

<p>Cùram-slàinte ann an Sgìrean Iomallach is Dùthchail na h-Alba: Dè am fòcas a bu chòir a bhith againn?</p> <p>Freagairt bho Bhòrd na Gàidhlig</p> <p>07 Lùnastal 2023</p> <p>https://engage.parliament.scot/group/29190</p>	<p>Healthcare in Remote and Rural areas in Scotland: What should we focus on?</p> <p>Response by Bòrd na Gàidhlig</p> <p>07 August 2023</p> <p>https://engage.parliament.scot/group/29190</p>
<p>Cùram-slàinte ann an Sgìrean Iomallach is Dùthchail: Beachd àireamh 1</p> <p>Tìotal: A' bhuaidh aig Solar Slàinte air Seasmhachd Coimhearsnachd</p> <p>Tha Bòrd na Gàidhlig a' cur beachd a-steach dhan cho-chomhairle seo a chionn 's gu bheil seasmhachd na Gàidhlig an crochadh air seasmhachd nan coimhearsnachdan Gàidhlig: gu sònraichte an fheadhainn ann an sgìrean eileanach agus dùthchail air a' Ghàidhealtachd is anns na h-Eileanan.</p> <p>Tha na sgìrean far a bheil Gàidhlig as treasa sa choimhearsnachd gu ìre mhòr ann an sgìrean iomallach agus/no eileanach. Is iad sin na sgìrean, far a bheil comasan Gàidhlig aig 20% no barrachd den t-sluagh a rèir cunntas-sluaigh 2011. Gu sònraichte, na h-Eileanan Siar, an t-Eilean Sgitheanach, cuid de sgìrean ann an Loch Aillse, Tiriodh, Ìle, Diùra agus Colbhasa.</p> <p>Tha grunn chùisean sòiseo-eaconamach a' toirt buaidh air ion-obrachadh choimhearsnachdan Gàidhlig agus mar sin air seasmhachd a' chàin. Tha iad seo a' gabhail a-steach taigheadas, còmhhdail agus cùram slàinte.</p> <p>Bhiodh e feumail dhan Chomataidh sgrùdadh a dhèanamh air an àite a th' aig solar cùram-slàinte ann an co-dhùnaidhean dhaoine gus gluasad gu coimhearsnachdan iomallach/dùthchail no gus am fàgail, agus air a' bhuaidh a bheir sin air a' Ghàidhlig.</p>	<p>Remote and Rural Healthcare: Idea number 1</p> <p>Title: Impact of Health Provision on Community Sustainability</p> <p>Bòrd na Gàidhlig are responding to this consultation because <i>the viability of the Gaelic language rests on viable Gaelic-speaking communities: particularly those in the remote and rural areas in the Highlands and Islands.</i></p> <p>The heartlands of the Gaelic language - i.e., where the language remains relatively strong-are very largely in remote and/or island areas. These are areas where, from the 2011 Census, 20% or more of the population had Gaelic abilities. Notably, the Outer Hebrides, Skye, and some districts of Lochalsh, Tìree, Islay, Jura and Colonsay.</p> <p>A number of socio-economic issues affect the viability of Gaelic communities and thus the viability of the Gaelic language. These include housing, transport, and healthcare.</p> <p>The Committee could usefully explore the role that healthcare provision plays in people's decisions to move to or leave remote/rural communities, and the consequent impacts on the Gaelic language.</p>

Tha solar slàinte is cùram na phrìomh phàirt de bhun-structair nan sgìrean iomallach agus dùthchail. Tha Plana Nàiseanta nan Eilean aig Riaghaltas na h-Alba ag ràdh “Tha cothrom air seirbheisean slàinte agus cùram sòisealta de dheagh chàileachd mar bhunait air beatha ann an eileanan na h-Alba agus tha e cudromach an dà chuid gus sluagh a chumail agus gus luchd-còmhnaidh ùr a thàladh”.

Is urrainn bun-structar eile buaidh a thoirt air sin. Mar eisimpleir, faodaidh còmhhdail phoblach nach eil a’ ruith gu tric agus/no a tha neo-earbsach (a’ gabhail a-steach aiseag agus adhair) a bhith ga dhèanamh doirbh faighinn gu cùram-slàinte, gu sònraichte far a bheil astaran siubhail fada - m.e., gus cothrom fhaighinn air seirbheisean speisealach.

Tha feum air tuigse nas soilleire agus nas ùire air mar a tha solar cùram slàinte làithreach a’ toirt buaidh air tàladh agus glèidheadh sluaigh - agus mar sin air seasmhachd choimhearsnachdan. Dè an ìre is gu bheil an solar làithreach na fhactar “putaidh” a bheir air cuid de dhaoine gluasad air falbh bhon choimhearsnachd aca? Tha seo ann an co-theacs far a bheil àireamhan-sluaigh a’ crìonadh mar-thà ann am mòran sgìrean iomallach agus dùthchail.

Dh’fhaodadh call sluaigh ann an sgìrean far a bheil àireamhan luchd-cleachdaidh na Gàidhlig àrd droch bhuaidh a thoirt air a’ chànan. Ma nì luchd-cleachdaidh na Gàidhlig imrich gus obair fhaighinn ann an àiteachan eile, bhiodh dà bhuaidh aig seo. Sa chiad dol a-mach, bhiodh lùghdachadh san àireimh de luchd-labhairt na Gàidhlig anns an sgìre air a bheil buaidh. San dàrna àite, dh’fhaodte gun gluais teaghlachan air a bheil buaidh gu sgìre far nach eil a’ Ghàidhlig air a cleachdadh mòran agus thar ùine, is dòcha nach bi iad a’ cleachdadh a’ chànan gu cunbhalach tuilleadh – no dh’fhaodadh iad a call gu tur.

Is e an toradh a bhiodh ann lùghdachadh ann an cleachdadh na Gàidhlig san fharsaingeachd. Bhiodh sin a’ dol an aghaidh amas Phlana Nàiseanta na Gàidhlig gun tèid an cànan a chleachdadh nas trice, le barrachd dhaoine.

Health and care provision is a key part of the infrastructure of remote and rural areas. Scottish Government’s National Islands Plan states that “Having access to good quality health and social care services underpins living on Scotland’s islands and is important to both maintain population and attract new residents”.

That can be affected by other infrastructure. For example, infrequent and/or unreliable public transport (including ferry and air) can make accessing healthcare arduous especially where travel distances are long - e.g., to access specialist services.

There is a need for a clearer and up to date understanding of how existing healthcare provision affects population attraction and retention - and thus communities’ viability. To what extent is current provision a “push” factor that causes some people to move away from their community? That is in a context where population levels are already declining in many remote and rural areas.

Loss of population in areas with Gaelic speakers due to inadequate healthcare provision could have a significant negative impact on the language. If Gaelic users move elsewhere this would have two impacts. First, a reduction in the number of Gaelic speakers in the affected area. Second, affected households may move to an area where Gaelic is much less used and over time, they may no longer regularly use the language - or may lose it altogether.

The result would be a reduction in the use of Gaelic. That would run counter to the National Gaelic Language Plan’s aim that the language “is used more often, by more people”.



A bharrachd air sin, tha Plana Nàiseanta nan Eilean ag ràdh “mar thoradh air dìth taic a thaobh cùram dachaigh agus bith-beò le taic no dachaighean-cùraim sna h-eilean, is urrainn seo fàgail gum feum luchd-còmhnaidh nas sine an t-eilean aca fhàgail nan seann aois. Mar thoradh air sin, thathar a’ call mòran den dualchas is den chultar a bheir seann daoine dhan choimhearsnachd”. Ann an cuid de choimhearsnachdan faodaidh sin a bhith a’ ciallachadh call luchd-labhairt na Gàidhlig agus an dualchas is cultar.

Cùram-slàinte ann an Sgìrean Iomallach is Dùthchail Beachd Àireamh 2:

Tìotal: Àite na Gàidhlig ann an Solar Slàinte is Cùram Sòisealta

Mu dheireadh, tha Bòrd na Gàidhlig den bheachd gu bheil e deatamach gum bi cothrom aig a’ phoball agus air euslaintich le Gàidhlig air seirbheisean slàinte-inntinn agus air taic tro mheadhan na Gàidhlig. Bhiodh seo dha-rìribh cudromach ann an taighean-cùraim agus ospadalan air a’ Ghàidhealtachd agus ann an Eileanan na h-Alba.

Tha Plana Nàiseanta nan Eilean ag ràdh gum feumar a bhith “dèanamh cinnteach gu bheil seirbheisean slàinte, cùram sòisealta agus sunnd rim faighinn tro mheadhan na Gàidhlig gus taic a thoirt do choimhearsnachdan Gàidhlig eileanach”. Tha seo a cheart cho fìor a thaobh coimhearsnachdan Gàidhlig air tìr-mòr. Gus seirbheis a sholarachadh do luchd-labhairt na Gàidhlig tha feum air luchd-obrach aig a bheil Gàidhlig agus gus an cànan a dhèanamh follaiseach - m.e., tro shoidhnichean dà-chànanach.

Bhiodh e feumail dhan Chomataidh sgrùdadh a dhèanamh air an ìre agus àite làithreach aig Gàidhlig ann an solar cùram slàinte is sòisealta agus mar a ghabhadh seo a mheudachadh .

Tha Planaichean Gàidhlig aig dà Bhòrd Slàinte ann an Alba - NHS na Gàidhealtachd agus NHS nan Eilean Siar. Tha iad sin a’ gabhail a-steach raon de ghealltanasan a thaobh cleachdadh a’ chàin agus co-ionannachd spèis le Beurla, a’ gabhail a-steach eadar-obrachadh le euslaintich, an teaghlaichean, agus feadhainn eile. A bharrachd air sin,

In addition, the National Islands Plan states that “a lack of available on-island support in terms of home care and assisted living or care homes can result in older residents having to leave the island in their later years. Consequently, much of the heritage and culture that the older population bring to the community is being lost”. In some communities that can mean the loss of Gaelic speakers and their associated heritage and culture.

Remote and Rural Healthcare: Idea Number 2

Title: Role of Gaelic in Health and Social Care Provision

Bòrd na Gàidhlig believe that it is essential that the Gaelic speaking public and patients have access to physical and mental health services and support through the medium of the Gaelic language. This is particularly pertinent in care homes and the NHS in the Highlands and Islands.

The National Islands Plan states that there is a need to “ensure that health, social care and wellbeing services are available through the medium of Gaelic to support Gaelic speaking island communities”. Equally, that applies to Gaelic speaking mainland communities. Providing a service for Gaelic speakers requires sufficient staff who can speak Gaelic plus making the language visible - e.g., through bilingual signage.

The Committee could usefully explore the current extent and role of Gaelic in health and social care provision and how this could be increased.

Two of Scotland’s Health Boards - NHS Highland and NHS Western Isles/Eileanan Siar - have their own Gaelic Language Plans. These include a range of commitments to the use of the language and parity of esteem with English, including interaction with patients, their families, and



tha soidhnichean dà-chànanach a' cur ri faicsinneachd agus inbhe a' chànan.

Chan eil teagamh sam bith nach eil cleachdadh na Gàidhlig ann an seirbheisean NHS na bhuannachd a thaobh cùram do dh'euilaintich fa leth. Bu chòir comas sa Ghàidhlig a bhith air aithneachadh gu cunbhalach mar sgit do luchd-obrach slàinte is cùram. Tha argamaid ann airson àrdachadh a thoirt air an àireimh de dhreuchdan a tha air an comharrachadh mar *Ghàidhlig riatanach* no mar *Ghàidhlig bhuannachdail* ann an suidheachaidhean slàinte is cùram - agus gu sònraichte ann an sgìrean traidiseanta far a bheil Gàidhlig làidir sa choimhearsnachd.

Tha libhrigeadh sheirbheisean slàinte is cùram tro mheadhan na Gàidhlig a' cur ri sunnd euilaintich aig a bheil an cànan. Bidh cànan agus cultar a' cruthachadh fèin-spèis, a' brosnachadh fèin-mhisneachd, a' toirt fèin-aithne do dhaoine agus a' cur ri càileachd beatha. Tha i a' cur ri, ann an dòigh dheimhinneach, na bhios na daoine seo a' smaointinn agus a' faireachdainn mu dheidhinn am beatha.

Chaidh Achd na Gàidhlig (Alba) 2005 aontachadh le Pàrlamaid na h-Alba gus inbhe na Gàidhlig a dhaingneachadh mar chànan oifigeil ann an Alba aig a bheil spèis cho-ionnan ris a' Bheurla. Tha Plana Làithreach Riaghaltas na h-Alba ag ràdh gu bheil e "fhathast dealasach a thaobh a bhith a' toirt taic dhan Ghàidhlig agus ag amas air dèanamh cinnteach gu bheil an fheadhainn a tha airson Gàidhlig a chleachdadh nam beatha làitheil a' faighinn cothrom sin a dhèanamh".

Mar eisimpleir, thathar ag aithneachadh gu cumanta gu bheil a' chomas bruidhinn anns a' chànan a thogras daoine (m.e. Gàidhlig) a' cur gu mòr ri sunnd aig amannan tinneis no iomagain agus a' dèanamh cinnteach gu bheil iad air an làimhseachadh le co-ionannachd.

Thathar ag aithneachadh sa chumantas gum faod luchd-labhairt dùthchasach cànan a dhol air ais gu ìre mhòr no uile gu lèir dhan chànan mhàthaireil aca nuair a thig seargadh-inntinn orra an toiseach. Dh'fhaodte gun

others. Further, bilingual signage enhances the visibility and status of the language.

The use of Gaelic in NHS services is an undoubted asset in terms of individualised patient care. Proficiency in Gaelic should be consistently recognised as a skill for health and care workers. There is a case for further increasing the number of posts that are designated as either *Gaelic essential* or *Gaelic desirable* in health and care settings - and particularly so in the Gaelic heartland areas.

Providing health and care services through the medium of Gaelic contributes to the wellbeing of patients who use the language. It creates self-esteem, nurtures self-confidence, defines identity and improves quality of life. It contributes positively to what these people think and feel about their lives.

The Gaelic Language (Scotland) Act 2005 was passed by the Scottish Parliament with a view to securing the status of the Gaelic language as an official language of Scotland commanding equal respect with the English language. Scottish Government's current Gaelic Language Plan states that it "remains committed to supporting the Gaelic language and aims to ensure that the those who wish to live their lives through the language are afforded the opportunities to do so".

As an example, it is generally recognised that being able to converse in one's chosen language (e.g., Gaelic) can be a great contributor to wellbeing at times of illness or distress and ensuring equality of treatment.

It is generally recognised that native language speakers can revert largely or wholly to their mother tongue upon the onset of dementia. They may replace words (say, in English) with the



cleachd iad faclan sa chànan as aithne dhaibh as fheàrr seach sa mhòr-chànan (can Beurla). Ann an cuid de shuidheachaidhean, 's e a' Ghàidhlig a chleachdas iad, agus dh'fhaodte gun toir seo fìor dhroch bhuaidh air daoine an uair sin mura h-eil Gàidhlig ga bruidhinn leis a' mhòr-chuid de dhaoine mun cuairt orra. Dh'fhaodadh seo aonaranachd, troimh-chèile, sàrachadh, no trom-inntinn adhbharachadh.

Tha Bòrd na Gàidhlig air grunn phròiseactan a mhaoinichadh a tha air a' Ghàidhlig agus ealain na Gàidhlig a chleachdadh gus a taic a chumail riuthasan air a bheil seargadh-inntinn/Alzheimer's.

Tha *Còmhradhean sa Ghàidhlig* na phròiseact a tha air a ruith le Alzheimer's Scotland. Tha e air taic a chumail ri daoine le seargadh-inntinn san Eilean Sgitheanach le bhith a' dol còmhla ri sgoil gus còmhradh agus seiseanan òrain a ruith, le sgoilearan a' gabhail pàirt anns na seiseanan cuideachd. Tha luchd-labhairt na Gàidhlig air tighinn ann gu bhioraileach bho thaighean-cùraim agus ionadan latha anns an Eilean Sgitheanach agus Loch Aillse, Loch Abar agus sna h-Eileanan Siar. Tha ceòl agus òrain gan cleachdadh gus cuimhneachaidhean a thogail agus còmhradhean a chumail eadar an luchd-èisteachd.

Tha cuid de na buannachdan dhaibhsan a tha a' gabhail pàirt sna seiseanan rim faicinn anns na beachdan a leanas:

B' urrainn dhuinn bruidhinn mu dheidhinn làithean a h-òige ann an Eilean Leòdhais agus bha cuimhne soilleir aice air mo mhàthair agus a teaghlach agus dè bhiodh iad ris. Bha deagh chòmhradhean againn, agus bha mi air mo dhòigh a dh'fhaicinn na buaidh a bh' aig sin air a teaghlach agus gun robh comas agam toirt orra faireachadh gun robh am màthair fhathast gnìomhach na smuaintean.

Bha mi làn thoilichte a chluinntinn...gu bheil diofar mòr nan giùlan agus nam freagairt air na tadhalan seo agus tha e ga fhàgail cho luachmhor do luchd-cùraim agus euslaintich a thig do na cèilidhean seo.

Tha e soilleir gu bheil cothrom ann gnìomhan den t-seòrsa sin a leudachadh.

equivalent in a language more familiar to them. In some cases, this will be Gaelic, and people can then face severe negative impacts if Gaelic is not spoken by most people around them. This can lead to isolation, loneliness, confusion, frustration, or depression.

Bòrd na Gàidhlig have funded a number of projects that have used the Gaelic language and arts to support those with dementia/Alzheimer's.

Gaelic Conversations is a project is run by Alzheimer's Scotland. It has supported people in Skye with dementia by linking up with a school to run conversation and song sessions, with school pupils also participating in the sessions. Gaelic speakers have also joined in virtually from care homes and day care centres in Skye and Lochalsh, Lochaber and the Outer Hebrides. Music and song is used to prompt reminiscences and keep the attendees talking.

Some of the benefits for participants are illustrated in the following feedback:

We could converse about her young days in the Isle of Lewis, and she remembered my mother and her family and their activities vividly. We had great conversations, and I was delighted to see her family's reaction and to be able to make them feel their mother was still active in her thoughts.

I was delighted to hear...that there is a vast difference in their behaviour and response on these visits and it makes it so worthwhile for carers and patients who attend these ceilidhs.

There is clearly scope for these types of activities to be extended.

