



Older People Life Stage Case Study

Case Study Food Train

Related Outcome

Older People not in receipt of care are better able to look after themselves.

Progress Update

The Food Train was officially launched in West Lothian on the 21st of June 2010, and commenced operating from an office in Bathgate during September of this year.

After only three months since it first opened its office the Food Train has already recruited and inducted 43 volunteers who are now providing a shopping service to 55 older people living in West Lothian who due to illness, frailty or disability are unable to shop for themselves.

The recruitment of volunteers will continue and linked with it will be the capacity of the Food Train to further expand in terms of the volume of older people who can benefit from this provision. In addition it is also anticipated that in the future the related network of volunteers may also undertake low level household tasks.

Related Impact on Individuals / Communities

- Older people are able to access a choice of healthy affordable food produce regardless of where they live in West Lothian.
- Older peoples are supported to remain living within their own home for as long as possible.
- By having regular visits from local volunteer supporting the Food Train the risk of loneliness and social isolation experienced by older people is much reduced.
- Volunteering is known to bring about health benefits for those concerned.
- Food Train promotes community capacity building.

Partners / Agencies involved

West Lothian CHCP, Food Train, Volunteer Gateway, local Food Outlets, Food Cooperatives.



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Case Study

Capacity Building Project

Related Outcome

Older People increase their confidence to make effective choices and plan their care.

Progress Update

This small scale project ran over a six month period, its purpose being to trial an approach which would enable day care users with low levels of need to be successfully reintegrated within their own community.

The Project itself had three distinct stages.

Stage one included creating a community integration tool which could capture information on an individuals interests and personal outcome goals, so these could be cross referenced with opportunities available within the local community. Simultaneously a community profiling exercise was completed as was an assessment of a number of individuals in receipt of day care to identify those with low levels of need.

Stage Two which was completed saw the profiling of a number of day care users with opportunities available within their local communities.

Stage Three was the final stage and brought the project to a successful conclusion. During this end stage the work which had been undertaken previously in stage one and two was tried and tested and found to be fit for purpose. As a consequence two individuals who had participated in the project through to the end stage were successfully supported enabling them to be reintegrated within the community, thus resulting in a reduced reliance on day care.

Related Impact on Individuals / Communities

- Older people with low levels of need are supported to building up their confidence, exercising choice and access appropriate opportunities within their local community based on the specific outcome goals they are seeking.
- The individual's independence is maximised as is their associated quality of life.
- Older people contribute to and remain engaged with their local community.
- The local community benefits from all generations remaining actively engaged and contributing citizens.

Partners / Agencies involved

West Lothian CHCP, Braid House Day Care Centre.