

# Staffordshire Healthy Ageing Action Plan 2023-2027 - DRAFT

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## Actions Key:

Current activity
Planned activity
Future activity

Aim: Improve Healthy Life Expectancy for people in Staffordshire		Measured by:	Actions:	Who will do this:	By When:	Also links to outcomes:
1. Enjoy independence (People and professionals know how to help themselves and others, to live as independently as possible)	Deliver large scale community development prevention programmes which seek to promote independence and enable people & professionals to have the skills, knowledge & confidence to help themselves and others.	1. Number of people accessing Supportive Communities Independent Living Resources. 2. Number of Healthy Ageing Events held. 3. Number of people using the digital information service (& feedback). 5. Number of Age Friendly Communities established.	Maintain, develop & promote Supportive Communities Information, Advice and Guidance & Independent Living Resources (including ongoing promotion of <b>assistive technology</b> )	SCC Public Health Supportive Communities Team	Ongoing	
			Utilise the Bag of Tricks to support medications management via Independent Living Champions. ( <b>Polypharmacy</b> )	SCC Public Health Supportive Communities Team	2024	
			Co-ordinate local Healthy Ageing networking and information events across the county for professionals, volunteers and members of the public. ( <b>networking events</b> )	MPFT with PCNs	2023/Annually	
			Delivery & evaluation of Health & Wellbeing Coaches Pilot.	Public Health, MPUFT	23/24	
			Development of a <b>digital information service</b> for older people with mild frailty, to enable them to self-manage the risk of frailty progression.	MPUFT Public Health, with involvement from the ICS.	2024	
			Use a <b>Health in All Policies</b> approach to create 'Age Friendly Communities' across the county.	Local authority organisations	TBC	
			2. Feel Connected (People have a sense of purpose and know how to reduce feelings of loneliness)	Develop a system wide approach to creating connected communities and promoting the 5 Ways to Wellbeing.	1. Number of successful Volunteer Buddy referrals 2. Reduction in the number of adults reporting that they feel lonely often, always or some of the time. 3. More carers having the ability & opportunity to live well. 4. Increase in the use of public transport.	Evaluate and upscale the current <b>Volunteer Buddying</b> pilot commissioned by SCC Public Health.
Influence the formation of the SCC Local <b>Transport</b> Plan.	SCC Public Health & Healthy Ageing Partnership	23/24				
Development and delivery of a revised <b>Carers</b> Strategy.	SCC All Age Disability Team	2024				
Prevent <b>Depression</b> amongst older people by promoting the 5 ways to wellbeing as part of the Staffordshire Mental Health Strategy.	SCC Public Health					
Enable people to develop their digital skills using <b>intergenerational</b> opportunities (via the SCC Digital Inclusion Plan).	TBC	2025				
Finalise a Staffordshire <b>Loneliness</b> Reduction Plan.	SCC Public Health Team	2024				
3. Enjoy a healthy lifestyle (People know how to take care of themselves and others, to keep well and stay safe)	Promote the importance of leading a healthy lifestyle with a specific focus on increasing levels of physical activity.	1. Campaign reach 2. Number of staff accessing MECC training 3. Number of successful Warmer Homes installations. 4. Number of strength & balance	Champion <b>MECC</b> training at a system level via a comms and marketing plan.	SCC Public Health Team, Everyopne Health & MPFT		
			Promotion of healthy weight and physical activity via the continuation of the <b>Better Health Staffordshire</b> Programme.	SCC Public Health Team		

Outcomes:	Objectives:	Measured by:	Actions:	Who will do this:	By When:	Also links to outcomes:
		exercise classes delivered.	Use the research conducted by Staffordshire University, to inform the delivery of an annual <b>Healthy Ageing campaign</b> .	Staffs Healthy Ageing Partnership	Annually	
			Create a <b>dementia</b> prevention & early intervention plan which promotes healthy behaviours and early identification/diagnosis of dementia. (Including the importance of hearing loss as the most significant modifiable risk factor)	Public Health, ICB & Adult Social Care	2024 (Proposed priority)	
			Find opportunities to deliver evidence based community strength & balance exercise classes ( <b>Falls Prevention</b> ).	MPFT, Public Health		
			Continue delivery of the <b>Staffordshire Warmer Homes Programme</b> , to tackle fuel poverty.	SCC Public Health & Staffordshire Warmer Homes Partnership	Mar-25	
	Enable frontline staff/volunteers to facilitate the conditions for individuals to make positive choices about their own health and wellbeing.	1. Number of MECC Training sessions 2. Results of Active Travel project evaluation.	Influence course leaders with a responsibility for setting and delivering the health and social care curriculum, within further and higher education, to incorporate <b>MECC</b> principles into course content.	SCC Public Health	24/25	
			Link <b>MECC</b> training with Clinical champions training, enable the programme to be more agile for other groups.	SCC Public Health & Together Active		
			Evaluation of the SCC <b>Active Travel</b> and Social Prescribing pilot in Newcastle Under Lyme to inform future initiatives.	SCC Public Health & (ask rochelle)	2024	
4. Future Planning (People are able to make decisions as early as possible, about how to enjoy later life)	Promote a public health approach to end of life amongst professionals, members of the public and communities.	1. Number of Compassionate Communities networks. 2. Number of training sessions delivered. 3. Identify a process for auditing/measuring clinical practice for end of life i.e. use of RESPECT forms.	Promote opportunities for education and awareness raising amongst professionals, with a specific focus on primary care and acute hospital settings.	MPFT		
			Develop ' <b>Compassionate Communities</b> ' across Staffordshire to engage with community settings such as businesses, care homes, schools & local authorities to reduce the stigma and increase confidence.	MPFT & Support Staffordshire		
	Encourage more people to have advanced care plans and financial plans (including LPOA)	1. Campaign reach 2. Workplace Health website activity.	<b>Use local &amp; national campaigns</b> amongst the public to encourage advanced care planning, financial planning and reduce the stigma associated with death, dying & loss. the public and professionals.	Staffs Healthy Ageing Partnership		
			Creation of Multi Disciplinary Team meetings within primary care and communities services to take a more holistic approach towards care planning.	TBC		
			Find a way to better understand public perceptions of bereavement support, to encourage engagement.	TBC		
			Development of a Financial Wellbeing Strategy (Proactive management of financial affairs i.e. Lasting Power of Attorney).	SCC Public Health & Adult Social Care	2024 (Proposed priority)	

Outcomes:	Objectives:	Measured by:	Actions:	Who will do this:	By When:	Also links to outcomes:
	Enable people to experience healthy retirement.		Promote and enable age friendly <b>Workplaces &amp; healthy retirement</b> by provide access to information, advice, guidance and training around supporting healthy ageing in the workplace e.g. by developing a new retirement planning webpage on the Staffordshire Workplace Health webpages.	SCC Public Health	2024	