

## **Focus on Independent Living & Self Management**

### **Introduction and Covering Report (Paula Parker – KCC, Social Services)**

1. The priority theme for today's meeting is independent living & self management for those with long-term conditions. Two presentations are being given. In order to help Board members to prepare for the meeting, a brief summary of each presentation is provided below along with specific recommendations for the Ashford Health & Wellbeing (HWB).
2. The purpose of the presentations is to update the Ashford HWB on new projects relevant to this priority theme and provide an opportunity to give feedback and identify how support can be provided by partners. The presentations will also enable Board members to think about possible gaps in service provision relevant to the theme and to question how the information provided can be used to influence future projects and inform commissioning decisions.
3. Both presentations will endeavour to show integrated commissioning opportunities. The purpose of both in Ashford is to co-develop with local partners new and innovative services that aim to reduce the risk of and prevent vulnerable older people being admitted to hospital. These services will focus on maximising the independence and self-reliance of older people using a range of approaches including promoting self-management, peer support, building and maintaining social networks and practical support alongside existing health and social care interventions. The partners will plan for success in designing, building and operating a robust care management and delivery model that brings together all the support provided by different agencies, including the voluntary sector, into a single coherent care programme that contributes to a financially sustainable health and social care system.
4. Board members are asked, in advance of the meeting, to consider where there might be opportunities to support the projects as they go forward.
5. This is also an opportunity to advise the Board of a bid for funding that is being made by the Borough Council towards the redevelopment of their sheltered scheme at Tenterden, Danemore. In summary the old scheme of 33 units and four adjacent bungalows will be demolished to make way for 43 new flats and six chalet bungalows. PRP architects are designing the scheme (they also designed Farrow Court) so it will meet the Housing our Ageing Population: Panel for Innovation (HAPPI) standards and be dementia friendly. KCC are supportive of the proposal as it meets the strategic priorities of the Accommodation Strategy. There are also opportunities for joint working with health and social care to reduce pressures on hospital and CCG services through the provision of an extra care scheme in Tenterden and linking to services provided at Ivy Court and Westview. The scheme clearly links to the priority themes of the Ashford HWB.
6. Finally an update is provided on the Falls Strategy as Appendix A to this report.

## **Presentation 1**

### **Building Community Capacity** (Emma Hanson, Head of Strategic commissioning Community Support - KCC)

7. This presentation covers the Community Capacity Building Programme which will explore and better understand the role that community support plays in preventing or delaying the need for statutory services. This will support KCC to develop a commissioning approach for building community capacity including a core offer or menu of services to support wellbeing, social inclusion and independence across the county. The core offer will consist of a range of services developed through co-production principles and built on an understanding of what people need to remain active, well and connected to their communities. All services will be designed to support self-management, enabling people to find their own care and support solutions and prevent or delay the need for statutory assessment and services. For those who do require statutory services, the core offer will offer cost effective alternatives to traditional social care provision, providing increased choice and control.
  
8. As part of this presentation Emma will tell the HWB about KCCs work with the community of Wye. This is a project about testing new models of care and support that are more community focussed and accountable, through working with local residents to co-design alternative models of care and support.

## **Presentation 2**

### **Age UK Integrated Care Programme** (Diane Aslett, Development Officer, Age UKs in Kent Consortium)

9. This presentation reports on an Age UK pilot that brings together voluntary organisations and health and social care services to provide an innovative combination of medial and non-medial support for older people living with multiple long term conditions.
  
10. The primary aims of the programme being jointly developed by the partners are:
  - Improving the physical health, mental health and social care outcomes and experiences of older people.
  - Increasing the independence of older people with high level of health and social care needs.
  - Reducing avoidable emergency admissions to acute care among older people.
  - Reducing the dependency of older people upon social care services including delaying the use of high intensity social care (residential and domiciliary care).
  - Ensuring more appropriate use of statutory services for older people with different kinds of need (allocative efficient use of resources).

- Supporting financial sustainability across the health and social care economy.

## **Independent Living & Self Management Recommendations**

**The AHWB is asked to:**

- a) Note the detailed briefings on the projects.**
- b) To consider how the projects can be supported by stakeholders and commissioners especially through the life of the projects.**
- c) Agree that updates and outcomes will be brought to future meetings.**
- d) To endorse the redevelopment of the sheltered scheme at Danemore, Tenterden and agree that updates will be brought to future meeting.**

## Falls Strategy Update

### Pathway Review

1. A scoping exercise was undertaken and completed in early June 2014, this focused predominantly on the health pathways. On the 24th June Ashford and Canterbury CCGs held a joint falls workshop with KCC. The workshop was well attended by over 42 interested stakeholders including South East Coast Ambulance Service (SECamb), Age UK, Kent and Medway NHS and Social Care Partnership Trust (KMPT), East Kent Hospitals University Foundation Trust (EKHUFT), GPs, Kent Community Health Trust (KCHT) and Care Home representatives (Care Homes Nursing and Residential).
2. Both the re-active pathway, ascertaining what happens when someone has had a fall and the pro-active pathway, considering what opportunities there are to prevent people from falling, were reviewed and discussed at the event. The outputs from the workshop have been used to inform next steps.
3. A task and finish group was established to pull together all of these activities and outcomes, meetings are held on a monthly basis with two meetings having taken place to date. There is representation on the group from SECamb, EKHUFT, KCHT, KCC (including Public Health), Integrated Care 24 (IC24), Kent Fire and Rescue Service (KFRS), Local Authority and Voluntary Sector representation.
4. A high level re-active pathway has been developed illustrating the interdependencies between each of the core services, work is underway to draft the detail that sits behind each of the core services including role, remit, inclusion and exclusion criteria. As part of this consideration is being made to the development of joint clinics between Community Geriatricians (EKHUFT) and Integrated Care Teams (KCHT) to reduce duplication and improve communication.
5. The Local Referral Unit (LRU) has been proposed as the central point of contact for all Ashford and Canterbury falls referrals. A top level analysis of falls related activity at EKHUFT has been undertaken to highlight key themes. The 65+ age cohort was looked at in further detail due to the fact that this age group accounted for 72.4% of the overall falls activity (5802 out of 8014).
6. The task and finish group will continue to meet monthly over the next six months to support the move to an integrated service.

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