

AGEING WELL

Somerset: Our County Joint Strategic Needs Assessment (JSNA) 2017

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SOMERSET'S JOINT STRATEGIC NEEDS ASSESSMENT (JSNA) 2017

Q. *What is it?*

A. A statutory obligation so it's a 'must do'

Q. *What does it do?*

A. It looks at the health, wellbeing and social care needs of the *whole* population = data/qualitative

Q. *Who is it for?*

A. Ultimately, all of us...it's primary function is to inform commissioners

AGEING WELL



“...inside every old person is a young person wondering what happened.”

Terry Pratchett

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Informal engagement (3)
Individual interviews (4)
Discussion groups (6)

Over 100 people
involved



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Burnham on Sea Active Living Centre

Priorswood Community Centre

Taunton Deane Sheltered Housing Forum

Service Users' Engagement Group (social care)

District and County Councillors

Over 60s Health Fair at Junction 24

Somerset Engagement and Advisory Group
members (CCG)

Sedgemoor Older Persons' Forum

The Men's Shed – Burrowbridge

+ four individual interviews

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What does ageing well mean to you?

- *“I want to **feel** well. I’m not worried about looks.”*
- *“Still using the skills, knowledge and experience you’ve gained working – into your retirement.”*
- *“A **feeling** of good health but also accepting your restrictions.....”*
- *“A sense of independence and safety.”*

Having a purpose, having a sense of community, feeling valued

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What helps people to age well?

- *“Community support or asking for help through support networks – feeling you can **do** that.”*
- Laughter, sharing common interests, walking with other people
- Having the basics in place: heat, light, food, transport, companionship....” *and hugs...*”
- *“Just having somewhere to meet and chat with people.”*

Socialising, community, personal resilience

AGEING WELL

What motivates you?

- *“An attitude of mind, **wanting** to do it.”*
- Observing other people who are **not** ageing well
- Having grandchildren and wanting to watch them grow up
- The presence of husband/wife/partner
- Having something to look forward to.....

Keeping busy, taking an interest, family and friends – stimulation

AGEING WELL

What doesn't help people to age well?

- Bereavement/loneliness
- Caring responsibilities
- Transport (a key issue)
- Negativity of media – across all generations
(*“When we were young we were wary, yes, but not **fearful.**”*)

**Social and physical isolation, lack of confidence,
negative media**

AGEING WELL

Some additional points:

- Ageing referenced in terms of disability –
“Someone with Down’s Syndrome may be ‘ageing well’ at 37.”
- Housing for older people not allowing pets –
“....having a pet keeps you alive. A pet is like a friend....”
- A sense of ‘blame’ (again media driven).....e.g. pressures on the NHS, not downsizing/moving, generational conflict

Implications for Commissioners

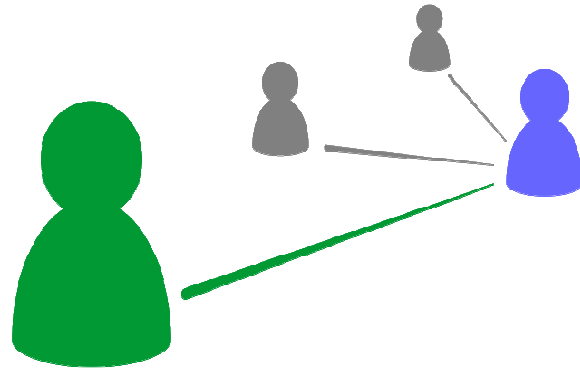
Promoting good health

- 45% of disease – including dementia - can be prevented or delayed by lifestyle
 - not smoking
 - drinking responsibly
 - good social contacts
 - eating well
 - exercise
- There is no age after which improvements do not help.
- Inequalities were very evident. Addressing them will reduce suffering and save money.

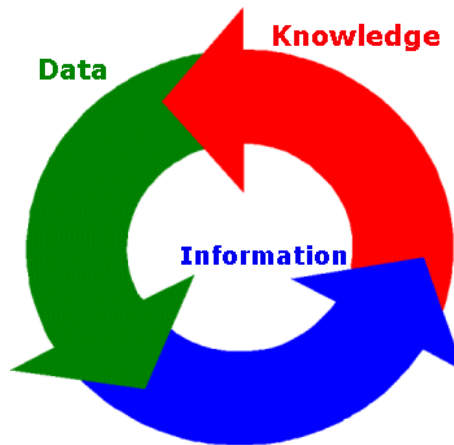
Connected and independent

- Self-help and short-term assistance to regain independence were commended.
- Recognizing the contribution and needs of family carers and the community could bring benefits to all.
- Good transport helps independence and social contact in town and country.
- New housing should take account of ageing and existing stock be adapted accordingly.
- Good work, including voluntary, is good. Employers should recognize older workers' contribution.

AGEING WELL



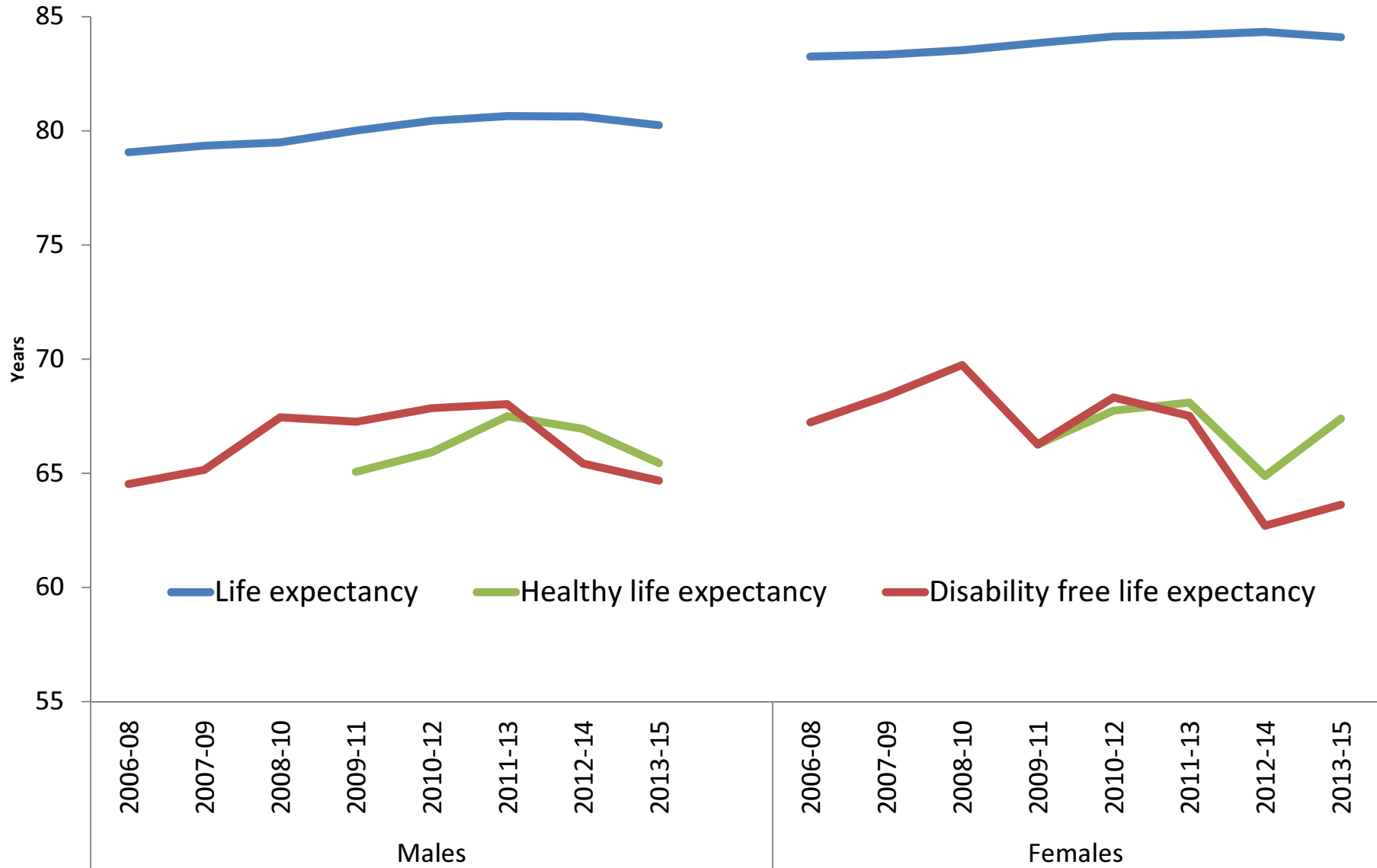
What the data tell us.....



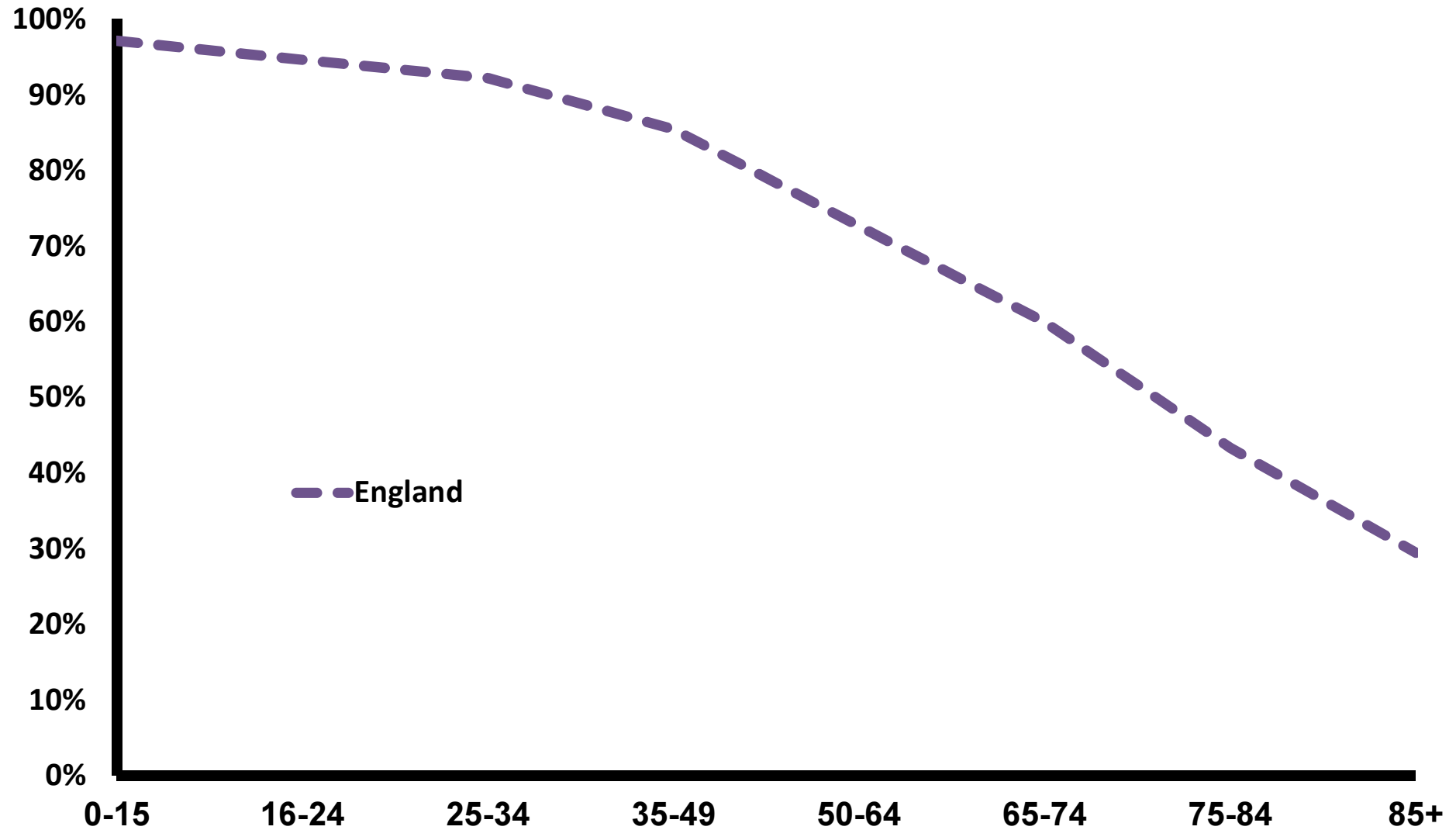
Healthy

Connected
and
independent

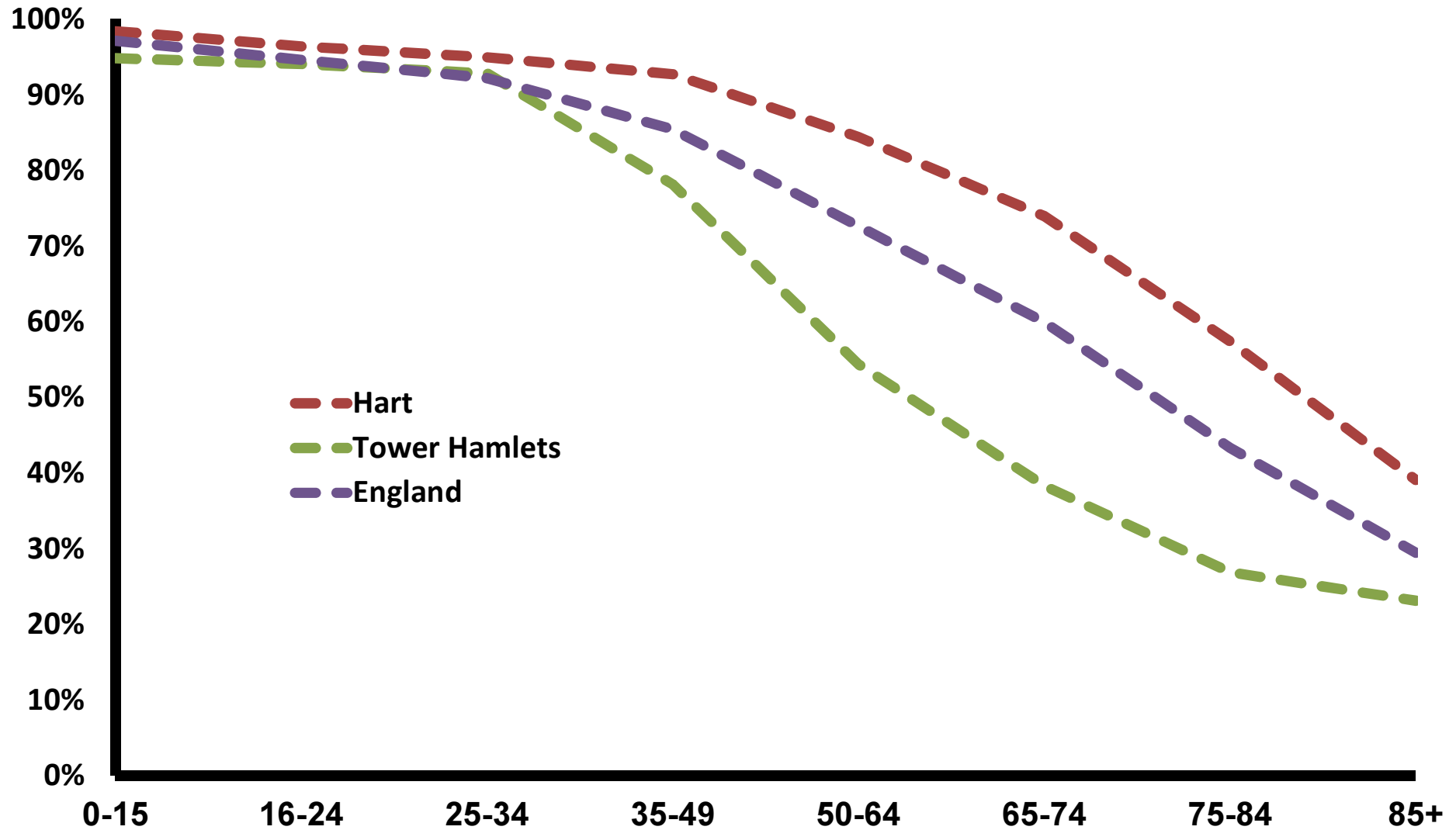
Healthy Life Expectancy - Somerset



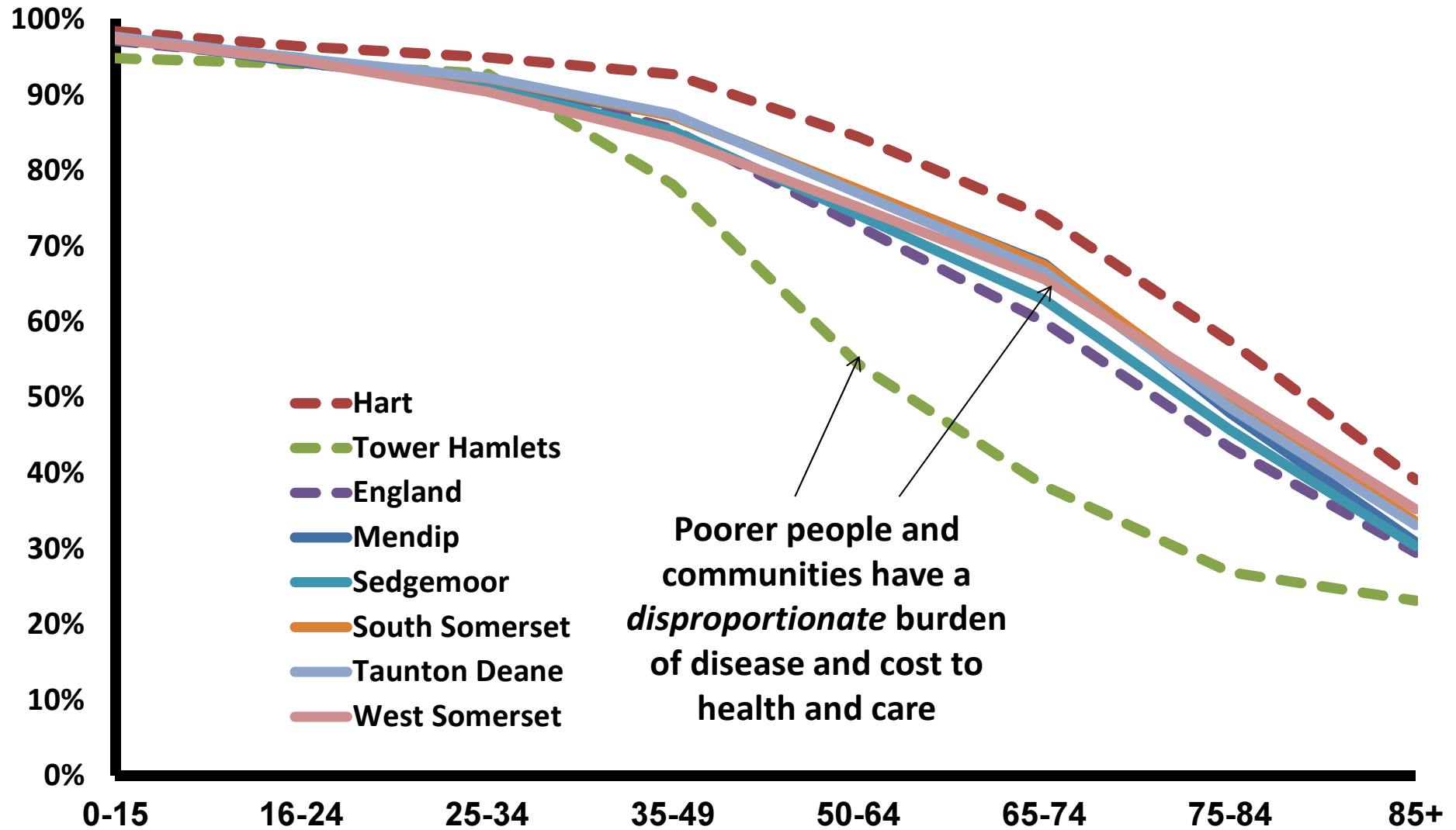
Self-reported 'Good health'



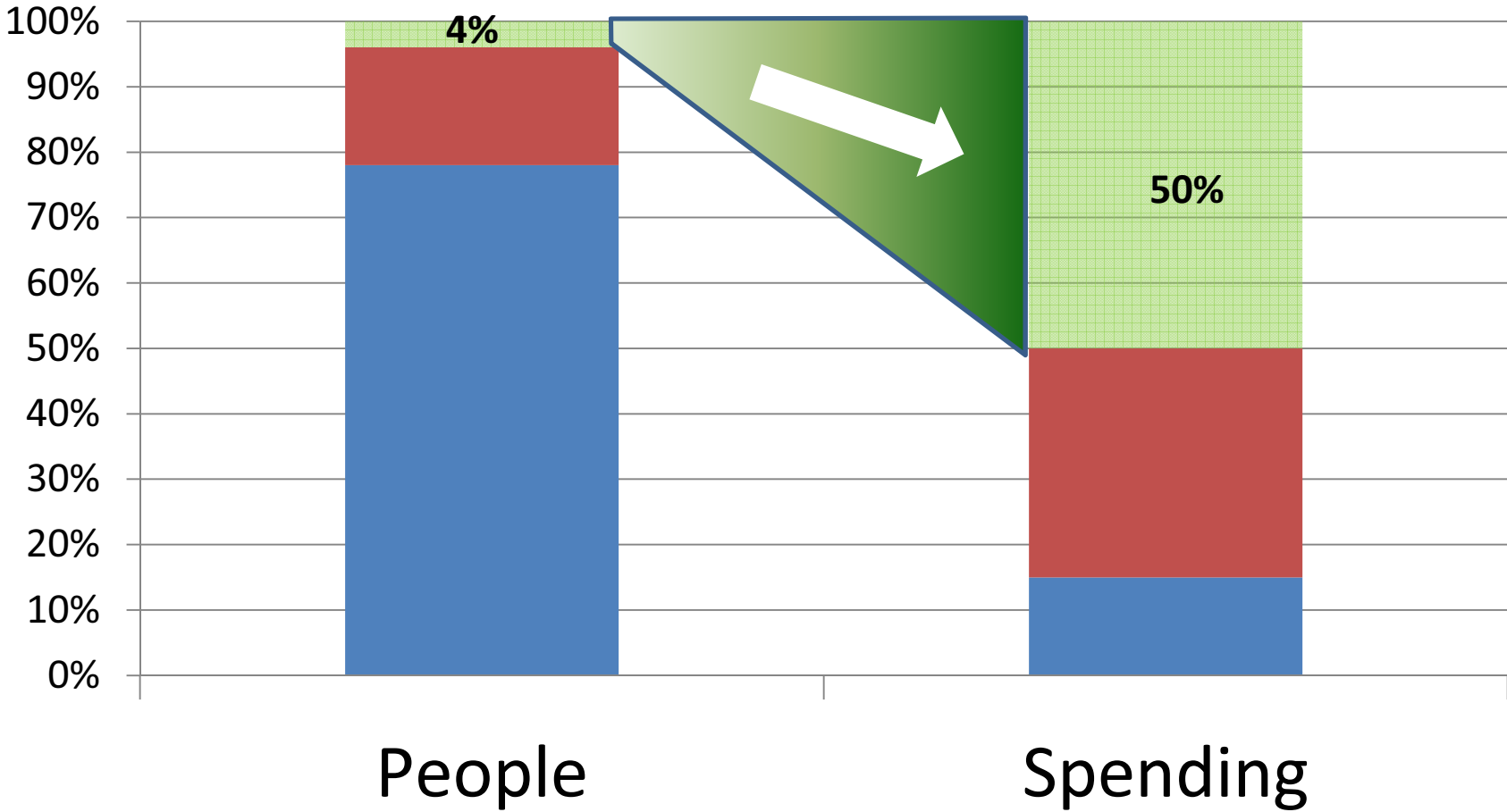
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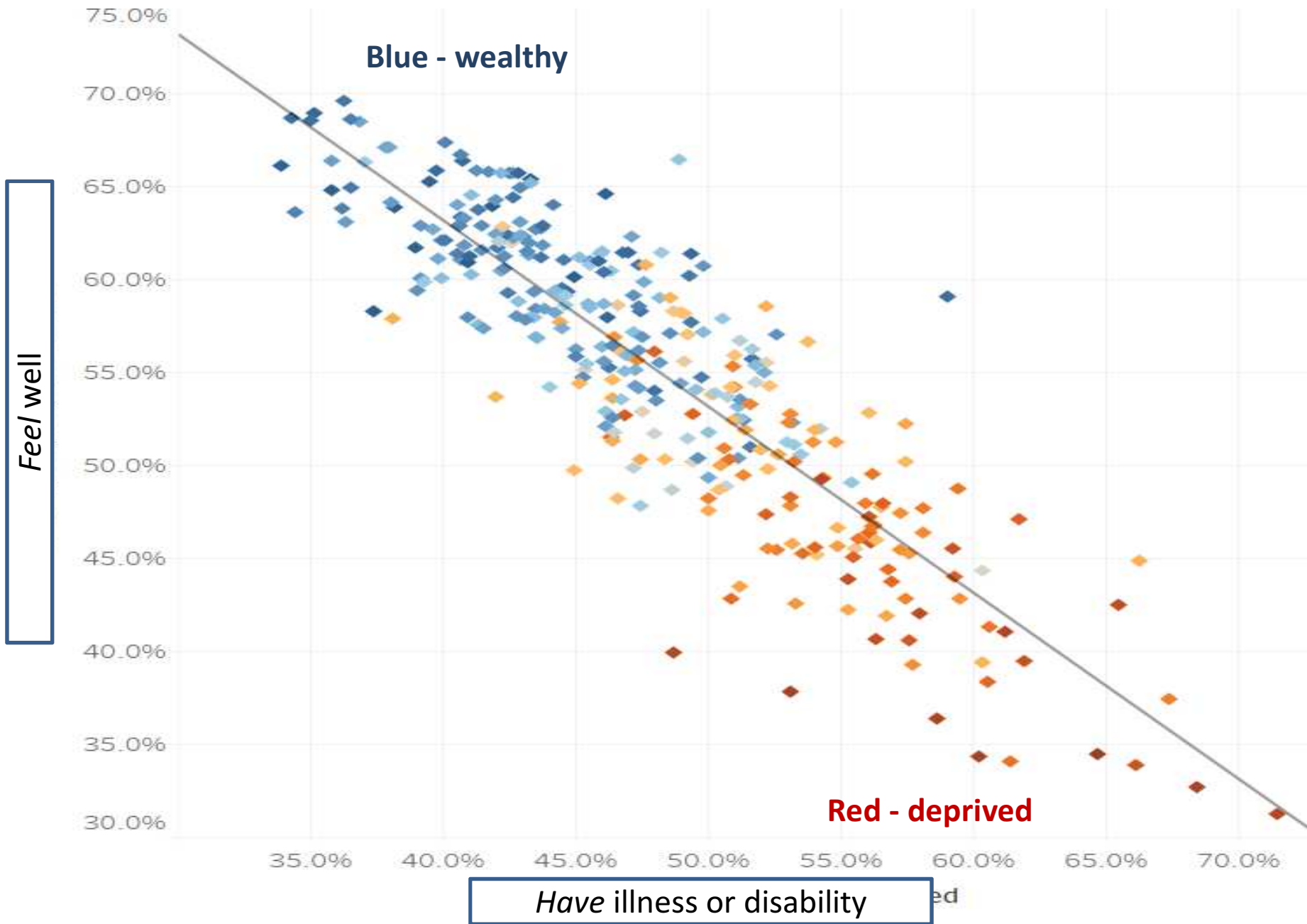


Health and Care Spending (Symphony data)

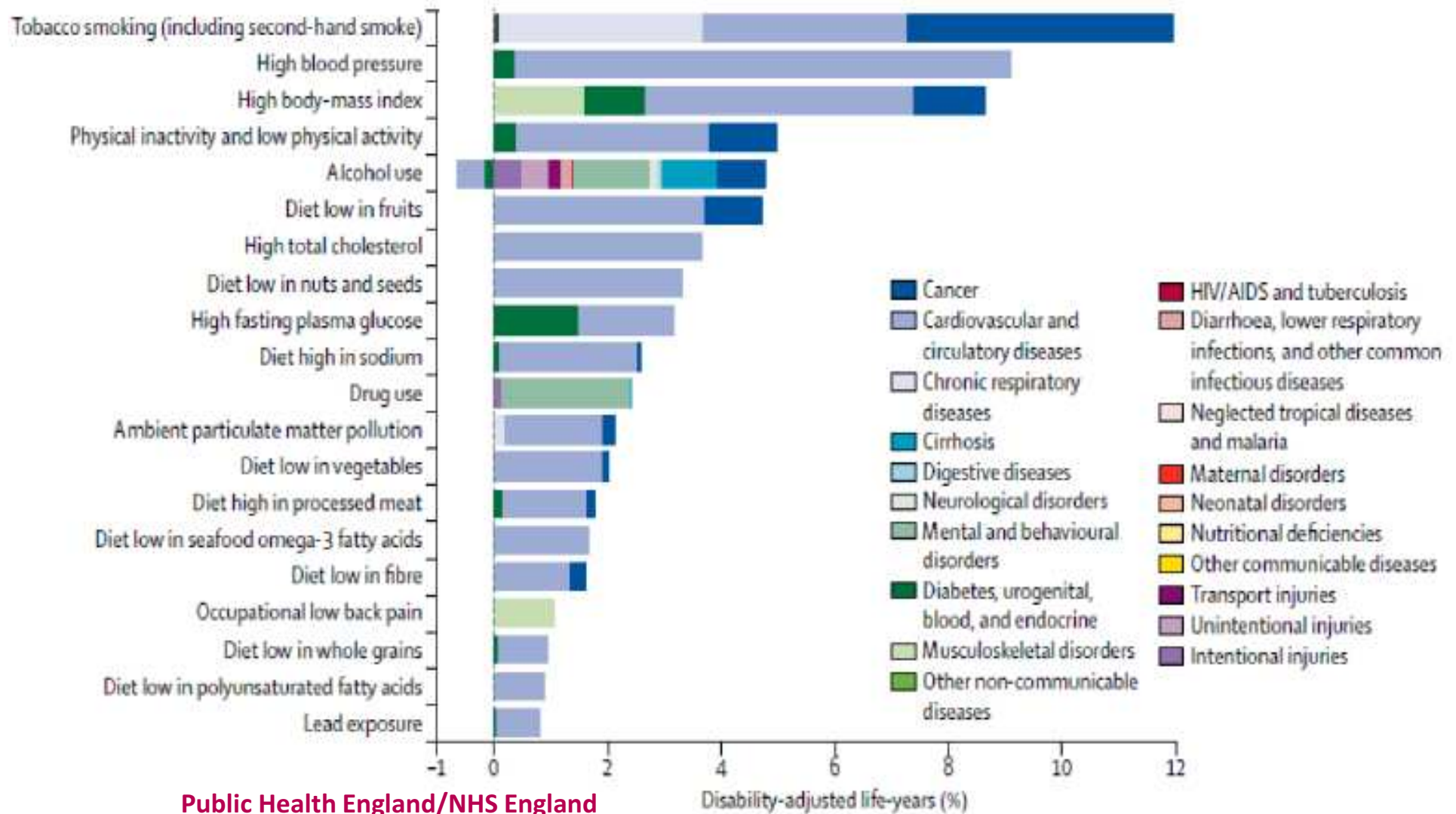


Healthy
(communities)

Connected
and
independent



What to prevent?



Public Health England/NHS England
A call to action: commissioning for prevention 2013

PREVENTION

Diet

- *No junk food, cook your own*
- *During the war we had a limited diet, but wholesome. Food was from the land, you knew what was in it*
- *Eating smaller, healthier meals, 'but I am terrible sometimes, I binge on chocolate!'*

Healthy

Connected

and

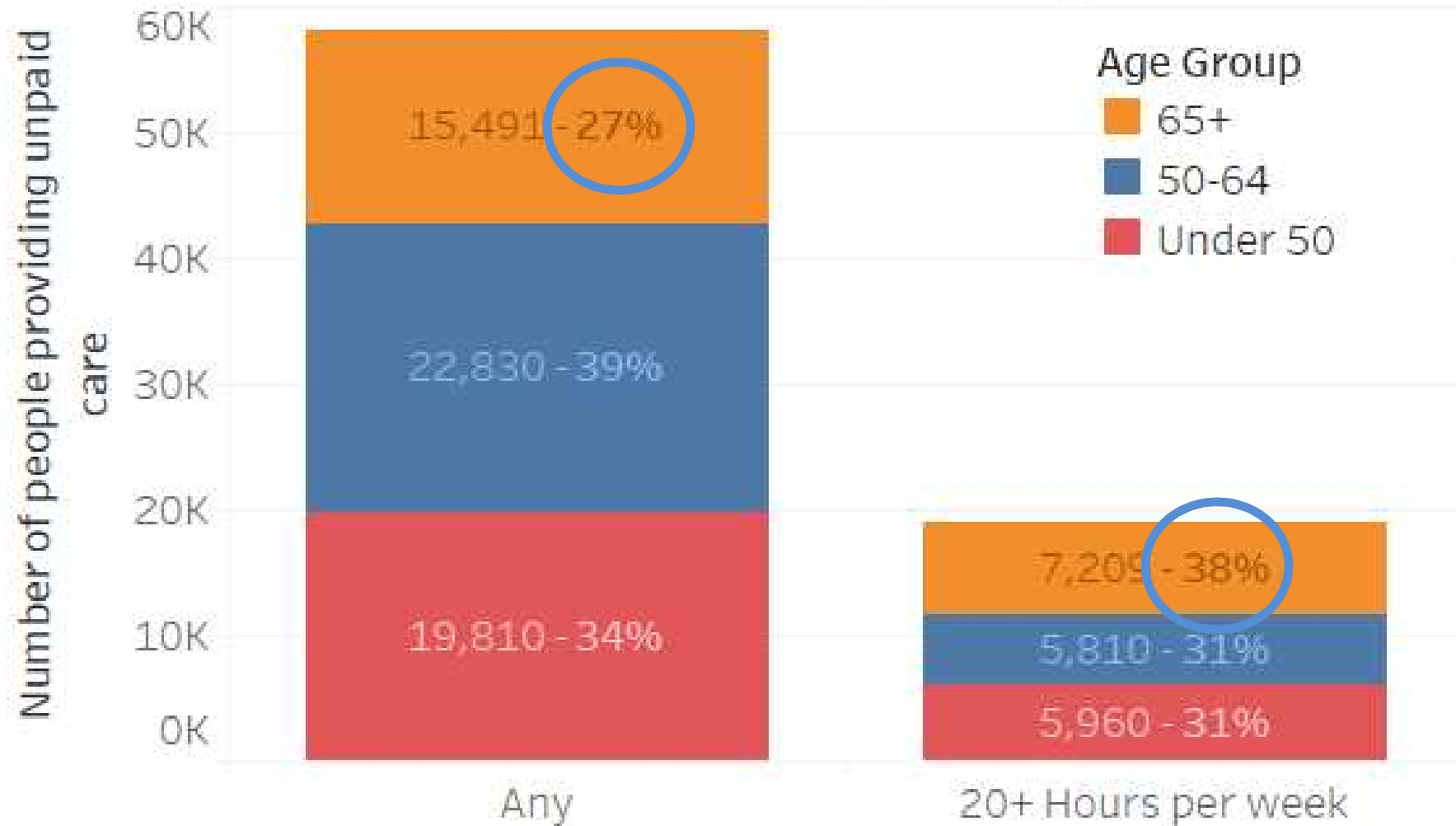
independent

Healthy

Connected
and
independent

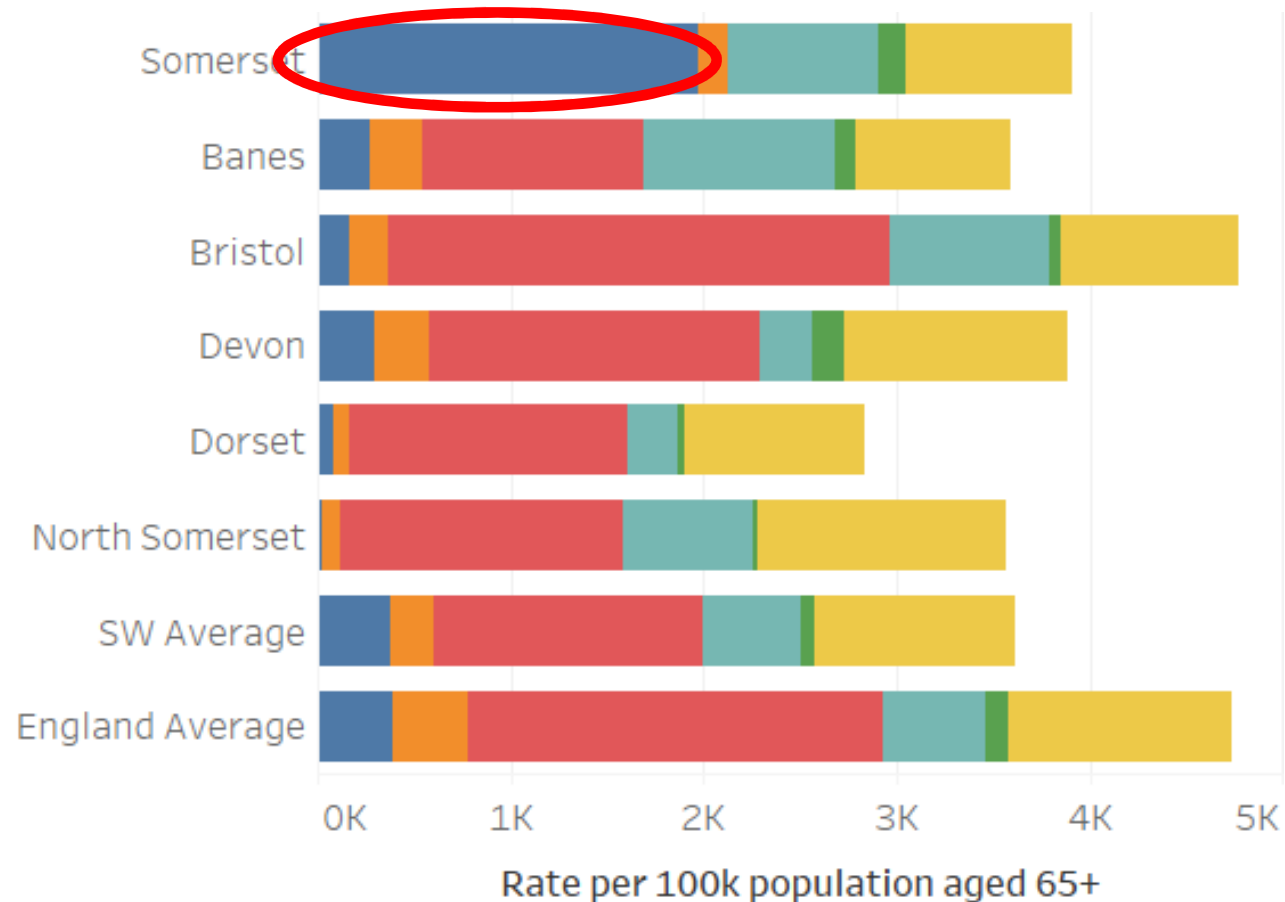
Caring responsibilities

Amount of unpaid caring



Source: ONS Census 2011

People 65+ receiving long term support at end 2014/15



Service Type

- Commissioned Support
- Direct Payment
- Managed Personal Care
- Nursing Care
- Part Direct Payment
- Residential Care

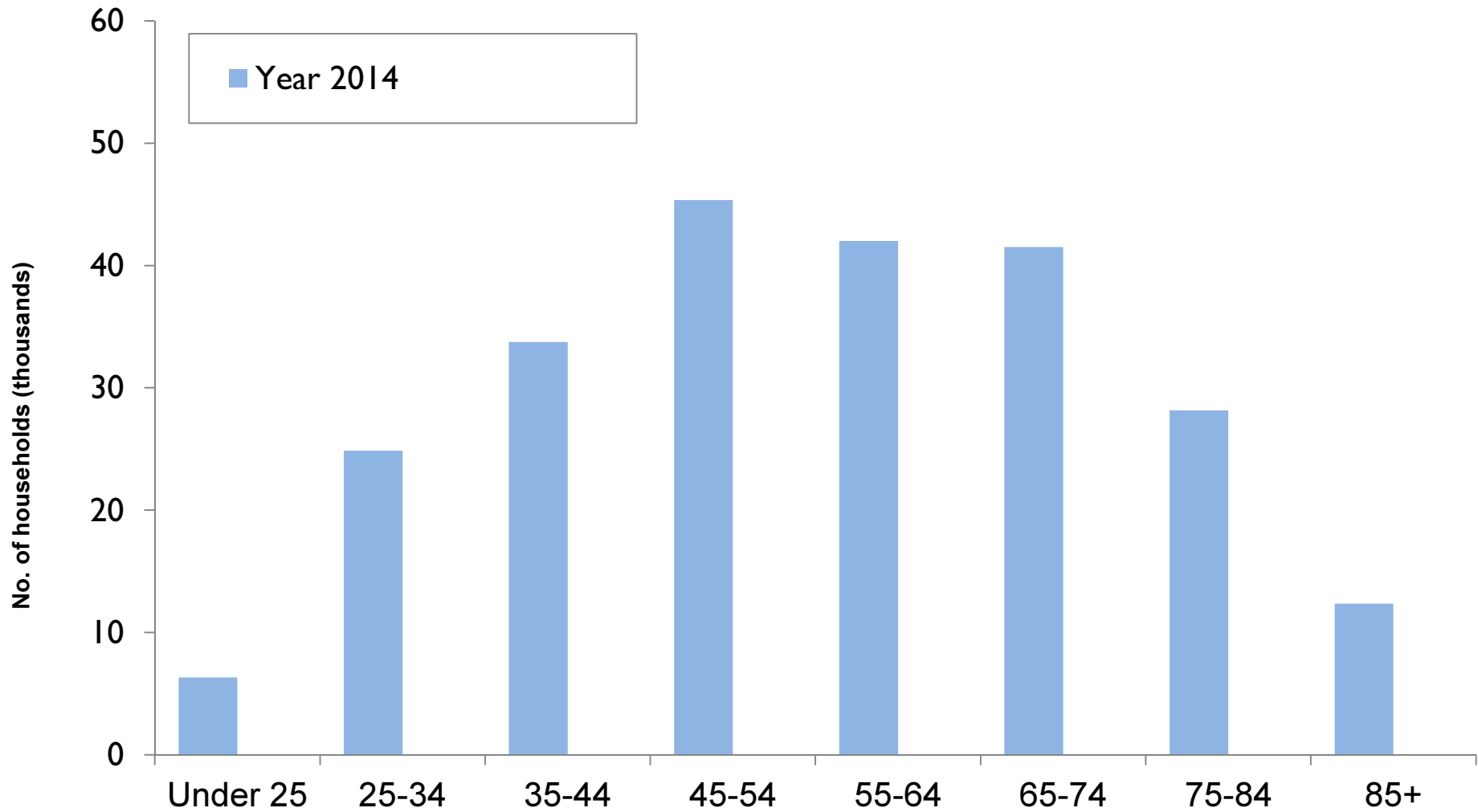
COMMUNITY SUPPORT

Grace, 80 – Martock

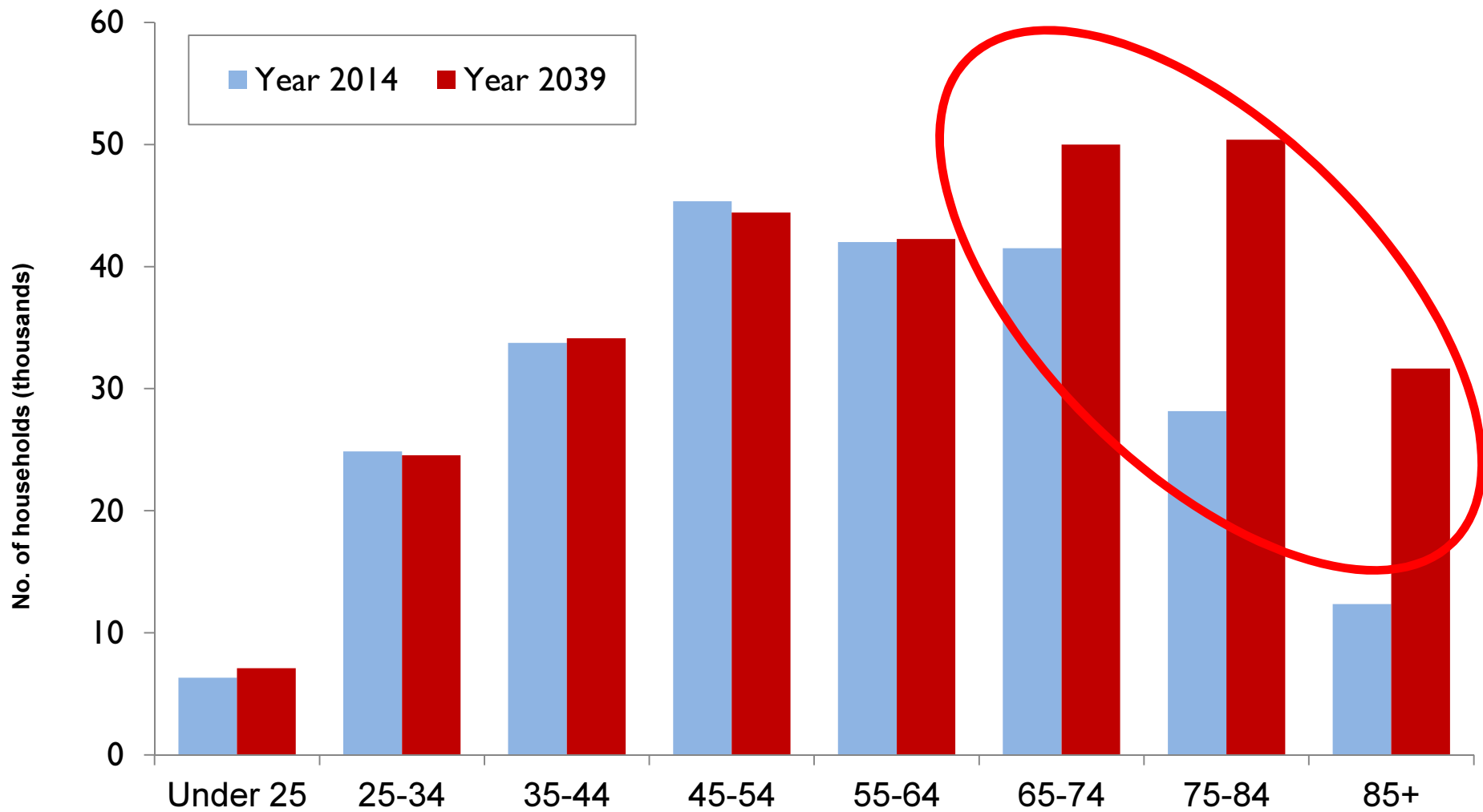
- She fell and spent time in hospital. Before, she was highly independent. After, she was fearful of going out and had become isolated and lonely.
- The GP asked the seniors' support coordinator to arrange a volunteer befriender, for visits once or twice a week.
- They started with a walk in the garden, slowly progressing to the local shops. She is now confidently back walking to the shops, and has resumed her social life.

Healthy

Connected
and
independent
(housing)



‘Heads of household’ by age



‘Heads of household’ by age

Healthy

Connected
and
independent
(transport)

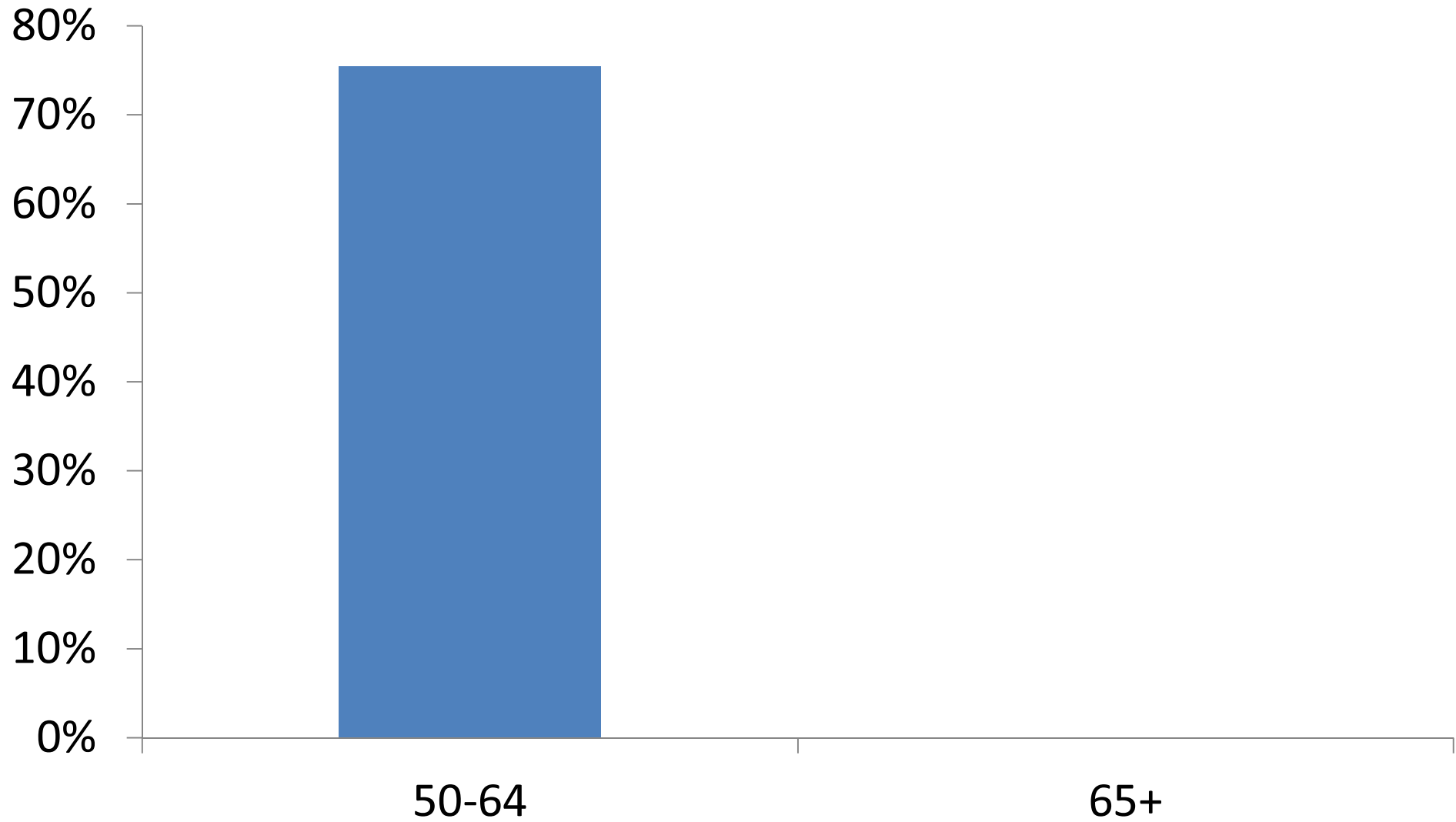
TRANSPORT

- *No transportation in Priorswood in the evenings*
- *Very difficult to get to Musgrove on the bus, for example from Street and Bridgwater*

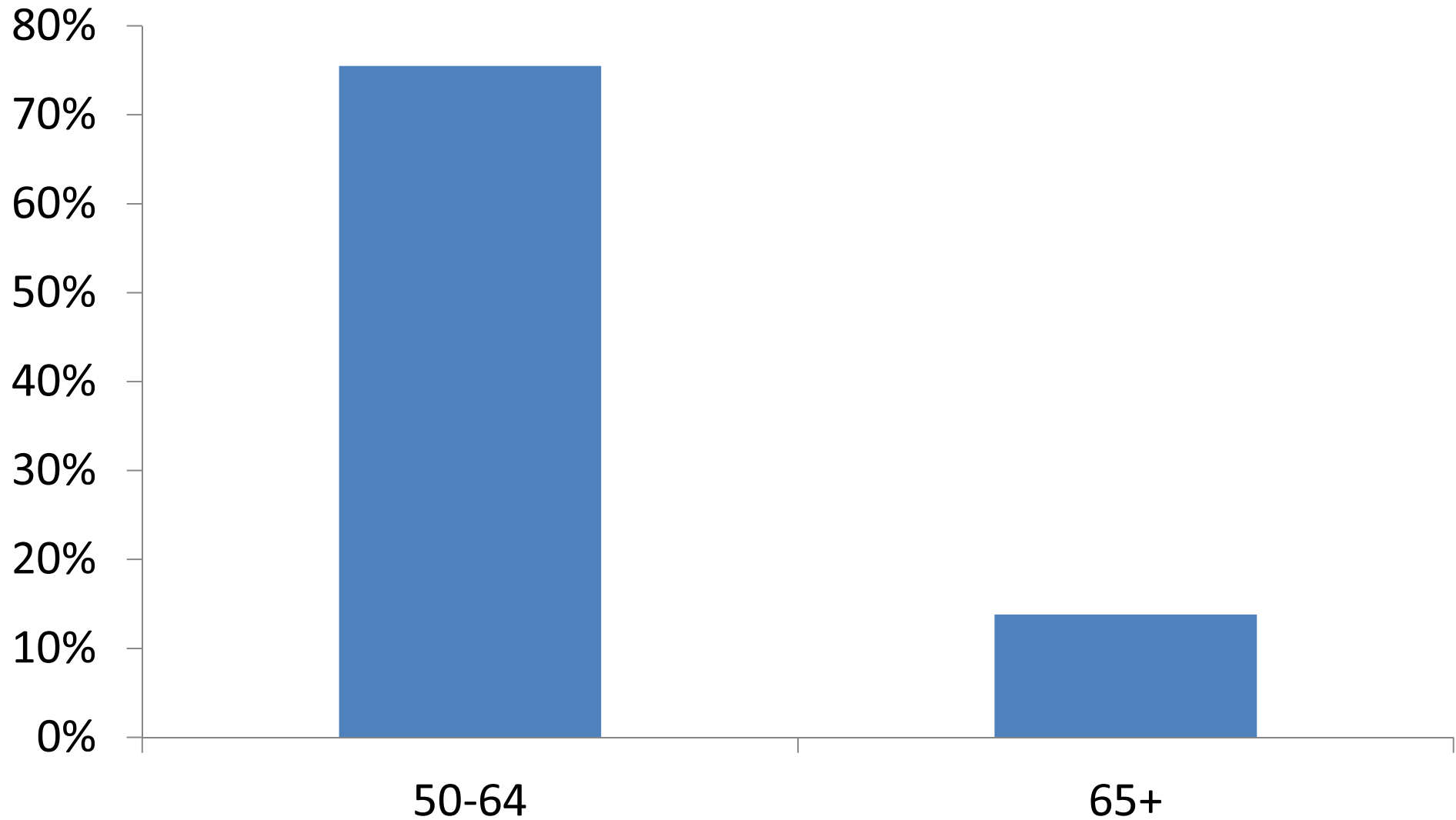
Healthy

Connected
and
independent
(work)

Somerset Economic Activity Rates 2016



Somerset Economic Activity Rates 2016



IMPLICATIONS FOR COMMISSIONING

Connected and independent

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- Family carers & the community bring benefits to all.
- Independence and social contact need good transport.
- New housing should take account of ageing and existing stock be adapted accordingly.
- Good work, including voluntary, is good. Older workers' contribution should be recognized.

Healthy

- 45% of disease – including dementia - can be prevented or delayed by lifestyle
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 - good social contacts
 - eating well
 - exercise
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JSNA 2017-18

PRIORITIES FOR THE NEW HEALTH AND WELLBEING STRATEGY

(proposed)

- Communities
- Conditions and illnesses
- Behaviour change
- Inequality
- Wrong direction of travel
- Where we do badly compared to others
- Population groups