

Theme Position Statement

Lincolnshire faces the double challenge of an ageing population with increasingly complex needs and further budget pressures for the whole health and social care community. The case for greater integration and service transformation is well evidenced through the Lincolnshire Health and Care (LHAC) programme and the Better Care Fund Agreement (BCF), and both of these initiatives are key enablers to improving the health and wellbeing of older people. A number of the indicators being used to monitor this Theme are also key metrics for the BCF. Alongside this, the Excellent Ageing Partnership brings together a range of organisations from the public, private, and voluntary and community sector working to improve the health and wellbeing of older people. Excellent Ageing focuses on ten outcomes aligned to the Theme priorities.

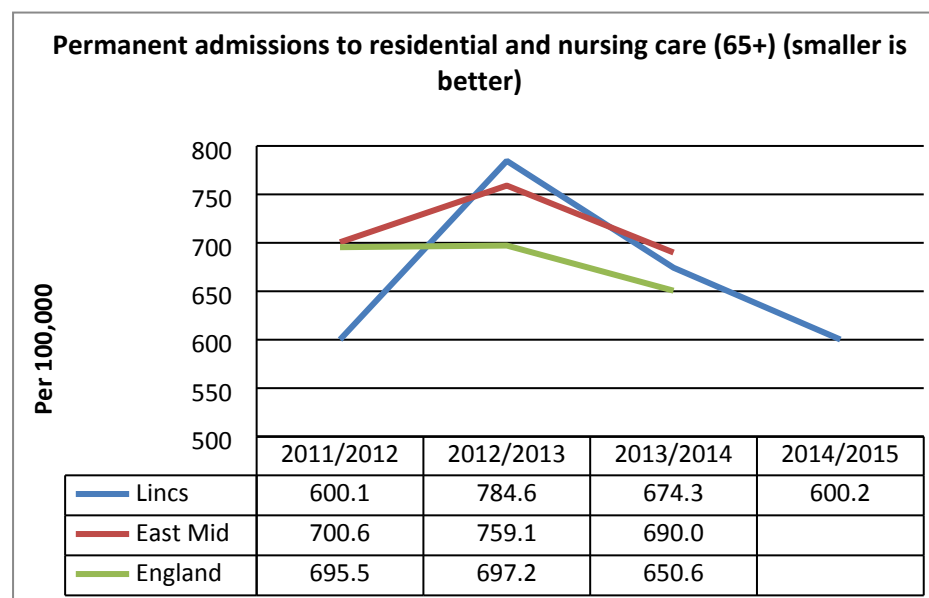
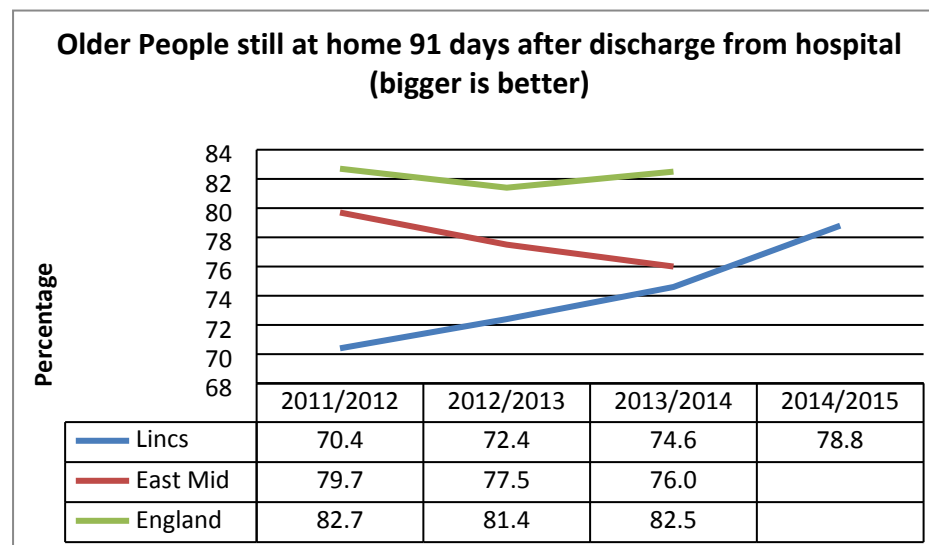
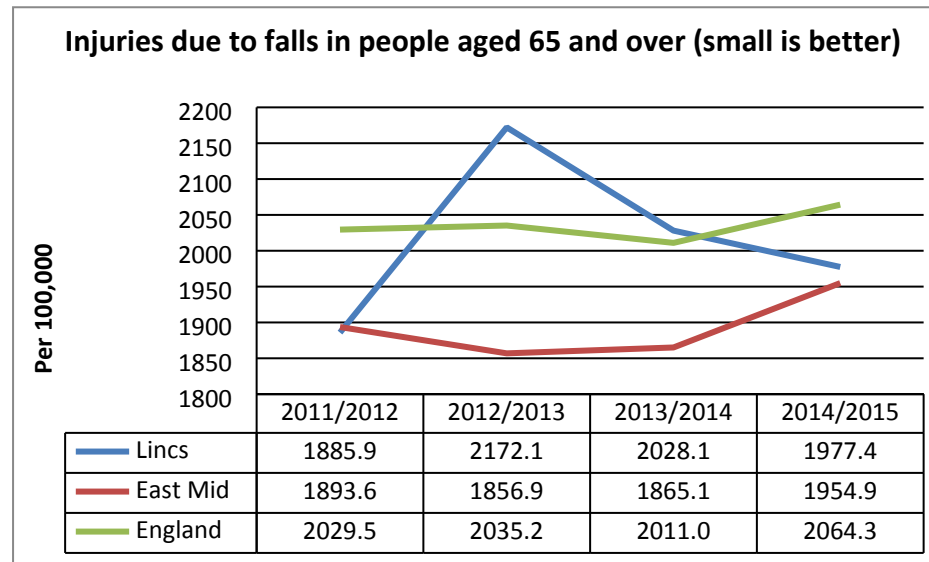
Spend a greater proportion of our money on helping Older People to stay safe and well at home

The number of people experiencing a fall each year is rising, as you would expect to see with a rapidly ageing population. However, the 2013/14 emergency admission rates due to falls per 100,000 population in Lincolnshire is not significantly different from the East Midlands and is lower than the England rate.

The human cost of falling includes distress, pain, injury, loss of confidence, loss of independence and mortality. Preventing and reducing the incidence of falls is a key challenge for organisations and is a top priority of the Proactive Care Delivery Board under LHAC. As reported through the BCF at the end of 2014/15:

- Fewer older adults have had access to reablement/rehabilitation services following a hospital stay over the winter period compared to last year. This is mainly due to reduced capacity in the Reablement Home Support Service.
- For older adults who did access reablement/rehabilitation, 78.8% were at home (with or without support) 91 days after discharge from hospital, this compares to 74.6% in 2013/15. This performance is ahead of the BCF target. People in the East of county appear to have better access to this type of support, but the best outcomes are achieved for people in the South where 89% of people were at home after 3 months.
- There has been a reduction in the number of people delayed in acute and non-acute hospital beds. For the second year running, Lincolnshire has been one of the best performing authorities in the county in respect to the national measure on delayed transfers of care.
- There has also been a large reduction in the number of older adults admitted permanently to residential and nursing care. 938 people were placed in care during 2014/15 compared to 1046 in 2013/14. This represented 92 fewer admissions than the BCF

target. The highest numbers of people admitted were in the West CCG area and the lowest in South West CCG.



346 adults (94%) told us through the Adult Social Care Survey that the services they receive make them feel safe and secure. This is a 9% increase compared to 2013/14.

Develop a network of services to helping older people lead a more healthy and active life and cope with frailty

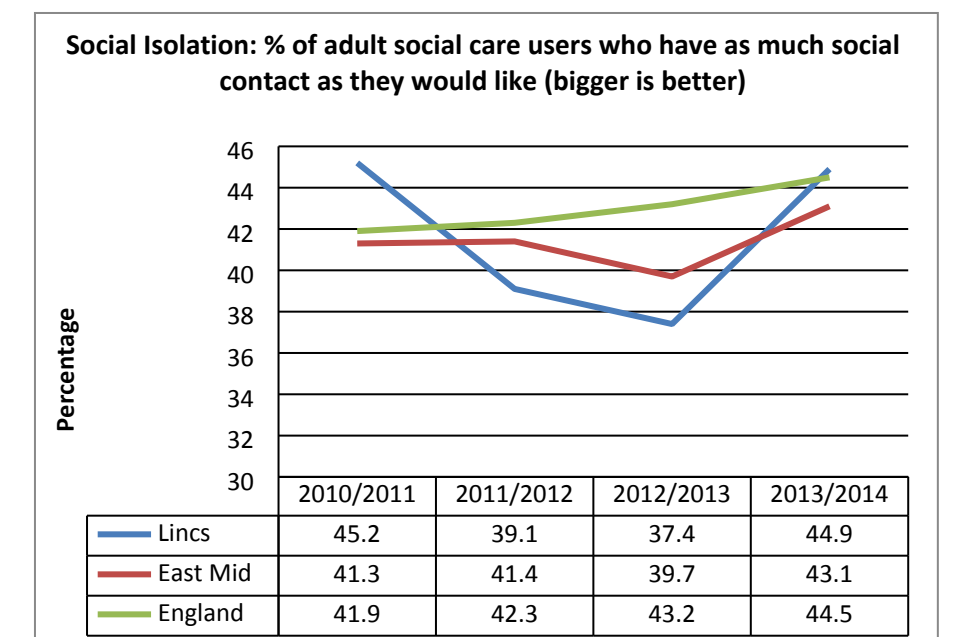
The Wellbeing Service, launched in April 2014, is designed to increase the number of people who are able to live independently with support and/or technology in their own home, by providing more proactive, integrated, high quality support delivered through multi-disciplinary working. This includes the joining up information and advice services and making equipment, minor adaptations and assistive technology available quickly on a low level preventive basis.

The development of the Wellbeing Service is being linked into the roll out Neighbourhood Teams as part of LHAC. Neighbourhood Teams provides a more person centre approach to care based in their locality to support people to remain well, independent, and safe at home avoiding the need to be admitted to hospital.

Results from the 2013/14 GP Patients Survey shows that there is no significant difference between the number of patients with a long term condition reporting improved quality of life compared to both the rates for the East Midlands and England.

Increase respect and support for older people within their community.

45% (2013/14) of adult social care users told us through the Adult Social Care Survey that they have as much social contact as they would like, this represents a 7.5% increase on 2012/13. There is no significant difference to the England rate and only slightly higher than the East Midlands.



I want to be active:

- Over 50's participation in physical activity programmes, such as healthy walks, outdoor gyms, 50+ classes and Vitality, continue to increase. Lincolnshire Sport has developed an online activity finder to allow people to search for activities to get involved with.

I want to be healthy:

- A review of the Falls JSNA topic page was completed April 2015.
- Promotional events were held during summer 2014 in Boston and South Holland to promote local growing schemes, Master Gardeners and allotments.
- The County Food Conference (Dec 2014) included topic discussion on older people's nutrition.
- A multi-agency dementia officers group has been established which meets monthly to coordinate the Dementia Strategy Action Plan.
- Dementia Action Alliances (DDA) are established in Lincoln, West Lindsey and South Lincolnshire. Public Health and East Lincs CCG have commissioned the Lincolnshire Carers and Young Carers Partnership to scope and develop DDAs in East Lindsey and Boston.
- Public Health have delivered Dementia Friends Awareness sessions to 78 members of staff.
- South Holland District Council has rolled out Dementia Friends sessions for staff including housing staff and Councillors.

I want to put something back into the community:

- People's Partnership includes an older people strand.
- Senior Forum leads now attend Excellent Ageing Advisory meetings to act as independent older people representatives.
- Working with Community Advisors to promote the services being offered in community hubs and incorporating information in the asset mapping process.
- 4 Senior Forums established. Further groups are being established in West Lindsey, Boston and Skegness.
- Members from the Lincolnshire Senior Forums attend quarterly meetings of the East Midlands Late Life Forum to share experiences and good practice.

I want to be able to afford my life and understand my options:

- Links have been made between the Financial Inclusion Steering Group and Excellent Ageing to ensure both partnerships coordinate activities which affect older people.

I want to feel safe:

- Make Every Contact Count training has been delivered to fire safety advocates to enable them to deliver lifestyle messages to the public, including older people.

I want to have relationships and not be lonely:

- Talk, Eat, Drink (TED) in East Lindsey, funded by the Big Lottery, went live in April 2015. The project is being managed by Community Lincs and aims to reduce rural isolation and loneliness amongst older people.
- Lincolnshire has contributed to research undertaken by the Campaign to End Loneliness.

I want to be able to get around easily:

- LCC Every Street Matters guidance has been updated to include dementia and older people friendly environments and street furniture. Principles have been used in Bourne.
- Dementia Friendly Lincoln City Conference held in April 2015.
- Lincolnshire has contributed to the national review of Scooters and Powered Wheelchairs.

I want the right help when I need it from people I trust:

- Dementia Reading Well material launched in Lincolnshire Libraries as part of the Reading Well campaign and books on prescription scheme.
- Community Pharmacies have run advice and information campaigns targeted at older people, including dementia awareness, obesity and cancer.

I want to live at home for longer:

- The Wellbeing Service went live on April 2014. An evaluation of the service is currently being undertaken.
- Joint Carers Strategy 2014-18 published.

I want to end my life with dignity:

- Planning My Future Care booklet and e-form have been refreshed and reprinted. Copies have been distributed to the LCYCP for inclusion in Carers Information Packs. Connection also made to 'All About Me' document.

Future Challenges

- An ageing population with increasingly complex needs.
- Continuing financial pressures affecting both the health and social care sectors.
- Behavioural and cultural change is needed to support the development of community based self-care.

Future Opportunities

- Proactive care in the community and an increased focus on prevention will reduce demand on higher cost services.
- Further opportunities for health and social care integration including the pooling of resources.
- Promoting the role of the Voluntary and Community sector, and making better use of community assets.