

HEALTH OVERVIEW PANEL

7 DECEMBER 2007

ACTIVE AGEING STRATEGY ACTION PLAN

REPORT BY HEALTHY KINGSTON CO-ORDINATOR

SUMMARY

This purpose of this report is to provide an update on progress Kingston's Active Ageing strategy and make some recommendations for the future implementation of the strategy in light of recent national developments.

It puts Kingston in the context of the national picture and highlights the key features of the Government's Choosing Health (December 2004) White Paper and 'A new ambition for old age'¹. An action plan progressing the priorities in the White Paper has been produced and covers the period to March 2008. Some of the key developments for next year are summarised in paragraph 19.

ACTION BY THE PANEL

This links to Priority 6 of the Local Area Agreement Healthy Active Lives For Adults. The Panel may wish to include monitoring/scrutiny of progress on realising this in its Work Programme for 07/08.

BACKGROUND

1. Kingston's Active Ageing strategy, which forms part of Kingston's Older People strategy, was developed to provide a framework for the delivery of Active Ageing in Kingston, implementing Standard 8 of the National Service Framework for Older People² which set national standards for the health and social care of older people in England and guidance on medicines management.
2. RBK Executive and Kingston's Health and Wellbeing Board both agreed to its implementation in December 2003.
3. It was based on input from a widespread consultation and has the following aims:
 - Promoting material wellbeing
 - Improving the quality of homes and promoting independent living
 - Promoting the maintenance of mobility

¹ http://www.dh.gov.uk/NewsHome/NewsArticle/fs/en?CONTENT_ID=4133969&chk=RvPs3m

² A National Service Framework for Older People March 2001

- Promoting access to services
- Reducing fear of crime
- Promoting activity and social interaction
- Promoting mental health
- Improving nutrition
- Involvement and participation
- Improving health and social care services
- Information

NATIONAL DEVELOPMENTS

4. The Government's White Paper *Choosing Health, Making Health Choices Easier* was published in November 2004 and sets out how the Government (and local health and social care organisations) will make it easier for people to make healthier choices by offering them practical help to adopt healthier lifestyles. Kingston's Choosing Health Implementation plan sets out the overarching plan for Kingston's Community Leadership Forum and related Partnership Boards in delivering the Government's White Paper *Choosing Health*. It includes a chapter on Active Ageing which includes a commitment to Implement the Active ageing strategy to promote physical activity, social interaction, uptake of benefits, improved transport and crime prevention and reduce obesity.

5. In April 2006 'A New Ambition for Old Age Next Steps in Implementing the National Service Framework for Older People'³ was produced by Ian Philp, the National Director for Older People. This includes a continued commitment to Healthy Ageing with the following aims:
 - To improve physical fitness through encouraging and communicating the benefits of moderate regular exercise for older people.
 - 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.
 - 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, and protect vulnerable older people from cold and heat-related illness.
 - To extend healthy active life expectancy through disease prevention and modifying health behaviour through life checks and social marketing techniques.
 - To promote mental health as part of active ageing.

³ http://www.dh.gov.uk/NewsHome/NewsArticle/fs/en?CONTENT_ID=4133969&chk=RvPs3m

6. The Criteria for the Older People section of the Comprehensive performance assessment (CPA) corporate assessment requires⁴:

'a strategic approach that goes beyond care services and is based on older people's priorities, now and in the future, and the 'seven dimensions of independence', i.e. housing and the home; neighbourhood; social activities, social networks and keeping busy; getting out and about; income; information; and health and healthy living. The shared approach is reflected in the Local Strategic Partnership.

A wide range of council services' departments such as education, leisure and housing, reflecting the needs and aspirations of older people in their own activity. Services are working corporately to develop a shared approach around initiatives/projects on older people including housing needs; promoting high take-up of the range of benefits; improving older people's well-being outside the home in relation to road safety, crime and the fear of crime; transport services; and promoting opportunities for learning, in particular IT, leisure and improvement in community life.

7. One of the key principles of the recent white paper 'Our Health Our Care Our say is a shift from acute services towards prevention and early support. Furthermore it proposes 7 outcomes which it sets out for adult social care services, based on the concept of well-being. These are:
 - improved health and emotional well-being;
 - improved quality of life;
 - making a positive contribution;
 - choice and control;
 - freedom from discrimination;
 - economic well-being;
 - personal dignity.

PROGRESS AGAINST THE GOALS

8. Promoting material wellbeing
Benefits awareness raising sessions run by Age Concern for frontline staff working with Older people from RBK and KPCT
Joint RBK and Pensions' Service 'Kingston Information Service' set up
Training dept of KPCT and RBK provide pre-retirement support for staff
9. Improving the quality of homes and promoting independent living
Staff from RBK, KPCT and voluntary sector trained under "health through warmth" to refer Older People for grants to improve their homes energy efficiency

⁴ Comprehensive performance assessment 2005 Key lines of enquiry for corporate assessment
<http://www.audit-commission.gov.uk/kloe/downloads/CAKLOEsummaryversionFeb06.pdf>

- promotion of 'Coldbusters' scheme to provide grant to improve energy efficiency in homes through Council Tax mailings
Expansion of handy person scheme to cover people over 80 on low incomes
10. Promoting the maintenance of mobility
 - Royal Borough of Kingston Walking strategy
 - Assessment of accessibility 'gaps' in the Borough
 11. Promoting access to services
 - Various groups for older people from different black and minority ethnic groups set up by the Service Access officer e.g. Korean and Iraqi groups
 - The sensory impairment team provide 2 full day courses on sensory impairment training each year for various front line staff
 12. Reducing fear of crime
 - Article on crime in Kingston Livin' magazine
 - Crime leaflet information circulated to Older People teams
 - Presentations to Older People teams on crime prevention
 13. Promoting activity and social interaction
 - Community learning initiatives in Active ageing centre
 - Activity officer
 - Input on the needs of Older People into the new Leisure contract and partnership manager appointed to improve access to leisure services
 - Launch of new Devon Way Centre
 - Successful LAA to increase activity in Kingston residents who are over 45
 14. Promoting mental health
 - Training held about mental health awareness for all frontline staff working with Older People in November 05
 - Protocols developed and introduced for depression and dementia
 - Death and Dying training run July 06
 15. Improving nutrition
 - The draft Obesity strategy has over 50s as a target group
 16. Involvement and participation
 - Pensioners' forum
 - 2 Age and Diversity event held which engaged groups from a variety of black and minority ethnic groups
 17. Improving health and social care services
 - Year on year improvements in flu immunization, smoking cessation and blood pressure management in older people

Fliers and posters promoting the stop smoking service have been sent to all sheltered housing premises, nursing homes, Age Concern, CABs, Libraries etc. Practices have referral protocols which includes info on how to refer older people
Joint health and social care teams for older people established

18. Information

Articles in Kingston Living covering activity, crime, benefits.
The over 50s website has been updated and promoted
Information on various health promotion leaflets circulated to teams

FUTURE PRIORITIES

19. An action plan progressing the priorities identified in 'A New Ambition for Old Age Next Steps in Implementing the National Service Framework for Older People' has been produced. Some of the key developments for the next year are:

- Increase percentage of adults aged 145+ participating in at least 30 minutes moderate intensity sport and active recreation on 3 or more days a week
- Promote the new Devon Way centre in particular to older people from different communities and those who are socially isolated
- Expand the floating support service into housing associations to provide support to vulnerable Older People
- Introduce information points in community centres to improve access to advice on pensions and benefits through Kingston's information partnership
- Pilot self assessment tool for to give Older People more input into their assessment and identify their own problems and needs

MONITORING/ACCOUNTABILITY

20. Overall responsibility for implementing the Active Ageing strategy is included in the terms of reference of the Adults / Health & Well Being delivery group of Kingston's Community Leadership Forum (CLF). This group will ensure that:

- Active Ageing is considered by other relevant CLF delivery groups as appropriate
- The Active ageing ethos is made more prominent in the day to day business of all members of the CLF
- There is a process in place to monitor progress on the Active Ageing action plans and develop future plans to meet new priorities. This will include improving the setting of outcomes and developing robust measures to demonstrate the impact on the lives of Older People

- Members of the board will identify resources needed and refer these to the relevant senior management groups/boards for action.

Background papers – held by Liz Trayhorn, author of report 020 8547 6120
email liz.trayhorn@rbk.kngston.gov.uk.