



Report of the Cabinet Member for Resilience & Strategic Collaboration

Public Services Board Scrutiny Performance Panel - 5 February 2020

PSB Live Well, Age Well Objective

Purpose:	To update the Public Services Board Scrutiny Performance Panel on the Live Well, Age Well objective.
Content:	An update on progress to date and the developing future priorities.
Councillors are being asked to:	Consider the information provided and to give views.
Lead Councillor:	Councillor Clive Lloyd.
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1. Context

- 1.1 During 19/20 the main focus of the work under the Live Well, Age Well that has taken place was to revisit existing steps in the Wellbeing Plan under this objective to establish what is business as usual and what actions would benefit from a collective partnership approach, however progress has been made against the steps outlined in the Wellbeing Plan.
- 1.2 A mapping exercise of existing work on Ageing Well was carried out and relevant areas fed into the Live Well Age Well objective to ensure nothing is lost and a series of partnership workshop held to reflect the journey and identify key areas of work going forward.
- 1.3 The Live Well Age Well Objective Group has used the information gathered to identify three key priorities and establish SMART targets and actions for each of these priorities. Three separate working groups have been established to drive forward the priorities and partnership leads identified to take actions forward between January – March 2020, to inform delivery for 20/21

1.4 This report summarises progress to date in relation to the Live Well, Age Well Objective and plans and priorities moving forward.

2. Background

2.1 In 2018 Swansea published its Wellbeing Plan with the overarching vision to work together to make Swansea a place which is prosperous, where our natural environment is appreciated and maintained and where every person can have the best start in life, get a good job, live well, age well and have every opportunity to be healthy, happy, safe and the best they can be.

2.2 Using information from the Assessment of Local Wellbeing and by listening to people, four objectives and a cross-cutting action was identified where working together will make the biggest difference to improve Swansea's well-being.

2.3 This report gives an update on the priority development and progress for the Live Well, Age Well Objective

3. Live Well, Age Well Objective - *To make Swansea a great place to live and age well*

3.1 The Live Well, Age Well Objective identified the following 'steps' in the Wellbeing Plan;

- **Culture change** – *To start a debate across generations about what it means to live and age well and develop a campaign based on the feedback.*
- **Innovative approaches to health and social care** – *Supporting dementia Friendly Communities*
- **Innovative approaches to health and social care** – *Maximising existing approaches and exploring evidence-based approaches to end of life care*
- **Community based approaches** – *Exploring a range of initiatives to tackle social isolation and build personal resilience across PSB and voluntary sector*
- **Innovative housing and technology** – *To explore options for people with additional care needs that help them remain independent at home.*
- **Making every contact count** – *The development and sharing of joint messages and resources that support people remain safe and independent in their homes.*

3.2 Progress has been made against many of the 'steps' outlined in the Well-being Plan as demonstrated below, however we have taken a more thematic approach around three key priorities which encompass all elements of the steps outlined above to move forward.

4. Progress to date 19/20

- 4.1 **Culture change** – *To start a debate across generations about what it means to live and age well and develop a campaign based on the feedback.*
- 4.2 To drive forward this step, citizen engagement and participation has been a key feature through mechanisms such as the Big Conversation, Live Well, Age Well Forum and other Intergenerational Opportunities.
- 4.3 In total, 695 people engaged in Big Conversation mechanisms during past 12 months. 419 people engaged in Big Conversation forums, 3 of which were for children of primary school age, three for young people of secondary school age, and two intergenerational Big Conversations. Big Conversations in the academic year 2018/19 focused on each of the objectives contained within the wellbeing plan. Reports for each were circulated to the PSB. Big Conversations running during the academic year 2019/20 focused on the four guiding principles of the UNCRC and so, children, young people and adults have worked together to explore participation and best interests.
- 4.4 November 2019 also saw a celebration of the 5th anniversary of Swansea's Children's Rights Scheme which saw an additional 204 children, young people and service providers participate in, and 72 children, young people and service providers facilitate, an event at the National Waterfront museum.
- 4.5 Engagement in events during this period has taken place with children aged 7-11 from 32 primary schools, young people aged 11-18 from 13 secondary schools, and with 12 adults from a range of day services, adult forums and residential care settings. An additional 20 adults took part in the Children's rights event. 14 Councillors and Senior Officers also attended to participate in question and answer sessions and enquiries: This does include services/staff/members who have facilitated workshops at Big Conversations.
- 4.6 Swansea Council's co-ordinated "Live Well, Age Well forum for citizens 50+ has been attracting greater numbers of participants over the last year with each forum/event attracting between 60 and 80 participants. 2019/20 has so far seen the following topics chosen by participants and co-ordinated in a variety of ways to offer presentation, discussion and debate along with workshops and market place information and advice stalls. The following themes were covered in 2019/20: Digital Inclusion, Communication and Information, Health and Well-being, Transport & Getting about & Staying Safe.

5. Innovative approaches to health and social care – Supporting dementia Friendly Communities

- 5.1 Dementia Friendly Generations: A digital storytelling project to bring together the young and older people of Swansea. To create an understanding of Dementia and to explore issues around being young and old, to learn from each other and to celebrate those moments through finding and telling our stories. The project was funded by the Integrated Care Fund (ICF) with the vision to develop a "Dementia Friendly Generation" and raise awareness

of dementia across Swansea. Council teams working in partnership with the Alzheimer's Society to develop this project.

- 5.2 The Dementia Friendly Generations project aims to support people with dementia to improve their sense of wellbeing, and to have a stronger sense of control and a voice in sharing their life experiences with the younger generation while more fully engaging and participating as members of their community.
- 5.3 Central to the project were intergenerational music and storytelling sessions, designed to bring together the younger and older people of Swansea. This is facilitated by a community arts organisation called People Speak Up has been commissioned to facilitate a number of storytelling sessions, bringing young and older people together through stories, song and conversation.
- 5.4 The project started as a pilot project between 'The Hollies' dementia care home and Pontarddulais Comprehensive School Over the last year the Dementia Friendly Generations project has worked with 4 primary schools (Gendros, Bishopston, Sketty, St Joseph's), 2 secondary schools (Pontarddulais & Pentrehafod) 110 pupils and 30 residents/service users from "The Hollies Residential Home" and "St John's Day Service" have been engaged. Five Dementia Champions have been trained and have provided Dementia Information Sessions to teaching staff, pupils, care home/service staff and residents/service users.
- 5.5 These sessions have been incredibly successful and have enriched the lives of both the adults and the children alike. The project was visited last year by the Older People's Commissioner for Wales, and the Welsh Assembly Deputy Minister for Health and Social Services.

6. *Innovative approaches to health and social care – Maximising existing approaches and exploring evidence-based approaches to end of life care*

- 6.1 End of life and advance care planning - Adult Social Services and Care Home Managers have been working in partnership with the Macmillan end of life care coordinator Primary care in Swansea Bay University Health Board to review and enhance end of life practices within Local Authority homes.
- 6.2 This has included using the Western Bay Regional Quality Framework to guide developments, introducing 'End of Life' champions across care homes, developing a robust reference file around end of life practice and innovation and developing a pack which includes information for carers.
- 6.3 Champions have been identified across services, staff members have been identified to be the service leads in specific areas. The teams have additional training, and mentoring and 6 weekly support group meetings to enhance practice and keep up with the latest developments and best practice. This has enabled exploration of advance care planning and the challenges to having what can be quite difficult conversations for some.

6.4 Information packs have been developed which begins with the important issue of finding out who the person is and what matters to them in life and then what matter to them to experience a good death.

7. ***Community based approaches – Exploring a range of initiatives to tackle social isolation and build personal resilience across PSB and voluntary sector***

7.1 The Local Area Co-ordinators approach continues to work in our communities to help anyone build relationships within their community and supports older people, disabled people, people with mental health problems, and their families.

7.2 Local Area Coordination in Swansea will be expanding in 2020 with Five new colleagues joining the team. The interview process involved community collaboration across five areas of Swansea, with input from people from all walks of life, (including men's sheds, friends of parks groups, walking groups, mental health support groups, craft groups, bereavement support groups, churches, and partner organisations: Coastal, Pobl, Citizens Advice Bureau and SCVS (Swansea Council for Voluntary Service))

7.3 The community involvement in the process is vital and allows there to be community ownership of the role from the start. The relationship building and learning that happens during the community discussion sessions is carried over when the new local area coordinator is getting to know their area and the community are getting to know them.

7.4 The areas that will now be covered include the communities of Morriston, Clase, Llangyfelach, Clydach, Birchgrove, Hafod, Plasmarl, Landore, Treboeth, Gowerton, Penclawdd and Loughor. This brings the total number of local area coordinators to 16. For the past 4 and a half years, people and communities throughout Swansea have benefited from having a coordinator walking alongside them as they identify and work towards their version of a good life.

7.5 Anyone can be introduced to a coordinator if they live in an area that is covered. Local Area Coordinators work in a strength-based way and take time to get to know people, their families and communities.

7.6 Another example is St. John's Day Service who have been working together co-productively to develop community services, and placing the service at the heart of the local community, building lasting relationships with people, challenging stereotypes and breaking down barriers so that people feel able to ask for help and support. These initiatives have a preventative impact and help to reduce the need for formal support in the local area.

7.7 Three initiatives have been particularly highlighted:

- Further developing the Community Garden - St John's has recently set up a men's shed "Action Shack" to support men experiencing issues around loneliness or mental health. Part of the garden is now home to a new memorial space, and St John's is custodian of two memorial plaques listing the names of local brave heroes who lost their lives during the First World War

- Cae Rowland Community Transport Scheme -St John's has developed a community transport scheme which is supported by volunteers and is very busy. Vulnerable people need to access the community, whether this is attending an appointment, visiting friends or family, shopping or going out for coffee. St John's has a link with Neath and Port Talbot hospital's rapid response unit to enable people who have no other support to get to their appointments on time
 - Volunteering at St. John's - St. John's values volunteers and has many people who come to the service from all walks of life, including adults with a learning disability, retired people, young people looking for work experience, people who have been out of work for many years etc. They have been integral to the work within the day service and the wider community.
- 7.8 St John's projects were visited before Christmas by the Older People's Commissioner for Wales, Helena Herklots and also the Welsh Assembly Deputy Minister for Health and Social Services, Julie Morgan. Both were pleased to learn more about the projects.
- 8. *Innovative housing and technology – To explore options for people with additional care needs that help them remain independent at home***
- 8.1 A review around this area will be undertaken in 20/21
- 9. *Making every contact count – The development and sharing of joint messages and resources that support people remain safe and independent in their homes.***
- 9.1 The concept of making every contact count will be explored in 20/21 through the Health Literacy working group
- 10. Future Activity 20/21**
- 10.1 Significant progress has been made developing future activity to ensure partnership buy in around the Live Well, Age Well Objective and progress has been made to expand the knowledge base through existing involvement to wider partners with invitations extended to a variety of colleagues across the age range and relevant services/organisations.
- 10.2 The agreed three priorities to focus on for 20/21 are as follows, A City for All, Active Travel and Health Literacy/Healthy Ageing
- 10.3 Each priority has a specific working group with a nominated lead and a draft action plan with expected outcomes and timelines.
- 10.4 The working groups will be focussing on the following activity in the next quarter and further developing these areas in 20/21
- **A City for All**
 - Map existing City status and their associated commitments; identify opportunities, overlaps and commonalities with a strengths based focus and understand what a City for All means for citizens of Swansea

- **Active Travel**
 - Carry out an audit to determine obstacles, barriers and problems, utilising the Older People’s External Residential Assessment Tool (OPERAT) Model and pilot
- **Health Literacy/Healthy Ageing** – Colleagues from health, council and third sector are exploring two priorities:
 - A shared health literacy checklist (Top 5- Dementia, Smoking, Sugar free, Green space, best start) and agree top 5 themes and establish if there is a quality mark/standard to roll out across the PSB
 - To support the new report on “Healthy Ageing” and the “Dementia Risk Reduction Campaign” which was launched at the end of January 2020. The campaign aims to encourage people to live healthier lifestyles. The campaign follows research by Prof Peter Elwood at Cardiff University, who found a healthier life can reduce a person's risk of getting early onset dementia. His study - over 35 years looking at people in Caerphilly - found a "huge benefit".

11 Legal & Financial Implications

11.1 There are no legal or financial implications associated with this report

Background papers & Appendices: None