

# Staffordshire Health and Wellbeing Board – 02 March 2023

## Update on Healthy Ageing Priorities

### Recommendations

The Board is asked to:

- a. Note progress to date and agree the timescales to receive a Healthy Ageing delivery plan.
- b. Agree the proposal to review and update the outcome measures and indicators, to reflect the priorities.

### Background and content

#### Why is Healthy Ageing a priority?

1. People's experience of ageing varies depending on how healthy they are and how they plan for later life. For some retirement can be a time for embracing new experiences and contributing to their communities; for others it can mean chronic diseases, financial insecurity, poor housing, and loneliness<sup>1</sup>. Overmedicalisation can mean that older people spend an increasing proportion of their time in hospital, especially as they reach end of life.

#### Context

2. In Staffordshire, in the ten years between 2011 and 2021, the number of people aged between the State Pension Age and 79 has increased by 16,000 and the number aged 80 and over by 11,000. By 2041 the number of people aged between the State Pension Age and 79 is expected to increase by another 16,400 and the number aged 80 and over by 31,600.
3. Over this thirty-year period the working age population has and will remain roughly the same<sup>2</sup>, which will have significant implications for how we provide and fund care.
4. Healthy Ageing is a key priority in the Health and Wellbeing Strategy (2022-27) with the following objectives:
  - a. The promotion of healthy lifestyles that will reduce and delay the onset of ill health and frailty

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<sup>1</sup> [Summary | The State of Ageing 2022 | Centre for Ageing Better \(ageing-better.org.uk\)](#)

<sup>2</sup> Source: Census 2011 and 2021

- b. Warm, energy-efficient homes for everyone
  - c. The prevention of falls amongst older people
  - d. Approaches that recognise the strengths and skills of older people
  - e. Strengths-based practice in health and care with older people
  - f. A strong focus on independence
  - g. More people supported to plan and prepare for older age and death
  - h. More choice at the end of people's lives, with a focus on supporting people to remain at home, and to die at home
5. The Staffordshire and Stoke on Trent Integrated Care Board has also identified Frailty and Healthy Ageing as a priority. The Health and Wellbeing Board agreed in March 2022, that there would be one Healthy Ageing Plan to support both priorities.

### **The Outcomes We Are Trying to Achieve**

6. Our aim is to improve health and care outcomes by keeping people healthy and independent for as long as possible by addressing the wider determinants of health, individual lifestyle behaviour, building prevention from primary health to acute care and promoting a more positive approach to dying, death and loss.
7. Several outcomes have been identified to track our progress. Performance indicators for these will be developed and the Healthy Ageing Plan will focus activity to achieve these outcomes:
- a. To increase the percentage of people who feel they belong to their community or reduce the percentage of adults who feel lonely
  - b. Increase the percentage of older people living in energy efficient homes.
  - c. Increase the percentage of older people who are physically active
  - d. To reduce emergency hospital admissions in older people
  - e. Reduce the prevalence of older people in care homes
  - f. To improve the management of dementia
  - g. To reduce the number of older people falls related hospital admissions
  - h. To increase the number of people who die at home

### **Current Activity**

8. Actions ongoing to support Healthy Ageing, which will be included in the Plan, include:
- a. Recommissioning of National Diabetes Prevention Programme and the Integrated Lifestyles Service with a specific focus on:
    - i. NHS Health Checks
    - ii. Stop smoking support

- iii. Adult weight management support
  - iv. Workplace health lifestyle support
  - v. Making Every Contact Count (MECC) training
- b. Continuation of the successful Warmer Homes Scheme, targeting those who are most vulnerable, (including older people) resulting in 90% of beneficiaries seeing an improvement in household energy performance, with accumulated savings to tenants, of just under £1.5m.
- c. Supportive Communities has reached 110,00 to help stay healthy and independent accessing information advice and guidance through Staffordshire Connects, Community Help Points, Independent living resources and Community Champions
- d. Several areas across the county have developed partnership groups to enable open & honest conversations about death, dying and bereavement via 'Compassionate Communities'
- e. Developed a 12-week pathway to identify and manage severely frail patients and alignment with CRIS services and virtual wards.
9. Other work is in development which will also contribute to the Plan including:
- a. Production of a Loneliness & Social Isolation Reduction Plan.
  - b. An enhanced falls prevention programme
  - c. A business case for a Mild Frailty digital intervention
  - d. Staffordshire University research to understand the impact from the COVID-19 Pandemic on physical activity amongst adults (aged over 55)
  - e. The outputs from two healthy ageing partnership workshops, which will inform the Healthy Ageing delivery plan.

## Next Steps

10. The Healthy Ageing Plan will be developed and shared with the Health and Wellbeing Board in June 2023.

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