

## Better Health, Better Care, September 2007

**BETTER HEALTH,  
BETTER CARE:**  
A DISCUSSION DOCUMENT



We want to make the NHS in Scotland better. We have lots of ideas but we want to know what you think. We will look at many things that can make people healthier and then we will write an action plan that says what we will do. There are 7 areas we want to ask you about. The NHS is for everyone so it is important to tell us what you think.

### **1. Giving patients a better service.**

We will listen to what patients tell us so we can make the NHS better. We will:

Make it easier for people to get involved.

Be clearer about services waiting lists and what to do if you need to complain.

Make sure you have your say about whether or not we should change our services.

Make local services better and have more services in rural areas.

### **2. Making sure that the NHS does not waste money.**

We want to make sure that we spend money on things that are good for patients now and in the future.

Tell us how you think we should:

Make healthcare better everywhere in Scotland.

Get people and organisations to work together and share buildings and equipment.

Change some jobs and make new ones.

Make sure we get a good price for the things we buy.



### **3. Helping people to look after themselves.**

We will support people to do things that will make them healthier. Tell us how you think we should:



Give people information about keeping healthy.

Get more people to do exercise or sport, and let them do this in school buildings and grounds.

Give children more chances to do sport and exercise at school.

Give more children free school meals.

Employ more dentists, including some that visit schools.

### **4. Everyone has the right to be healthy.**

We are looking at how we can work with other departments and organisations to support people to live in better homes, do well at school and get better-paid jobs. All these things make people healthier. This could mean we:



Provide more services where they are needed most.

Do something about big problems, like drink and drug addiction, homelessness, poverty and things that affect families with young children.

Make sure that people in poor communities or who need extra support get the services that are right for them.

Care for drug addicts in the community and in prison.

Write a plan to show that we will treat people of all races and backgrounds fairly.

Write a plan to show what we will do as more and more people get older.

## **5. Stopping people becoming ill and helping people with long-term conditions.**

We want people with long-term conditions to get the care they need. To do this, we need to give them and their carers more support and information. Tell us how you think we should:

Make sure that people who need most care are seen most often.

Work with experts in voluntary organisations.

Make prescriptions free for people with long-term conditions.

Prescribe fewer anti-depressants.

Give more people check-ups to help avoid health problems later in life.

## **6. Supporting families with children under 3.**

If we give families support when their children are very young, the children will have a better life when they grow up. We want to give most support to families who live in poor areas or who have children with additional support needs. Tell us how you think we should:

Help pregnant woman to stop smoking and drinking alcohol.

Support children whose parents take drugs.

Keep children safe from violence in the home.

Support mothers to breastfeed and make sure that children are given healthy food.



## 7. Making sure that NHS Scotland gets better and better.

Tell us how you think we should:



Make sure people get treatment less than 18 weeks after seeing their GP.

Spend money to make sure that our staff are well trained.

Make sure that every single patient gets the best possible care in a safe place.

Try to stop people getting infections in hospital

Let people go for tests nearer their home and have them sooner.

Improve the computer systems that hold patient records.

## How do I get involved?

Please tell us what you think. You can write to the Cabinet Secretary for Health and Wellbeing.

Nicola Sturgeon  
Better Health, Better Care Consultation  
Scottish Government  
St Andrew's House  
Edinburgh  
EH1 3DG

If you do write, you must fill in the form on the next page and send it with your letter.

Or email her at:

[betterhealthbettercare@scotland.gsi.gov.uk](mailto:betterhealthbettercare@scotland.gsi.gov.uk)



