



# Unfolding the Future

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## The future of health and care in Scotland

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Together we can create a more equitable and sustainable society that supports everyone to thrive. Collaborative conversations are an opportunity to reflect on our current journey to ensure people and wellbeing are at the centre.

The future of health and care in Scotland is challenging due to many internal and external pressures including increased demand, funding pressures and capacity issues. To help manage this uncertainty, we can reflect on the actions and decisions we are taking right now, and the impact they will have long term.

The ALLIANCE's Health and Social Care Academy 'Five Ambitions for the Future of Health and Care.' set out the conditions for achieving long term, meaningful and sustainable change. They are: (1) Be Human, (2) Lead Courageously, (3) Reimagine Investment, (4) Share Power, (5) Measure Outcomes.

The Five Ambitions recognise that to achieve meaningful change we need new and alternative ways of thinking.

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## A tool for change

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Unfolding the Future is a tool to encourage you and your organisation to use the Five Ambitions, as a framework, to think creatively about how to transform the future of health and care in Scotland.

The tool will help you reflect on and evaluate your current situation and plan your future direction. Unfolding the Future encourages you to reflect on obstacles and opportunities, as well as the practical actions and bold steps you can take right now.

### Unfolding the Future has six steps:



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## Five Ambitions for the Future of Health and Care

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### Be Human

We are all human and should be treated with dignity. Everyone can thrive if our rights are protected, defended, and promoted.

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### Lead Courageously

We can all be leaders in our own lives, communities and workplaces.

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### Reimagine Investment

We can transform society for everyone's benefit with sustainable investment, patience, partnership and valuing one another.

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### Share Power

We make changes in our own lives and communities when power is shared.

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### Measure Outcomes

We should measure success in health and care with personal outcomes, not just short-term targets.

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### Visit our website for more information on the Five Ambitions:

<https://www.alliance-scotland.org.uk/health-and-social-care-integration/health-and-social-care-academy/five-ambitions-for-the-future-of-health-and-care/>

## The objective

### Unfolding the Future will support:

- Deeper conversations to help you move towards change.
- A change of thinking by enabling you to reflect on challenges and opportunities.
- A change of action by encouraging you to identify decisions and actions you can make.

## How long?

The amount of time you take to complete Unfolding the Future will depend on how many people are in your group and the extent to which you engage and challenge current ways of thinking and doing. We encourage you to use the tool in a way that works best for your group. For example, you may wish to pause and revisit sections.



## How it works

- **Your Focus:** First you must choose the focus of your change journey. Is your focus a person, an issue, a service, or an organisation? Try not to pick a focus you are already comfortable with. Instead try and pick something that is currently not being thought about and needs more exploration or could be explored in new ways. Try to frame your focus using positive language; this helps you start to vision the change you want to see.
- **Why?:** Why have you chosen this focus? Explain why it is important to approach it with a new way of thinking.
- **When?:** We encourage you to think about the timeframe for when you want this change to take place.
- **The situation:** Think about the issues and people that influence and are affected by your focus. What currently works and what doesn't?
- **Follow the steps:** Follow the reflective questions at each step and consider how to ensure wellbeing and people are at the centre. Each step takes you further into the future asking you to imagine what has changed and how people are affected.



## Guidelines

- Unfolding the Future can be used individually or in groups.
- Make sure you have a pen and some extra paper to write down your working and ideas. Space is limited but it is important that good ideas are written down and documented.
- There is a brief overview of the Five Ambitions in this guidance. However, we would encourage you to read the full document. The Five Ambitions contains case studies which highlight how the Ambitions can be applied in action.
- Visit: <https://www.alliance-scotland.org.uk/health-and-social-care-integration/health-and-social-care-academy/five-ambitions-for-the-future-of-health-and-care/>

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## Printing and folding instructions

- The tool should be printed on a double sided A3 piece of paper.
- To fold the tool follow these steps. There are also guides on the paper for the order in which to fold

