

Staffordshire Health and Wellbeing Board – 03 March 2022

Healthy Ageing and Managing Frailty in Older Age Strategy

Recommendations

The Board is asked to:

- a. Note the Healthy Ageing and Managing Frailty Strategy developed by Together We're Better.
- b. Consider how the Healthy Ageing and Frailty Strategy add value to the existing Health and Wellbeing strategy and priorities, including primary and secondary prevention and the reduction of health inequalities.
- c. Consider how the Health and Wellbeing Board wish to contribute and shape elements of the strategy that are more health service facing.

Background

1. The ICS has set out an ambitious strategic direction for healthier ageing and management of frailty.
2. This was developed through extensive engagement with clinicians, professionals, and wider stakeholders.
3. Our populations are undergoing significant demographic changes and new patterns of lifestyle, service need/demand and illness are emerging.
4. There is predicted to be a considerable increase in the number of people aged 65 years and older compared to the number of younger people across Staffordshire and Stoke-on-Trent and England as a whole and now the COVID-19 pandemic has also presented us with new and exacerbated public health issues. However, it has also given us pause for reflection and new ways of working.
5. The document sets out a strategic approach on how we can promote quality of life and delay the onset of frailty for as long as possible.
6. We need to fundamentally rethink our approach to enabling people to remain independent and living life to the full. The document also considers how we can provide holistic health care to those who are frail.
7. The key themes of the strategy are:
 - a. Addressing Inequalities

- b. Ageing Well
 - c. Slowing the Progression of Frailty
 - d. Supporting Complex Co-Morbidities and Frailty
 - e. Effective Crisis Support
 - f. High Quality Person-Centred Acute Care
 - g. Good Discharge Planning and Post-Discharge Support
 - h. Effective Rehabilitation & Reablement
 - i. Person-Centred Dignified Long-Term Care
 - j. Support, Control & Choice at End of Life
 - k. Workforce Development
8. Prevention in its broadest sense features in many of the thematic work streams. We know that lifestyles issues such as physical activity and social factors like loneliness have a major impact on health. There are fundamental questions we need to ask ourselves for example:
- a. How do we scale up prevention?
 - b. How can the ICS and the health service enhance its prevention offer and support implementation of existing Health and Wellbeing Strategies?
9. The healthier ageing theme is being led by Public Health colleagues from the two Local Authorities and preliminary scoping working has commenced.

List of Background Documents/Appendices:

Appendix 1 - Healthy Ageing and Managing Frailty in Older Age, Together We're Better

Appendix 2 – Presentation Healthy Ageing and Managing Frailty in Older Age

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