



# Preventing the need for adult care and support

North Tyneside Health and Wellbeing Board

29 October 2015

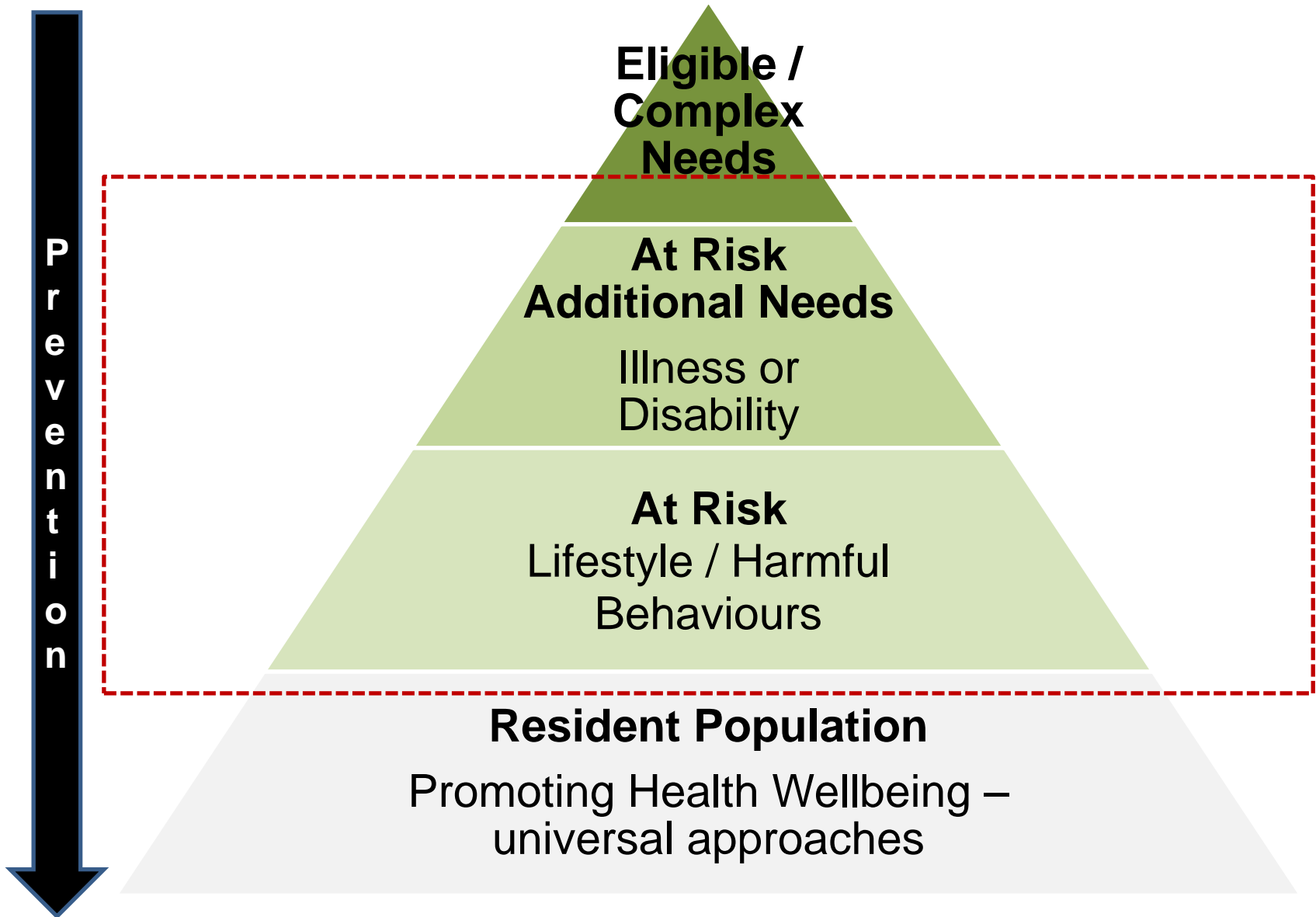


# Introduction

- **Prevention is an in year priority for the Board**
- **It's also embedded in all of our key plans:**
  - NHS 5 Year Forward View
  - Creating a Brighter Future
  - Integration programme
- **Update on developing an 'prevention strategy' for adults**



# Prevention – what we mean?



# The Care Act 2014

- **Duty to provide or arrange services that prevent or delay the need for care and support for adults:**
  - Be able to **articulate what services** are available and how those services can assist in meeting the **prevention duty**.
  - **Identification** of which adults would benefit from prevention.
  - Design and **deliver services** accordingly.
  - Leading to a **Prevention Strategy** for the area.

# So where are we now?

- **It's clear we're not starting from scratch:**
  - Wealth of services which state they prevent need
- **BUT we do lack:**
  - Coordination
  - Evidence of what works – impact and outcomes
  - A clear shift of resources
- **It IS clear, that it's complex**



# What we've been doing

- **Wellbeing framework**
- **Stakeholder workshop:**
  - Communicating the agenda
  - Gaining buy-in
  - Mapped those at risk
  - Mapped the services available
- **Self Care and Prevention Board....**



# Entitlement / offer

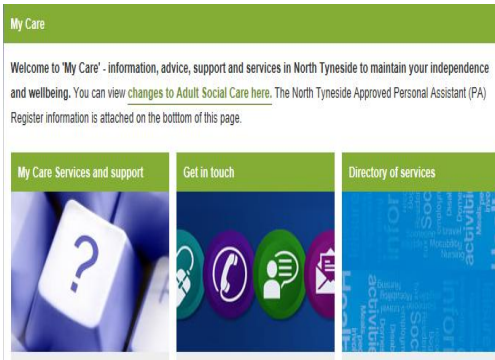
Physical Wellbeing	Safety and Free from Harm	Social Needs	Esteem and Emotional Wellbeing	Purpose in Life and Ambition
<ul style="list-style-type: none"> <li>• Access and support to up to date information about how to live well, stay healthy and avoid harmful behaviours such as smoking or alcohol</li> <li>• To be adequately nourished</li> <li>• Live in a safe, clean and accessible home</li> <li>• If able, to be physically active</li> <li>• Support to recover from periods of illness or ill health</li> <li>• Support to manage long term conditions</li> <li>• Have access to long term housing options in the community that are adaptable to increasing or changing needs</li> <li>• Economic wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>• Access and support to up to date information about what abuse is and how to report it</li> <li>• Protection from abuse and neglect in every part of life</li> <li>• Be given the maximum control possible for designing and planning care solutions</li> <li>• Able to plan ahead and stay in control in urgent or crisis situations.</li> </ul>	<ul style="list-style-type: none"> <li>• Access and support to information about local services and how to access them</li> <li>• Positive domestic/family relationships</li> <li>• Able to develop and maintain close personal relationships and social networks.</li> <li>• Able to contribute to society and community</li> <li>• Respect for privacy</li> <li>• Access and support to volunteering opportunities</li> <li>• Help to connect with the local community and services</li> </ul>	<ul style="list-style-type: none"> <li>• Access and support to information about maintaining good mental health</li> <li>• Good mental health and emotional wellbeing</li> <li>• Support to recover from periods of mental and emotional ill health</li> <li>• Choice and control over day to day life (including over care and support provided and the way it is provided)</li> <li>• Treated with respect and dignity and through that treat others in the same way</li> <li>• Carers / family have their needs recognised and are supported</li> <li>• Freedom of thought, religion and belief</li> </ul>	<ul style="list-style-type: none"> <li>• Access and support to information about education, training and work</li> <li>• Support to education, training and work</li> <li>• Contribute to family and community</li> <li>• Be supported by family / carers or care providers to progress and achieve personal goals</li> <li>• Dream, aspire and plan for the future</li> <li>• Effective management of money and financial affairs</li> </ul>

# A focus on advice and information

My Care

Welcome to 'My Care' - information, advice, support and services in North Tyneside to maintain your independence and wellbeing. You can view changes to Adult Social Care here. The North Tyneside Approved Personal Assistant (PA) Register information is attached on the bottom of this page.

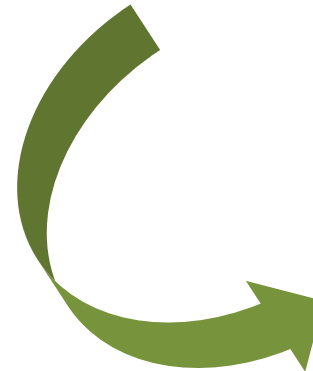
My Care Services and support    Get in touch    Directory of services



**SIGN**  
North Tyneside

- > Signposting
- > Information
- > Guidance
- > Network

Free and impartial information on adult health and wellbeing services



Care & Connect  
is a new service for adults in North Tyneside that helps you find ways to stay independent.

We provide advice and information about local care and support services.



Connecting you to activities and care services



# Next steps

- **Data analysis:**
  - Those at risk
  - Those in the care and support system
  - Linking with JSNA refresh
- **Case Reviews**
- **Prioritisation tool – Durham University**
- **Effectiveness of services**
  - Developing local tool

