

TORBAY JOINT HEALTH & WELLBEING STRATEGY

PROGRESS REPORT – HEALTHY AGEING

SEPTEMBER 2022

<h2>4 Healthy Ageing</h2>	
<h3>Progress against programme delivery measures</h3>	
<p>Adopt a holistic and whole family approach & require the same of our partners</p>	<p>Healthy Ageing - Live Longer Better, This funding has enabled us to run a healthy ageing pilot project to improve longevity, fitness and health outcomes for people – and continuation of the Ageing Well work. The approaches are person-centred, asset based, holistic and the project enables codesign and self-directed learning as well as supported learning. The programme works to improve fitness, cognitive functioning and emotional resilience.</p> <p>One of the main lessons is that it takes time and coordination to build meaningful and sustainable relationships, that lead to long term improvements and cost savings for people’s health and wellbeing.</p> <p>The other lesson is that the period of Covid has had large impact on our population that will take a considerable amount of time to heal.</p>
<p>Ensure health & care services are shaped by people with lived experience & from diverse backgrounds</p>	<p>We have carried forward the work of the Ageing Well teams, which was all about putting people in the lead.</p> <p>We consult widely across our networks and Torbay Assembly has an oversight role for Live Longer Better and the Healthy Ageing Strategy. We are at the beginning of building relationships with Live Longer Better champions so that people who have come through the programme / or improved their health through activity start to support others.</p> <p>People are learning that as you age it is more important to stay active and fit, not less. When you are active and also engaged socially in the community it also improves your cognition, reduces the impacts of dementia, mental health resilience, the likely hood of injuries from falls, improves recovery from accidents, illness and surgery.</p>

	<p>Frailty and Healthy Ageing (NHS) – have signed up to the Torbay Charter – and are currently improving their website through user consultation.</p> <p>Age UK – Wellbeing Coordinators work closely with their clients to evolve the way they work.</p> <p>Healthwatch is working with care home residents to improve their opportunities to be more physically active and connect with nature.</p>
<p>Ensure support is targeted at prevention & is determined by need, not age</p>	<p>The project is starting to link professionals and organisations across Torbay to work more closely together on the Healthy Ageing strategy. There is a steering group made up of 14 organisations and action group planning delivery, a full time coordinator working on the Healthy Ageing agenda including supporting Torbay Assembly and running the Ageing Well Festival.</p> <p>We purchased 600 licences from Optimal Ageing for people and professionals to undertake Live Longer Better training. These are being distributed into the community through our Healthy Ageing coordinator – who is also coaching and training both the public and professionals, raising awareness and trialling approaches of engagement.</p> <p>The number of licences for learning participants is 100. Our strategy has been to provide support around online learning with facilitated shared sessions (IT learning is not favoured by many of our older people). We are taking a supportive approach, using this to start to build ongoing relationships with people needing some assistance or guidance.</p>
<p>Actively challenge discrimination</p>	<p>Professionals (Social Prescribers, Wellbeing Coordinators, Community Builders, GPs, NHS and Care home staff, fitness instructors etc) are learning appropriate ways to engage with older people, encourage them in safe exercise practices as well as respecting their experiences, ambition and independence. We have been undertaking coaching around ageist barriers and language organisations. We are also starting to work with care homes and carer networks.</p> <p>Recent videos through Healthwatch promote awareness and we have made recent presentations to Frailty and Healthy Ageing teams, Torbay Health and Wellbeing Network, Torbay Wellbeing Network Group, Community Builders etc.</p>
<p>Ensure that when care is needed it is accessible, compassionate & of high quality</p>	<p>The network we support includes: Torbay Community Development Trust Torbay Council - Public Health Torbay Council - Adult Social Care Age UK Torbay</p>

	<p>Active Devon NHS Devon CCG Torbay Assembly Engaging Communities SW Frailty & Health Ageing Partnership Torbay and South Devon NHS Foundation Trust Healthy Lifestyles Local Motion Learning with Experts Optimal Ageing Health & Wellbeing Coaches Active Devon Torbay Primary Care Networks Sustrans</p> <p>So there is a wide range of care across the project. Examples are: Training of postural stability instructors, promotion of Falls Fighters, mapping, streng and balance delivery and activity providers. Training care professionals in Live Longer Better approaches – tools, resources and presentations.</p>
<p>Promote communities that support safe, healthy, active, independent, & socially connected intergenerational living</p>	<p>We have promoted the work across our networks, including the recent Imagine This festival for families. We take an intergenerational and family approach to our engagement, aiming to build long term relations with the people we work with.</p> <p>We are supporting a Sustrans Age Friendly pilot in Watcombe for active travel / independent living.</p> <p>Example: one of the champions volunteering with Active Devon has overcome chronic pain through walking and activity. She creates opportunities for others through her Winner Street walking group.</p>
<p>Promote a change in how we all think about ageing, to see each stage as an opportunity for new, positive experiences</p>	<p>We are piloting new evaluation strategies through consultation with the national Optimal Ageing group and their advisor Andy Brogan, and providing feedback to the national strategy. The grant has allowed us to contribute to the Health and Wellbeing Board strategy, Torbay on the Move strategy and Live Longer Better community of practice.</p>
<p>Ensure housing provision that is suitable and adaptable for people as they age, promoting independent living</p>	<p>We lobby through Torbay Assembly on Housing strategies and promote independent living, with an aim for supported housing to become a more active environment.</p>
<p>Other comments on progress?</p>	<p>Our aim is to build and fund a three year programme based on the learning of this pilot as a way to build preventative measures into the community.</p> <p>We are starting a review of the first 6 months, guided by an evaluation consultant. From that we will draft a three year sustainability proposal with all partners.</p>

Progress against delivery of cross-cutting measures	
➤ Include environmental sustainability as a key element in all policies	Partners have their own organisational environmental policies
➤ Make environmental sustainability a factor in decision making in all new policies & procurement contracts	<p>CDT principles:</p> <ul style="list-style-type: none"> • Integrate the consideration of environmental concerns and impacts into all of our decision making and activities • Promote environmental awareness among our employees and encourage them to work in an environmentally responsible manner • Train, educate and inform our employees about environmental issues that may affect their work • Reduce waste through re-use and recycling and by purchasing recycled, recyclable or re-furnished products and materials where these alternatives are available, economical and suitable • Promote efficient use of materials and resources throughout our facility including water, electricity, raw materials and other resources, particularly those that are non-renewable • Avoid unnecessary use of hazardous materials and products, seek substitutions when feasible, and take all reasonable steps to protect human health and the environment when such materials must be used, stored and disposed of • Purchase and use environmentally responsible products accordingly • Where required by legislation or where significant health, safety or environmental hazards exist, develop and maintain appropriate emergency and spill response programmes • Communicate our environmental commitment to clients, customers and the public and encourage them to support it • Strive to continually improve our environmental performance and minimise the social impact and damage of activities by periodically reviewing our environmental policy in light of our current and planned future activities
➤ Explore how physical activity can be included	Physical activity is the foundation of this pilot and a core part of our delivery. As you age you need to increase, not decrease your physical activity to slow the effects of ageing.
➤ Work with us to implement Torbay on the Move	Steering Group members contributed to Torbay on The Move and Active Devon's Strategies and will continue to engage in the initiative.
➤ Participate in a system wide approach to housing including homeless prevention, quality of accommodation and availability of affordable accommodation ➤ Work in partnership with other agencies to identify and	Torbay Assembly are working with Sustrans and Torbay council on an age friendly pilot for active travel / independent living in Watcombe. The Assembly have also contributed to Housing strategies. For the Age Friendly baseline report and three year action plan – consultations were undertaken with residents (by the Ageing Well team) - with housing and independent living showing as a major themes for older people.

<p>prevent homelessness in those accessing your service</p>	<p>Steering Group partners are contributing to the Making Melville Marvellous programme.</p> <p>Torbay Community Helpline, Community Builders and Age UK (Wellbeing Coordinators) play a significant role in finding pathways for people to access suitable housing.</p>
<ul style="list-style-type: none"> ➤ Carry out an EIA for all service changes ➤ All employees trained to recognise the needs of minority & ethnic groups ➤ Ensure that digital care pathways increase inclusion 	<p>Equality Impact Assessment – no service changes planned.</p> <p>The work we undertake with people supports equality of access and opportunity, with specific work to overcome ageism and ageist language. Recent world wide studies have shown that ageist practises can short a persons life by up to 7 years. Ageing Well supported the development of NetFriends and contributed to the Torbay Digital Inclusion strategy and the group meetings.</p>
<ul style="list-style-type: none"> ➤ Sign up to the Devon wide Commitment to Carers ➤ Proactively identify & report on carers in the workforce ➤ Health & care set targets for identifying carers ➤ Become 'carer-friendly' organisations 	<p>The local and national Live Longer Better team are working with Adult Social Care colleagues to develop training packages for domiciliary care workers.</p> <p>Torbay Carers Service also contributes to the Live Longer Better initiative through Torbay Assembly.</p> <p>Our Healthwatch lead is trialling care home and green spaces work with care homes to promote physical and mental activity.</p>
<ul style="list-style-type: none"> ➤ Health & Care provide training on domestic abuse and sexual violence & use a trauma-informed approach 	<p>Domestic Abuse coordinators are booked to present to the Assembly in October on issues related to older people. Trauma Informed training will be offered to the group.</p>
<p>Citizen feedback</p>	
<p>Describe any engagement, co-design or co-production work you have undertaken in your workstream</p>	<p>Codesign is integrated into our work process. We consult regularly with participants from the public and professionals to improve our work. Examples are group learning and feedback sessions, starting to add local content to training modules, consultation with Torbay Assembly members and promotion of the Torbay Charter where partners make commitments to engage with users to develop better service delivery.</p>

