

Active Ageing strategy action plan 2006/2008

1. To improve physical fitness through encouraging and communicating the benefits of moderate regular exercise for older people.

Objectives	Key milestones and timescales	Who	Performance Indicators
1. Increase opportunities for physical activity at the new Devon way centre	i. Set up methods for assessment of Older People's physical activity levels Nov 2006 ii. Introduce classes from Nov 2006	Community Activities Co-ordinator, RBK	Evidence of improvements in the frequency of Older People's physical activity
2. Increase use of leisure centres by Older People	i. Introduce RBK resident's card to Hook library Jan 2007 ii. all Leisure centres Oct 2007 iii. Measure uptake by Older People Dec 2007 iv. Develop initiatives targeted at Older People Dec 2006 v. Review uptake Mar 2007	Directorate Head Leisure and Life Long Learning, RBK Leisure Partnership Manager, Royal Borough of Kingston/ DCL	System introduced and promoted Increase in number of Older People using new card Year on year increase in number of Older People using leisure services
3. Implement Local Area Agreement	i. Survey to establish baseline Sep 2006 ii. Map existing activities Jan 2007 iii. Develop action plan Mar 2007 iv. Re-survey in Mar 2009	Head of Strategy and Performance, RBK/ Director of Age Concern	Increase percentage of adults aged 45+ participating in at least 30 minutes moderate intensity sport and active recreation on 3 or more days a week.
4. Increase numbers of Older People walking	i. Set up walking for health scheme for the residents of the Cambridge Road Estate Sep - Nov 2006 ii. Set up walking for health scheme for Chessington residents Mar 2007	Community Walking Officer, RBK Community Walking Officer, RBK	<ul style="list-style-type: none"> • 2 vols recruited & trained • At least 1 regular walk • 25 CRE's residents on WFH database • 2 vols recruited & trained • At least 1 regular walk • 25 Chessington residents

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	iii. Introduce pedometers for Older People who are a) inactive, and / or b) at risk of health problems associated with inactivity and / or c) hard to reach	Age Concern/ Older People teams	on WFH database <ul style="list-style-type: none"> Number of Older People successfully increasing their walking levels
5. Increase opportunities for physical activity in luncheon clubs	i. Introduce classes from Oct 2006 ii. Evaluate uptake – Mar 2007	Senior Home Care Manager, RBK	Evidence of improvements according to individuals' own objectives

2. To overcome barriers to active life for older people through giving attention to equipment, foot-care, oral health, continence care, low-vision and hearing services.

Objectives	Key milestones and timescales	Who	Performance Indicators
1. Increase the capacity of frontline staff to provide basic footcare	i. Provide 'fit feet for all' training for Devon way centre and Residential home staff Oct 2006 ii. Develop foot care module in NVQ course Mar 2007 iii. Arrange foot care training for home care staff Mar 2007 iv. Train volunteers in basic foot care to assist Older People with poor vision Sep 2007	Head of Therapies, KPCT Senior Home Care Manager, RBK Sensory Impairment Team Manager, RBK	Number of staff provided with training Number of staff provided with training Number of Older People provided with basic footcare
2. Increase uptake of podiatry services by hard to reach groups	i. Run seminars on foot related problems in Milaap & Devon way Mar 2007 ii. Provide publicity about the podiatry service to the:	Head of Therapies, KPCT	Number of Older People attending seminars Numbers referred by the ➤ Pension service

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	<ul style="list-style-type: none"> ➤ Pension service Dec 2006 ➤ Service access officer Dec 2006 iii. Review new podiatry service in Raleigh house Apr 2007 	Director of Age Concern	<ul style="list-style-type: none"> ➤ Service Access officer Number of Older People using the podiatry service
Objectives	Key milestones and timescales	Who	Performance Indicators
3. Improve support for Older People with learning disabilities	<ul style="list-style-type: none"> i. Increase accessibility of housing for Older People with learning disabilities Mar 2007 ii. Provide training to improve the capacity of the Community Learning disabilities team to support Older People with learning disabilities Mar 2007 	Principal Manager people with learning disabilities, RBK Principal Manager people with learning disabilities, RBK	Number of Older People with learning disabilities remaining in their existing accommodation Number of staff attending training
4. Increase awareness of and access to the continence services	<ul style="list-style-type: none"> i. Review continence service within Older People services and care homes and the community Sep 2007 ii. Produce leaflets to promote continence care and treatment Sep 2007 iii. Arrange continence training for home care staff Mar 2007 	Continence advisor, KPCT Continence advisor, KPCT Senior Home Care Manager, RBK	Report produced Leaflet produced and distributed Staff feel confident referring people on to the continence service
5. Give Older People more input into the assessment of their needs for equipment	<ul style="list-style-type: none"> i. Pilot paper based and internet based self assessment tools Nov 2006 ii. Review uptake Apr 2007 iii. Carry out satisfaction survey Apr 2007 	Principal Manager Health disability and OT services, RBK, Director of Age Concern, Director of KCIL	Number of Older People using self assessment tools Older People's satisfaction with self assessment tools
6. Increase awareness of	i. Organise low vision road show at Age	Sensory Impairment	Number of Older People

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the service for visually impaired people	<p>Concern Oct 2007</p> <p>ii. Improve registration process for low vision services Mar 2007</p> <p>iii. Make service improvements based on lessons learnt at low vision training event Mar 2007</p>	<p>Team Manager, RBK/ Director of Age Concern Principal Manager Health disability and OT services, RBK Principal Manager Health disability and OT services, RBK</p>	<p>attending road show</p> <p>Number of Older People who are registered as low vision</p> <p>Number of Older People who continue to use low vision aids</p>
Objectives	Key milestones and timescales	Who	Performance Indicators
7. Increase support available to Older People to use their hearing aids	i. Pilot outreach support service to support new hearing aid users June 2007	KHT Audiology/ RNID/ Sensory Impairment Team Manager, RBK	Number of Older People supported by service
8. Increase awareness of sensory impairment services by frontline professionals	<p>i. Provide sensory impairment training to residential homes Mar 2007</p> <p>ii. Evaluate effectiveness of existing methods and review alternatives to promoting of sensory impairment services to GPs and other primary care staff Mar 2007</p>	<p>Sensory Impairment Team Manager, RBK</p> <p>Principal Manager Health disability and OT services, RBK</p>	<p>Number of Older People referred to service by residential homes</p> <p>Number of Older People referred to service by practice nurse, GPs and Older People teams</p>

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3. To improve access to health care and health promotion services for older people who are socially isolated, living in poverty, have mental health problems and those from black and minority ethnic groups

Objectives	Key milestones and timescales	Who	Performance Indicators
1. Increase awareness of, and access to, benefits advice and financial services by relevant frontline service and potential service users	<ul style="list-style-type: none"> i. Introduce Kingston Information Partnership marketing plan Dec 2006 ii. Introduce Kingston Information Partnership information points in community centres to improve access to Pension service Mar 2007 iii. Investigate the need for and interest in pre retirement support for Small and Medium Sized Enterprises Oct 2007 	<p>Partner Liaison Manager, Pension Service/ Community Activities Co-ordinator, RBK</p> <p>Economic Development and Regeneration Co-ordinator, RBK</p>	<p>Increase in number of Older People referred to service by frontline staff and self referrals</p> <p>Number of Older People accessing advice in CAP & Devon way centre, info points</p> <p>Presentation at Chamber of Commerce and EQUAL steering group</p>
2. Increase referrals to health care and health promotion services by frontline staff	<ul style="list-style-type: none"> i. Introduce Single assessment process for Community Matrons and then for the integrated teams. Feb 2007 ii. Include referral to health promoting services as part of the SAP Jan 2007 iii. Review referrals to health care and health promotion services for older people who use the Pension services Mar 2007 	<p>Single assessment project manager, RBK</p> <p>Single assessment project manager, RBK</p> <p>Partner Liaison Manager, Pension Service</p>	<p>Number of Older People referred to health promoting services as part of the SAP</p> <p>Increase in number of Older People provided with info on health promoting services by pension services</p>
3. Increase awareness of the Devon Way centre by Older People who are socially isolated, living in poverty, have	<ul style="list-style-type: none"> i. Attend Older People team meetings to promote the referral of vulnerable groups to community projects Jan 2007 & July 2007 ii. Promote the centre to black and 	<p>Community Activities Co-ordinator, RBK</p>	<p>Number of referrals to Devon Way by Older People teams of Older People who are socially isolated, living in poverty, have mental health problems</p>

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mental health problems	minority ethnic groups including the gypsy and travelling community Oct 2006 – Sep 2007	Service Access Officer, RBK	Number of Older People from black and minority ethnic groups attending the Devon Way centre
Objectives	Key milestones and timescales	Who	Performance Indicators
4. Increase uptake of the Devon Way centre services by Older People who are socially isolated, living in poverty, have mental health problems	<ul style="list-style-type: none"> i. Survey the usage of the Devon way centre by different communities via sheltered housing, Older People teams and carry out initiatives to overcome any barriers to attendance identified June 2007 ii. Develop referral system to find out who attends the Devon Way centre and identify the health needs of Older People and ensure services are developed to meet these Nov 2006 – Dec 2006 	<p>Principal Manager, Strategic Resource Centres for Older People, RBK</p> <p>Community Activities Co-ordinator, RBK</p>	<p>Report produced on number of Older People from different communities attending the Devon Way centre</p> <p>Regular reports produced on number of Older People who are socially isolated, living in poverty, have mental health problems attending the Devon Way centre</p>
5. Improve access to health care and health promotion services for older people from black and minority ethnic groups	<ul style="list-style-type: none"> i. Support the development of black and minority ethnic interest groups to prevent isolation Nov 2006 – Sep 2007 ii. Consult with black and minority ethnic community reps about the health and social care needs of Older People and work with them to address these 	<p>Service Access Officer, RBK</p> <p>Service Access Officer, RBK</p>	<p>Number of ethnic elders attending groups. Two groups developed to increase access opportunities, (Iraqi elders and African and Caribbean Elders established in two day services)</p> <p>Report produced based on meeting held October 2006 Action being taken based on needs identified</p>

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	needs Nov 2006 – Aug 2007		
6. Increase uptake of Age Concern services by Older People who are socially isolated, living in poverty, have mental health problems	i. Evaluate attendance at the Bradbury centre June 2007 ii. produce a report on future plans to increase access by groups not using the centre Sep 2007 iii. Develop referral system to find out who Age Concern and identify the health needs of Older People and ensure services are developed to meet these Mar 2007 iv. Review uptake and promote to groups not accessing services June 2007 v. Increase the number of Cambridge Road Estate residents attending activities for Older People Nov 2006 – Mar 2007	Age Concern/ Kingston University Age Concern/ Kingston University Age Concern Age Concern Manager Community Action Partnership/ Age Concern	Number of Older People who are socially isolated, living in poverty, have mental health problems attending the Bradbury centre Regular reports produced on number of Older People from different communities attending Age Concern Number of Older People attending activities
7. Improve access to health care and health promotion services for older people who are socially isolated	i. Expand the floating support service into housing associations Mar 2007 ii. Introduce pressure mats and smoke detectors into the homes of people with care lines Mar 2007 iii. Distribute home care book Oct 2006 iv. Provide tailored introductory IT learning sessions, in libraries or	Head of Housing management, RBK Senior Home Care Manager, RBK Senior Home Care Manager, RBK Head of Library service, RBK	Increase number of vulnerable Older People referred to health promoting services by the floating support service Number of Older People provided with Telecare Number of Older People who have been sent the book 20 Community Library members receive Introduction

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	community venues or the homes of housebound people, focussing on Council and key web sites. Jan 2007		to the Internet session via laptop in their own home; feedback via satisfaction form and H plus
8. Reduce fuel poverty and increase energy efficiency in homes	<ul style="list-style-type: none"> i. Review progress against LAA Dec 2006 ii. Agree action plan to ensure LAA targets are met Mar 2007 	Principal Environmental Officer, RBK	Number of Older People whose homes' energy efficiency has been increased

4. To extend healthy active life expectancy through disease prevention and modifying health behaviour through life checks and social marketing techniques.

Objectives	Key milestones and timescales	Who	Performance Indicators
1. Increase awareness of local health and health promoting services	i. Include regular articles relating to Older People's issues in Livin' Kingston magazine. Quarterly	Media Officer manager RBK	Number of articles
	ii. Publish Care Services directory Nov 2006	Principal Officer Information, RBK	Directory produced and distributed
	iii. Article in tenants' newsletters June 2007	Head of Housing management, RBK	Article published
	iv. Article in Community Action Plan newsletters June 2007	Community Action Plan manager	Article published
2. Provide support to Older People to give up smoking	i. Offer stop smoking advice to Age Concern, Devon Way and Sheltered Housing May 2007	Smoking cessation manager, KPCT	Service set up and publicised

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5. To promote mental health as part of active ageing.

Objectives	Key milestones and timescales	Who	Performance Indicators
1. Increase opportunities for social involvement and to tackle social, economic and physical barriers to social activity	i. Set up Intergenerational healthy eating project Sep 2006 – July 2007	Age Concern	Number of Older People attending project
	ii. Set up Intergenerational craft work project between King Athelstan school and the Bradbury centre Sep 2006 – July 2007	Age Concern	
	iii. Develop intergenerational initiatives with youth centre at Devon Way June 2007	Community Activities Co-ordinator, RBK	Number of Older People and young people attending
	iv. Hold a meeting of the Adult Learning Partnership on life long learning Oct 2006	Principal Adult Education, RBK	Plan for increasing uptake of community learning activities by Older People agreed
	v. Hold social events for community library users Dec 2006 & July 2007	Head of Library service, RBK	Numbers attending and feedback via satisfaction form
2. Improved support for bereaved Older People	i. Apply for funding to set up a therapeutic support group to support bereaved Older People, including carers, in their transition back into community involvement following bereavement Mar 2007	Age Concern/ Admiral Nurse / Kingston Carers network/ Kingston Bereavement service	Bid submitted
3. Improve capacity of	i. Review the effectiveness of the	Public Health lead for	Focus groups held with teams

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frontline staff to support Older People with mental health issues	mental health awareness training, use and awareness of the mental health protocol, and research future support needs Jan 2007	Active ageing, KPCT	Report produced
	ii. Review awareness of the Alzheimer Café and Admiral Nurse. Dec 2006	Public Health lead for Active ageing, KPCT	
	iii. Provide dementia awareness course for home carers Mar 2007	Senior Home Care Manager, RBK	Numbers attending course
4. Provide advice and support for Older People with mental health problems	i. Review the pilot Later Life Counselling Service and identify funding to continue Mar 2007	Age Concern	Number of Older People accessing service
	ii. Hold advice sessions on Dementia at the Milaap Dec 2006	Service Access Officer, RBK	Number of Older People accessing service

6. Involvement, participation & ownership

Objectives	Key milestones and timescales	Who	Performance Indicators
1. Increase opportunities for older people of different ages and communities to participate in and lead activities and the planning of services	i. Develop opportunities for older people to be involved in the development and planning of the Devon Way Centre and to lead initiatives June 2007	Community Activities Co-ordinator, RBK	Number of Older People leading initiatives
	ii. Involve Older People and carers in the development of the Joint Strategy for Older People especially in the healthy living agenda Apr 2007	Principal Manager, Strategic Development for Older People, RBK	Outcomes developed with Older People and carers

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