

Staffordshire Health and Wellbeing Board – 07 March 2024

Update on Healthy Ageing Priorities

Recommendations

The Board is asked to:

- a. Consider and approve the Healthy Ageing Plan.
- b. Commit to supporting delivery of the priorities.

Background and content

1. Healthy ageing is a strategic priority for both the Staffordshire Health and Wellbeing Board and the Staffordshire & Stoke on Trent Integrated Care System, driven by an ageing population and a decline in healthy life expectancy. In March 2022, it was agreed that Staffordshire County Council and Midlands Partnership University Foundation Trust (MPFT) would co-ordinate the development of a single healthy ageing plan for Staffordshire.
2. Our aim is to improve health and care outcomes and enable people to be more physically, socially and mentally active, by addressing the wider determinants of health and individual lifestyle behaviour. Whilst building prevention from primary health to acute care and promoting a more positive approach to death, dying and loss.

What have we done so far?

3. Over the last 12 months, a Healthy Ageing Partnership including representatives from the Council, MPFT, the Integrated Care Board (ICB) and the voluntary sector have led the development of a Healthy Ageing Plan for Staffordshire, included at Appendix 1. The purpose of the Plan is to identify current activity and opportunities for alignment as well as areas for improvement which would benefit from a system-wide approach.
4. The Plan includes 4 outcomes (Enjoying Independence, Feeling Connected, Maintaining a Healthy Lifestyle and Planning for the Future). The Plan includes key performance indicators to measure progress as set out in Appendix 2. The data indicates that Staffordshire performs similar to the England average on several indicators and worst for emergency hospital admissions.
5. Ongoing actions to support delivery of the Plan include:

- a. The Supportive Communities programme to promote independence and a strengths-based approach by growing the skills, knowledge and confidence of residents and professionals through Community Help Points, Staffordshire Connects and community-based training.
- b. MPFT are piloting a health education tool (My Health, My Way) to empower older adults with mild frailty promote healthy ageing and self-manage risk.
- c. The South Staffordshire District Partnership has included Ageing Well as one of 4 priorities for their new partnership plan with a specific focus on planning for later life, digital skills and dementia support (amongst other things).
- d. The Council is trialling a volunteer buddy & Travel Training pilot project, (as part of a specific Loneliness Reduction Plan) with the aim of reducing feelings of loneliness amongst older adults and those living with a learning disability.
- e. MPFT and the ICB have established a Compassionate Communities Network group for the southwest of the county, with the aim of promoting a public health approach to death, dying and loss.

Future Priorities

6. Whilst a great deal of activity is already underway, there is more that needs to be done to improve health and care outcomes and lessen the impact on statutory and acute services. The Healthy Ageing Partnership therefore recommends the following as priorities:

Outcomes	Priorities
Enjoy Independence	<ul style="list-style-type: none"> • Improve early diagnosis and management of dementia • Reduce falls in older people
Lead a healthy lifestyle	<ul style="list-style-type: none"> • Community based strength and balance exercise, to prevent falls and improve physical activity
Plan for the future	<ul style="list-style-type: none"> • Financial and care planning, encouraging more people to access entitlements, lasting power of attorney & create end of life plans

Challenges and risks

7. The Plan is complex and encompasses a wide range of activities across a large number of agencies. This system wide effort will require co-ordination to ensure that progress is made whilst avoiding duplication.

Next steps

8. The Staffordshire Healthy Ageing Partnership will lead and oversee the delivery of the Plan, whilst putting specific actions in place to achieve the outcomes.

9. Data about healthy ageing within the new Joint Strategic Needs Assessment will be used to inform delivery of the Plan.

List of Background Documents / Appendices:

Appendix 1: Draft Healthy Ageing Action Plan for Staffordshire

Appendix 2: Healthy Ageing Outcomes and KPIs

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