be in the right place, at the right time for everyone, particularly those with the greatest support needs.



Some people asked questions following our first newsletter in February 2024.



They suggested that we do more research to learn what has worked well and what hasn't worked well in other areas of Scotland.



Over the past few months, staff working in Fife have visited other organisations to find out how they are using technology to support people.



These visits have helped us to get better in Fife at using technology to build people's independence.

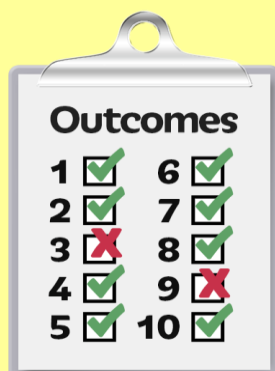


Others suggested that we meet with supported people who have sleepover staff in their homes to find out what they think of our plans.

## What's next?



A few years ago, we started to use sensors, alarms and monitors in people's homes.



We have learned a lot from this and have seen the difference it has made in helping people to meet their outcomes and goals.



We want to continue in this way and offer technology to more supported people in Fife. We will begin with those who have overnight services in their home.



We will be writing to people over the next few months to find out what they think of their overnight service.



We will invite them, their carers and guardians to work with us to consider using sensor technology in their home.



This may not be an option for people with greater support needs but could make a difference to the independence and dignity of others.

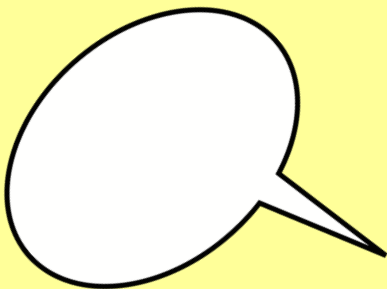
# How other people have benefited from technology in their home?



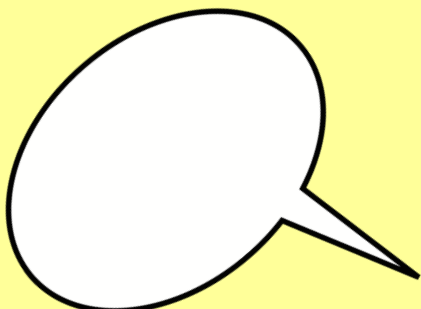
Before Covid, we started to look at digital technology and worked with a lady to put sensors in her home.



She did not need full-time care but needed to know that staff would be there to help her when she needed them.



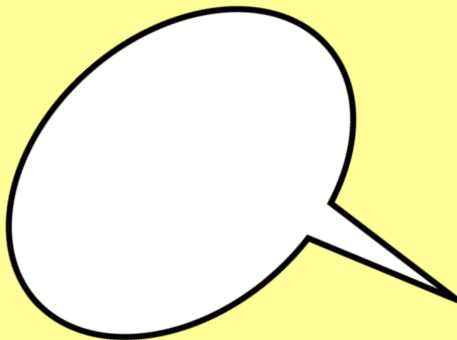
She said “I like my own space. I can cook, watch TV and be alone when I want to. I feel safe and staff help if I need it.”



Her family said “we are happy with the support available. Technology has helped her to be more independent. She is much happier now. We would recommend the digital option.”



We also helped another lady to increase her independence by putting movement sensors in her home rather than a staff member sleeping there.



The family said “we were worried about her being alone at night. After trying it, we saw that it helped her independence and confidence. She loves her home now and has made friends with her neighbours and often goes to activities with them.”



If you have questions, please speak to your keyworker or a member of staff. They have a newsletter with links to videos on the internet that you can watch.



You or a family member can also contact the project team at the following email address.

**[fife.hscptransformationalchangeteam@nhs.scot](mailto:fife.hscptransformationalchangeteam@nhs.scot)**