



mental welfare
commission for scotland

Easy read

Hospital is not home

About people who have been in hospital
for 10 years or more.





The Mental Welfare Commission for Scotland (the Commission) published a report called **Hospital is not home.**

It is about people who have been in learning disability and mental health hospitals for a long time.



The Coming Home Implementation plan set up the Dynamic Support Register (the Register).

In December 2023 Public Health Scotland published information from the Register.

They said that 30 people had been in hospital for more than 10 years.



The Scottish Government asked the Commission to find out more about these 30 people.



What did we do?

We asked health and social care services for information about people who had been in hospital for over 10 years.



They told us about 55 people.

We looked at the care and treatment of those 55 people.

We visited 18 of those people.

We also spoke with families, carers and staff.



In our report we talk about three people – Michael, John and Tina.

These aren't real people.

Their stories are based on all the information that we gathered.



Michael's story

Michael is a man in his 40s who has been in hospital for 15 years.

He is autistic and has severe learning disability.



Michael has been ready for discharge for many years.

Five different places have been found for him to live in, but they have all fallen through.



Living with other people is one of the things that makes Michael feel stressed.

Michael's Dad thinks that more should have been done to help Michael be independent.

He worries that Michael may never leave hospital.



John's story

John is in his 70s. He has lived in a mental health rehabilitation ward for many years. He can be noisy and disturb other people at times.

John has a history of mental ill health. He isn't autistic. He doesn't have learning disability.



There are no laws being used which say John must stay in hospital.

The care team and John's family think that he should stay in hospital.



No one has thought about what he might need to live in the community.

John has now been referred to social work.

We will visit John again to see if things are changing for him.



Tina's story

Tina is in her mid-50s. She has lived in hospital since she left school.



Tina has severe learning disability and is non-verbal in her communication.

Tina has struggled with her mental health all her life.



She can be really upset every day.

When she is upset Tina can hurt herself.



Tina's family are her welfare guardians.

They go to her meetings and have good relationships with the care team.



A flat has been found for Tina, next door to someone she knows.

Tina's family were nervous about Tina leaving hospital.



There have been a lot of meetings to make sure that everything is in place for Tina.



Tina's family think that she has spent a lot of time in hospital in her room.

They hope that she will have lots to do in her own home.



What did we learn?

55 people had been in hospital for over 10 years.

The average length of stay was 18 years and 2 months.

Ten people had been in hospital over 25 years.



We learned that not all the 55 people had learning disability.

We learned that some people are not known about or are forgotten.

We learned that people are leaving hospital.



We want to see this for everyone.



What does the Mental Welfare Commission do?

It is the Mental Welfare Commission's job to make sure that the law is used properly to look after people.

We make sure people's rights are protected.

The Commission is independent.

This means it does not work for another organisation.



We give advice to the Scottish Parliament about making things better for people with mental health problems, learning disabilities, dementia and other related conditions.



We visit people in hospitals, care homes and at home to make sure their rights are being respected and they are getting proper care and treatment.



If we think someone is not getting the right care and treatment we can look into it. Most of the time we do this by talking or writing to people.



Sometimes if things have gone badly wrong we look into it to make sure things change and to stop it happening again.



We use what we learn to help services and government policies to change and be better.



We give advice on the laws that affect people with mental health problems, learning disabilities, dementia and other related conditions.



We check how services use the laws.

We tell people what is working well.

We have guidance to help professionals, people who use services, families and carers.



Get in touch with us

You can talk to us confidentially.

This means we will not tell anyone what you have said:

- unless we are worried about your safety or the safety of other people.
- unless we have asked you.



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Do you use British Sign
Language?

You can use the
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interpreting service.



You can find out more
about the Mental Welfare
Commission and our work at:
www.mwcscot.org.uk