

**JOINT HEALTH AND WELLBEING STRATEGY ACTION PLAN  
MONITORING REPORT – MARCH 2015**

**Outcome Three: Older people in Suffolk have a good quality of life**

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**Priority 3.1: Ensuring that health and wellbeing are integrated at the point of delivery**

*Removed from Action Plan as agreed by the Health & Wellbeing Board in January 2014*

**Priority 3.2: A focus on prevention including the promotion of healthy lifestyles and self-care**

AREA OF FOCUS 2014/15	TIMESCALE	PROGRESS	RAG RATING	ISSUES/BARRIERS
Produce a Family Carers' Needs Assessment to support the understanding of the range and extent of family carers' needs and help the development of demographically sensitive services	April 2015	Carers' Needs Assessment published in October and now on Suffolk Observatory/ Healthy Suffolk website as part of JSNA – Link: <a href="http://www.healthysuffolk.org.uk/joint-strategic-needs-assessment-jsna/reports/NA/">http://www.healthysuffolk.org.uk/joint-strategic-needs-assessment-jsna/reports/NA/</a> Work on a supplementary report on young carers and young adult carers is ongoing and will hopefully be complete in the next few weeks.	<b>G</b>	

AREA OF FOCUS 2014/15	TIMESCALE	PROGRESS	RAG RATING	ISSUES/BARRIERS
Campaign to raise awareness of dementia in employment and support employers to develop dementia-friendly staff policies	December 2015	Hadleigh Dementia Action Alliance action plan includes engaging 24 local businesses to sign up to becoming dementia friendly.	G	
Support opportunities for older people to be active and remain healthy		<p>Culture and Physical Activity through Care and Support Conference has been held with over 100 delegates from a range of care settings, plus a number of speakers from organisations including the British Heart Foundation, University of Essex, UCS, Skills for Care and others. The purpose was to provide those working in the care sector with information and ideas on how to ensure cultural, creative and physical activity is a fundamental part of the service they provide.</p> <p>Stakeholder event exploring the role of physical activity in helping people age actively and age well has been held. The purpose was to bring partners together to improve understanding, share best practice and foster collaboration as the first step in developing a strategic approach to physical activity for older people in Suffolk.</p> <p>A follow-up meeting has been held with the British heart Foundation National Centre for Physical Activity and Health to discuss a co-ordinated approach to developing physical activity in care settings in Suffolk.</p> <p>Funding bids to the Sport England Community Sport Activation Fund are currently being developed for Lowestoft and for West Suffolk.</p>	G	

AREA OF FOCUS 2014/15	TIMESCALE	PROGRESS	RAG RATING	ISSUES/BARRIERS
		<p>Both bids focus mainly on increasing sport and physical activity participation amongst older people. Submission deadline is April, with the outcome expected Summer 2015.</p> <p>Faith Action Audit in Ipswich and Suffolk Coastal region is underway, mapping church and charity activity in these areas.</p>		
<p>Use new evidence from the Suffolk Housing Survey and existing evidence from other sources to explore expanding housing choices for older people, with more accessible new homes and a variety of tenure types of supported housing</p>		<p>A general summary of results has been produced and individual districts and boroughs are analysing what this means for their area.</p>	A	
<p>Focus on reducing falls and fragility fractures through:</p> <ul style="list-style-type: none"> <li>• Improved patient outcomes and improve efficiency of care after hip fractures</li> <li>• Responding to a first fracture and preventing the second</li> <li>• Early intervention to restore independence, through falls care pathways linking acute and urgent care services to secondary prevention of further falls and injuries</li> <li>• Prevent frailty, promote bone health and reduce accidents, through</li> </ul>		<p><b><u>Ipswich &amp; East Suffolk CCG</u></b>  An additional Osteoporosis service (nurse role) has been recruited to in February to follow up hip fracture patients in the community and a focus on primary and secondary prevention. Establishment of an A &amp; E Falls Pathway group to develop improved pathways of care. Provision of 24/7 Falls response and monitoring service to support early discharge, return to independence, increase confidence and mobility, following a fall or fracture.</p> <p><b><u>East Coast Community Healthcare (ECCH) - Waveney</u></b>  A total review of the Falls pathway has been completed in collaboration with the James Paget</p>	G	

AREA OF FOCUS 2014/15	TIMESCALE	PROGRESS	RAG RATING	ISSUES/BARRIERS
encouraging physical activity and healthy lifestyle, and reducing unnecessary environmental hazards		<p>University Hospital (JPUH).  A new Falls Service referral form has been developed for all services to use.  A Specialist Falls Clinic is also being developed in collaboration with the JPUH.  A Falls Liaison Post is currently being recruited in the JPUH to meet the needs of this vulnerable group.  Both JPUH and ECCH are working together on a joint CQUIN on Falls.  Launch of 'Make a Move' project in November 2014, which seeks to increase the capacity for falls rehabilitation and prevention activities in the community and to establish closer links with Most Active Counties.  Continued collaborative working with Public Health Suffolk to ensure Healthy Lifestyle commissioning activities includes ageing well/staying active.  Development of patient information and increased use of technology to promote good bone health, self-help materials.  Ipswich &amp; East Suffolk CCG facilitated a workshop (falls and hip fractures) at the Ageing Well stakeholder event held in January.  Falls and Fractures prevention strategies have been incorporated in the Housing and Health Charter for Suffolk 2015.</p>		

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		<p><b><u>West Suffolk CCG</u></b>            Continued development of Integrated Fracture Liaison Service including undertaking of 12 month medication compliance checks.            Work underway with WSFT and SCH to review A&amp;E pathway and look at frequent fallers.            Continued support for Age UK Suffolk's Positive Steps falls prevention exercise programme.            Continued collaborative working with Public Health Suffolk and Ipswich &amp; East Suffolk CCG to plan Falls Quality Standards conference and support for falls awareness week (June 2015).            Continued promotion of falls prevention among primary care through map of medicine and promotion of falls intervention tool.</p>		
<p>Consider the concept of Local Area Coordination and decide whether it should be introduced into areas of Suffolk. Local Area Coordination supports vulnerable people to access neighbourhood supporters and services and promotes connected communities.  <a href="http://inclusiveneighbourhoods.co.uk/local-area-coordination/what-is-local-area-coordination/">http://inclusiveneighbourhoods.co.uk/local-area-coordination/what-is-local-area-coordination/</a></p>	2015/16	<p>Limited funding has been received to trial Local Area Coordination.            Likely areas for first pilots will be Sudbury and Ipswich health and social care integration early adopter sites.</p>	<b>G</b>	

**Priority 3.3: A focus on reducing loneliness and social isolation for older people**

AREA OF FOCUS 2014/15	TIMESCALE	PROGRESS	RAG RATING	ISSUES/BARRIERS
<p>Promote a wide variety of community activities including intergenerational, physical and social activities which encourage community support for older people and their family carers. Identify where there is opportunity to building on existing provision to enhance community development and improve access to information where it is most needed</p>		<p>Community Action Suffolk is looking to expand and develop its support to Good Neighbour Schemes across Suffolk.                      Provision of programme of activities/clubs in the Babergh &amp; Mid Suffolk areas – will be available on website from end of February 2015  <a href="http://www.babergh.gov.uk">www.babergh.gov.uk</a>  <a href="http://www.midsuffolk.gov.uk">www.midsuffolk.gov.uk</a></p>	<p><b>A</b></p>	<p>This will require additional funding.                       Printing and distribution locally.</p>
<p>Promote and encourage dementia friendly communities and businesses, which enable people with dementia to continue to access the services they wish to</p>		<p>Hadleigh is now working towards becoming Suffolk’s first dementia-friendly town. Its action plan includes:</p> <ul style="list-style-type: none"> <li>• Creating 20 Dementia Friends Champions that are able to deliver dementia awareness sessions to 2000 people of Hadleigh community</li> <li>• Promoting awareness delivery of six community engagement and information events</li> <li>• Effectively communicating through PR activity.</li> <li>• Creating a website to sign post those living with or caring for someone with Dementia to Dementia Friendly Organisations including: Retail, Eating Out, Health and</li> </ul>	<p><b>G</b></p>	

		<p>Wellbeing, Medical and Social activities</p> <ul style="list-style-type: none"> <li>Engaging 24 local businesses to sign up to become dementia-friendly</li> <li>Sign posting people living with dementia or caring for those with dementia to inclusive activity's throughout the community.</li> </ul> <p>Sudbury is developing its strategic dementia alliance.</p> <p>The Dementia Friendly Communities fund, held by Suffolk Community Foundation, will be launched end March 2015.</p>		
In line with the Lifetime Neighbourhoods principle, support the development of supportive, connected communities which reduce social isolation		Ongoing as plans emerge.	<b>G</b>	
Monitor the implementation of any recommendations agreed by the Health and Wellbeing Board which result from the Church Forum on Health and Wholeness report on social isolation	September 2015	Survey into how loneliness is being addressed is being developed for churches and the voluntary and community sector (VCS).	<b>A</b>	
Promote the asset-based approach (building on individuals' skill, knowledge and networks) to supporting people and communities as the default behaviour for all professionals	April 2015	As a follow-up to asset-based conversation training, ACS staff are all now taking part in solution-focussed skills training.	<b>G</b>	
The Suffolk Information Partnership is surveying volunteers on the ease of use of their websites and will be making improvements to support people to have easier access to the information they need		All on track.	<b>G</b>	

**UPDATE ON ISSUES AND BARRIERS AS REPORTED TO THE HEALTH & WELLBEING BOARD IN JULY 2014**

ISSUE/BARRIER	PROGRESS	OUTSTANDING ISSUES
<p>Support further public awareness-raising of the benefit of dementia-friendly communities and workplaces</p>	<p>Hadleigh is now working towards becoming Suffolk's first dementia-friendly town. Sudbury is developing its strategic dementia alliance. The Dementia Friendly Communities fund will be launched in late March.</p>	<p><b>Ipswich Borough Council</b> has had Dementia Awareness training for councillors and senior officers. The next part of their action plan is to</p> <ol style="list-style-type: none"> <li>1. Ask for volunteer officers to be trained as dementia friendly champions to train up front line staff</li> <li>2. Identify key staff with customer facing areas to be trained to be aware,</li> <li>3. To identify if improvements to physical premises and buildings could be made.</li> </ol> <p><b>Suffolk Constabulary:</b></p> <ul style="list-style-type: none"> <li>• Already have established a number of dementia friends and champions within the organisation.</li> <li>• Working with the Alzheimer's Society to identify further training opportunities.</li> <li>• Part of Hadleigh Dementia Friendly Alliance</li> </ul>
<p>Support the further alignment of falls prevention activity across the county, ensuring relevant support is accessible to all Suffolk residents</p>	<p>Ipswich &amp; East Suffolk and West Suffolk CCGs are in ongoing planning discussions to take forward the key recommendations from the Health and Wellbeing Board. These include:</p> <ul style="list-style-type: none"> <li>• Think about other programmes and links with wider strategies - Alcohol Strategy, Physical Activity</li> <li>• Housing - future housing needs and suitable</li> </ul>	

ISSUE/BARRIER	PROGRESS	OUTSTANDING ISSUES
	<p>housing for elderly population</p> <ul style="list-style-type: none"> <li>• Police and other frontline staff- accessibility to services and process for referral</li> <li>• Digital Leadership/ Business innovation with UCS ( new products), how to get people to buy in</li> <li>• How we use the Health and Wellbeing Board to communicate benefits of exercise and to get simple messages out</li> <li>• Link in with Outcome 2 which supports Outcome 3</li> <li>• Provide update on progress March 2015 with a focus on progress and wider involvement</li> </ul>	
Support further public awareness-raising opportunities which encourage older people to be active and stay healthy and independent	See full information above.	
Using the outputs of the Suffolk Housing Survey, promote the development of high quality, accessible housing for older people, in communities designed to create neighbourhood connections and reduce social isolation	Ongoing.	
Support the development of best practice in community development and commissioning, by promoting co-production with Suffolk people and the asset-based approach (building on individuals' skill, knowledge and networks) as the default behaviour of staff across the Health and Wellbeing Board membership organisations	Suffolk Coalition of Disabled People are now part of the Sudbury Early Adopter Site (health and social care integration), supporting and shaping two of the Neighbourhood Network task and finish sub-groups. Suffolk Older People's Council are part of this action plan steering group. Have taken part in developing and shaping the HWB campaign to combat loneliness.	Currently exploring how Suffolk Coalition of Disabled People becomes involved in Ipswich Early Adopter Site.

