

REPORT TO: Health & Wellbeing Board
DATE: 11 October 2023
REPORTING OFFICER: Director of Public Health
PORTFOLIO: Health & Wellbeing
SUBJECT: Older People
WARD(S) Boroughwide

1.0 **PURPOSE OF THE REPORT**

1.1 To provide the Health and Wellbeing Board with an update on the Council's health and wellbeing offer for Older Adults.

2.0 **RECOMMENDED: That the report be noted.**

3.0 **SUPPORTING INFORMATION**

3.1.1 **Background Information**

The older population within the borough is increasing, and will form a larger proportion of Halton's population in future. In 2020 7.4% of Halton's population were aged 75 and above, whereas, in 2043 Halton's projected population aged over 75 will be nearly double at 12.8% of the entire population of the area.

3.1.2 Life expectancy in Halton is lower than in England for both men and women. On average people in Halton can expect to live 2 years less than people across England as a whole.

3.1.3 Circulatory disease, injuries, respiratory disease and digestive conditions are the main diseases affecting the older population. They are the top specific causes of emergency hospital admissions. In recent years, cancers, circulatory and respiratory disease, and mental and behavioural conditions have been the top causes of deaths among older people.

3.1.4 In 2020/21 Halton had a higher rate of long-term care packages (6505/100k pop.) than the average among both North West (6085/100k pop.) and England local authorities (5280/100k pop.). The majority of care packages for older Halton residents provide physical support – with either personal care, or access and mobility.

3.2 **Preventing ill health among older people**

Low-level prevention programmes in later life have been proven to have big health benefits for the individual, including longer life expectancy, maintained levels of functional ability, and an improved

sense of wellbeing. Halton has well-developed low-level prevention programmes across the borough.

- 3.2.1 **The HBC Health Improvement Team Ageing Well Offer**
The Health Improvement Team (HIT) provides a **universal offer** for all residents across the life course. This offer addresses the wider determinants of health and enables behaviour changes to improve health including smoking cessation, adopting healthier dietary habits, and boosting physical activity levels. We provide a tailored approach for individuals who are managing chronic health conditions.
- 3.2.2 Within the wider HIT, there are two dedicated teams which focus on improving the health and wellbeing of older people. The **Age Well Team** aims to improve the health of older adults through the delivery of specific targeted initiatives which are designed to combat loneliness, prevent social isolation, reduce falls, enhance wellbeing in care homes, and promote awareness of dementia. A high volume of referrals is received into the service each year.
- 3.2.3 The **Sure Start to Later Life Team** provides an information and advice service tailored to individuals aged 55 years and older. Its main objective is to provide individuals with the information they need to access appropriate support, precisely when and where they need it. The Sure Start to Later Life Team provides information to enhance health, to promote independence within older people's homes and communities, to optimise income, and to facilitate increased involvement in local communities to alleviate social isolation and loneliness.
- 3.2.4 **Volunteers** play a key part in supporting older people alongside the HIT, providing support to people living in care home, and supporting older people living in the community who are isolated and vulnerable. The evidence suggests that volunteers help improve people's lives, address health inequalities, and build a closer relationship between services and communities. People who engage in volunteering have been shown to benefit from better physical and mental health, a sense of fulfilment and a greater sense of connection to others in the community.
- 3.3 **Partnership working**
Over the past two years, the HIT has assumed a leadership role in collaborating with Adult Social Care on various preventive initiatives geared towards enhancing quality of life by means of early intervention, including for older people.
- 3.3.1 The **Prevention Panel** was introduced to actively seek innovative approaches to addressing the social needs of Halton's residents by exploring alternative support options within the voluntary and community sectors, as well as utilising individuals' existing support

networks. Through the identification and implementation of novel initiatives, the approach has demonstrated remarkable effectiveness in creatively fulfilling people's eligible needs. This model is moving beyond just social needs to include self-care, and empowering individuals and families to look after their own health needs, and to cope with illness or disability.

3.3.2 Through this innovative approach, HIT contributed to recovering a £1 million budget overspend last year for Adult Social Care. This year, the projected overspend is even greater, prompting us to explore alternative strategies to address local needs. This will encompass a comprehensive review of all care packages, with a heightened emphasis on self-care and the implementation of low-level health improvement programmes aimed at enhancing individuals' independence within their homes.

3.3.3 The HIT leads a very successful **Partners in Prevention network**. This serves as a networking platform for professionals across all sectors including key community partners to facilitate resource-sharing and effective signposting. Partners in Prevention meets quarterly. More recently the professional networking event has been combined with a public event. The September meeting is focusing on Healthy and Active Ageing and ties in with the national Falls Prevention Week campaign. Over forty partner organisations will be attending to promote key messages for older adults as well as for the wider population. Feedback from attendees consistently reflects high levels of satisfaction.

3.3.4 **Working with Care Homes**
The HIT plays a fundamental role in the **Enhance Health in Care Home (EHCH) programme**. When the EHCH framework was initially introduced, the primary aim was to shift away from an overly medical model of care. Instead, it emphasised a holistic approach to addressing individuals' needs, placing a strong emphasis on preventive and proactive care, rather than relying on reactive and sometimes unsuitable measures, such as unnecessary hospital admissions.

3.3.5 Thus far, EHCH has focused on enhancing the health and wellbeing of residents. This has been achieved by establishing opportunities for residents to become more involved in their community, rolling out the workplace health offer for staff, providing training for staff, exploring potential funding sources to implement purposeful activities, and collaborating with local businesses to support care homes within the framework of social value.

3.4 **Falls prevention**
There are several community-focused workstreams designed to boost the involvement of older adults in physical activities. Among these, the **Age Well Exercise falls prevention programme** stands

out as highly successful. It serves the dual purpose of acting as a pre-habilitation programme and providing post-falls rehabilitation. The service works collaboratively with all partners across the sector to devise and implement robust referral pathways into the programme. The service is integrated into both the healthcare and social care systems to streamline the referral process.

3.4.1 There is also close collaboration with our healthcare partners, specifically focusing on individuals who are at risk of experiencing falls. A dedicated HIT practitioner is based within Castlefield Health Centre. Their role is to motivate individuals to participate in the local falls programme. This involves providing individuals with information and empowering them to make informed decisions regarding their health to prevent future falls.

3.5 **Winter wellbeing**

During the approaching winter season, the 'Stay Well This Winter' campaign will be intensified, aligning it with cost of living initiatives. The primary emphasis will be on heightening public awareness regarding local resources. There will also be training provided to frontline personnel across various sectors to familiarise them with the local support options, enabling them to disseminate this knowledge to others. Ultimately, the goal is to proactively engage with older adults on every occasion, ensuring they receive support when needed, in the right place, and from the appropriate individuals.

3.6 **One Halton**

The One Halton Health and Wellbeing Strategy has set out a number of Ageing Well priorities that are aimed at enabling older adults to live full, independent, healthy lives. The One Halton Ageing Well Delivery Group has prioritised two key workstreams - Loneliness and End of Life Care - and the Public Health team is actively engaged with this work.

4.0 **POLICY IMPLICATIONS**

The programme of work carried out by the HIT to improve the health and wellbeing of older residents will inform the strategic development of One Halton workstreams moving forwards.

5.0 **FINANCIAL IMPLICATIONS**

There are no financial risks associated directly with this report.

6.0 **IMPLICATIONS FOR THE COUNCIL'S PRIORITIES**

6.1 **Children & Young People in Halton**

None

6.2 **Employment, Learning & Skills in Halton**

None

6.4 **A Healthy Halton**

The work programmes identified in this report focus directly on this priority, significantly improving older people's health and wellbeing, enabling them to live longer, healthier and happier lives.

6.5 **A Safer Halton**

None

7.0 **Halton's Urban Renewal**

None

8.0 **RISK ANALYSIS**

None

EQUALITY AND DIVERSITY ISSUES

Health Improvement and Ageing Well services are designed to be accessible to all older people. Older people with disabilities are enabled to access activities. Resources and information are provided in a variety of ways so as not to digitally exclude any residents.

9.0 **CLIMATE CHANGE IMPLICATIONS**

None

10.0 **LIST OF BACKGROUND PAPERS UNDER SECTION 100D OF THE LOCAL GOVERNMENT ACT 1972**

None within the meaning of the Act.