

Outcome: Older people are able to live life to the full and feel part of their community

We want to make sure older people have more choice and control, receive the help they need and are valued and respected within their communities.

Priorities:

Spend a greater proportion of our money on helping older people to stay safe and well at home.

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

Increase respect and support for older people within their communities.

What we said we would do:

Move £1 of every £100 we spend on adult health and social care, every year for the next 5 years, to deliver 'wellbeing' support and community health services for older people in Lincolnshire.

Develop a network of 'wellbeing' services aimed at supporting older people to live healthier, happier and independent lives and feel part of their community.

Ensure services for older people (including those who are frail or suffering from dementia) are locally based, cost effective and sustainable.

Work across public, private and voluntary and community organisations and groups to provide co-ordinated low level preventive services.

What is working well (examples):

I want to be active:

- Vitality Classes for over 65s – 42 classes per week with an average of 500 attendees (including in nursing homes and 1:1 sessions in people's own homes).
- Excellent Ageing / Lincolnshire Sports Partnership linked into the East Midlands Later Life Forum / Age Action Alliance to deliver local actions arising from recently published AVONet report '*Promoting physical activity in older adults; a guide for local decision makers*'.

I want to be healthy:

- Support for older people is being delivered through the Managed Care Network. The Mental Health Promotion Strategy plans to increase the number of services for older people and deliver the recommendations from the NICE review of mental health needs of people in care homes.
- Nutrition / food standards – One in ten older people are malnourished and 93% of them are in the community. Exploring how work already completed with Schools around the Catering Mark could be rolled out to residential care / hospitals, with wider promotion & awareness of good eating / balanced diets.

I want to put something back into the community;

- Senior Fora – 5 groups in operation – Louth & District, Welland, Holbeach, North Kesteven and Lincoln. The Association of Lincolnshire Senior Fora (ALSF) was re-established in April 2014.
- Excellent Ageing & ALSF attend and influence the DWP funded East Midlands Later Life Forum (EMLLF) and national Age Action Alliance.

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

- Anti-Poverty Action Plan (City of Lincoln Council) produced to improve the quality of life for the estimated 1 in 3 older people in the city living in poverty.
- Public Health has re-commissioned the Income Maximisation Project, which supports people to claim the benefits they are entitled to.

I want to feel safe:

- Operation REPEAT (Reinforcing Elderly Person's Education at All Times) is a Police / Trading Standards / Community Lincs partnership instigated by the Think Jessica Campaign. Over 200 people have received talks and training on issues such as doorstep crime and scams, and the initiative has won regional awards.
- Work with Lincoln Prison to improve the safety, health and wellbeing of prison population of which a small, but continuous rolling number are aged over 50 years.

I want to have relationships and not be lonely:

- Ageing Better – East Lindsey have successfully secured funding from the Big Lottery to address social isolation and loneliness in older people.
- Campaign to End Loneliness – a conference was held to raise awareness of the impact of loneliness and to develop our local JSNA.

I want to be able to get around easily:

- Dementia Friendly Environments / communities are being developed in Bourne and Lincoln City.
- National review of Scooters/Powered Wheelchairs – local Senior Fora & Road Safety Partnership has produced a leaflet on safe use of this transport.

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

- Books on Prescription – Reading well campaign. GPs can recommend relevant books and provide patients with a 'books prescription' for the library service.
- My Choice My Care provides an online resource including the Good Life Guide, Care Directory and Carers Information Packs.

I want to live at home for longer:

- Wellbeing Service went live in April 2014. It can provide up to 6 weeks support according to needs and on-ward referral for fitting telecare, telehealth, equipment and minor adaptations.

I want to end my life with dignity:

- Planning My Future Care Booklet / e-form - updated for relaunch in Autumn 2014.
- Bereavement Leaflet – is being revised in conjunction with Carers Connect / Macmillan Palliative Carers Support Worker.

Challenges, Threats and Opportunities:

- Growing ageing population
- Welfare and pension changes
- Access to and ability to use IT
- Volunteer recruitment and retention
- Funding available for prevention programmes
- Housing standards to help older people:
 - design that meets older people's needs
 - asset release for cash poor.

Outcome Indicators:

Priority	Indicator	RAG	Trend	Lincs/E.Mids/Eng
Spend more of our money on helping older people to stay safe and well at home.	Injuries due to falls in people aged 65 and over (Persons)	Red		
	Injuries due to falls in people aged 65 and over (Male)	Orange		
	Injuries due to falls in people aged 65 and over (Female)	Red		
	Injuries due to falls in people aged 65 and over - aged 65-79	Red		
	Injuries due to falls in people aged 65 and over - aged 80+	Red		
	Permanent admissions of younger adults (18-64) to resid. & nursing homes, per 100k population	Orange	*	
	Permanent admissions of older people (65+) to resid. & nursing homes, per 100k population	Orange	*	
	Older people still at home 91 days after discharge from hospital	Orange		
	Older people still at home 91 days after discharge from hospital (65-74)	Orange		
	Older people still at home 91 days after discharge from hospital (75-84)	Orange		
	Older people still at home 91 days after discharge from hospital (85+)	Orange		
Develop a network of services to help older people lead a more healthy and	Enhancing quality of life for people with dementia.	Grey		
	Effectiveness of prevention/preventative services.	Grey		
	Health related quality of life for older people.	Grey		
Increase respect and support for older people within their communities.	Social Isolation: % of adult social care users who have as much social contact as they would like	Orange		
	Loneliness and Isolation in adult carers	Orange	*	
	Older people's perception of community safety - safe in local area during the day	Grey		
	Older people's perception of community safety - safe in local area after dark	Grey		
	Older people's perception of community safety - safe in own home at night	Grey		
	People who use services who say those services make them feel safe and secure.	Orange	*	
	People who use services who say those services make them feel safe and secure (18-64)	Orange	*	
	People who use services who say those services make them feel safe and secure (65+)	Orange	*	