

Older People

It is widely recognised that we live in an ageing society. In North Somerset older people make up a larger portion of the population than the average nationally. In 2010, those aged 65 and over made up 20.3% of the population in North Somerset, compared to 16.5% nationally and these numbers are expected to increase significantly in coming years. Particularly large growth is expected in those aged 85 and over. By 2030, it is expected that in North Somerset there will be a 91% increase in the over 65's with dementia compared to the level in 2009.

The growing number of older people is an issue for North Somerset because the growing numbers will mean greater demands on services and more people becoming carers. Services for older people are the largest area of spending for Adult Social Services and are a key area of spend also for the health service. North Somerset has a high number of nursing home beds. In 2010 there were 79 bed spaces per 10,000 population locally compared to 38 per 10,000 nationally.

In 2008 the council adopted its first corporate Older People Strategy which ended in March 2011. In 2010 a Joint Commissioning Strategy for Older People between the council and the Primary Care Trust (PCT) was agreed. The key aim of this strategy is to achieve the transformation of services to deliver real control, meaningful choices and better outcomes for older people. An Early Prevention and Intervention Strategy was also developed in 2010. From April 2011 the North Somerset Partnership will implement a partnership-wide Older People Strategy.

In terms of "high risk groups" and older people who experience particular inequality there have been a number of developments since the Older People Needs Assessment. A Joint Dementia strategy has been adopted by the council and the PCT, as has a Joint Commissioning Strategy for People with a Learning Disability. The Council and PCT have refreshed the Carers Strategy. The Somerset Race Equality Council provides support to older people from Black and other Minority Ethnic Communities. Further work is needed to identify the needs of older people from Gypsy and Traveller communities and lesbian, gay and bisexual older people. The council and the PCT support an engagement mechanism with older people called "Senior Community Link" (SCL). This engagement has helped to form principles and priorities for the strategy.

Challenges for consideration

That commissioners take account of the principles, priorities and actions set out in the North Somerset Partnership's Older People's Strategy which include enabling independent living through the joint re-enablement programme and early intervention and prevention approaches; addressing the growing needs of those with dementia and supporting self care for those with long-term conditions; provision of advice and information to older people; developing a range of housing, care and support options to support independent living; to meet the aims of the local carers strategy.

Author: Alun Davies, Planning and Policy Manager, Adult Social Services and Housing, North Somerset Council. **Date:** June 2011

Why is it important?

It is widely recognised that we live in an ageing society. In 2007 we reached a significant point where for the first time there were more people over the State Pension age living in the UK than there were children.

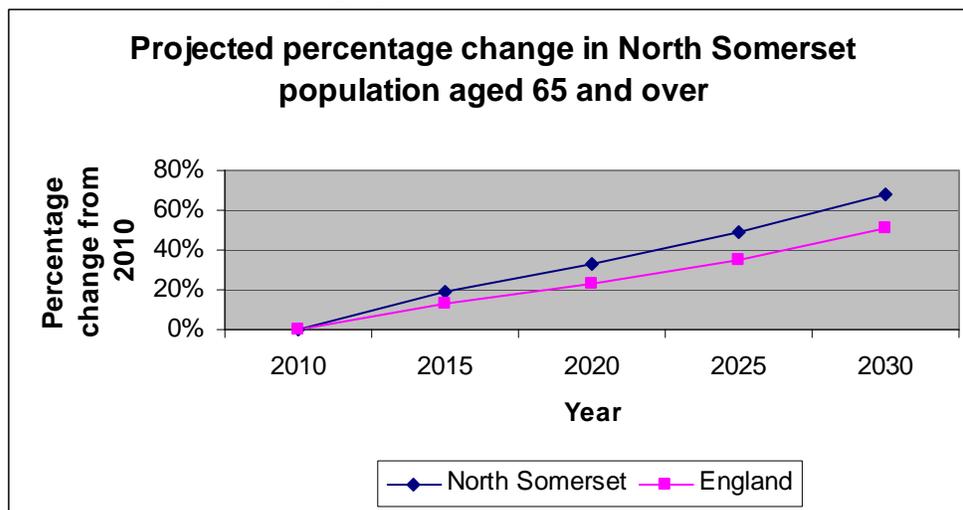
In North Somerset older people make up a larger portion of the population than the average nationally. In 2010, those aged 65 and over made up 20.3% of the population in North Somerset, compared to 16.5% nationally and these numbers are expected to increase significantly in coming years (see section on needs below).

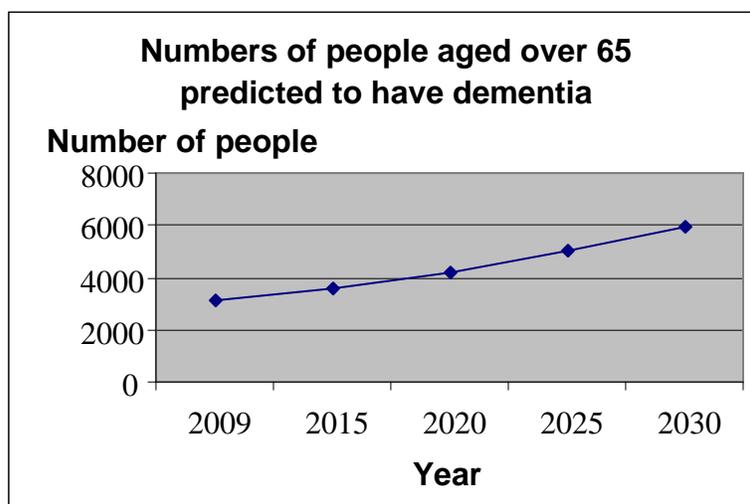
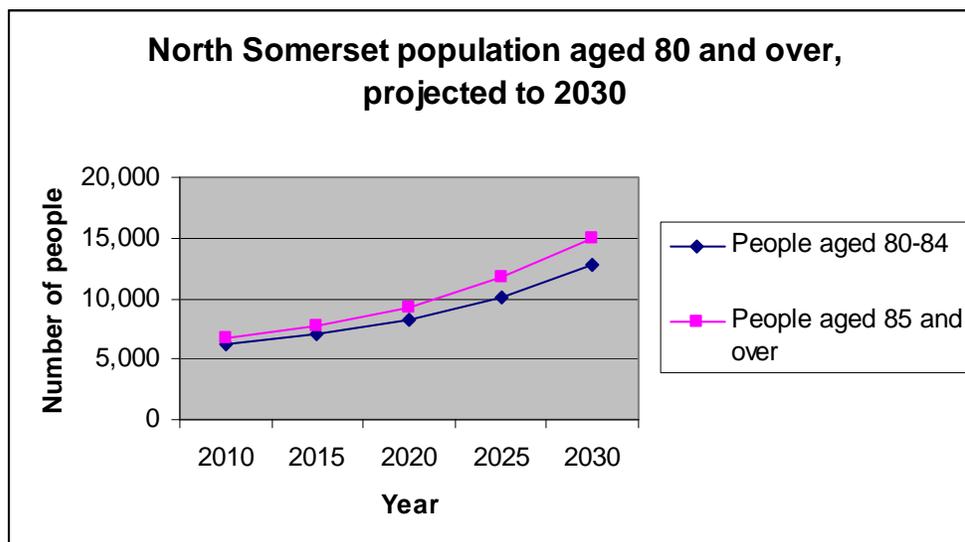
Older people make a significant contribution to society and the community. For example older people make up many of the volunteers who sustain the community and voluntary sector, and older people are more likely to both vote and participate in the democratic process.

An ageing population affects not only those who are already in or approaching later life. We are all ageing. We will also all be having more contact with older people, caring for them and learning from them. The growing number of older people is an issue for North Somerset because the growing numbers will mean greater demands on services. Services for older people are the largest area of spending for Adult Social Services, and are a key area of spend also for the health service.

What are the needs of the population?

As stated above, North Somerset already has an above average older population and the numbers are expected to increase significantly in coming years: by 2030 the 65 and over population in North Somerset is expected to increase by 68%, with a particularly dramatic increase in the number of people aged 85 and over. This is illustrated in the graphs below.





This rising older population presents major challenges to those organisations that provide services to older people in North Somerset, as, inevitably, demand for services is set to increase greatly. This challenge will be added to further by a predicted high level of growth in the number of people in the district who will be living with dementia in coming years. By 2030, it is expected that in North Somerset there will be a 91% increase in the number of people over the age of 65 with dementia, compared to the level in 2009. This is illustrated in the graph below.

In 2008, as part of preparation for the first JSNA, a major Older People Needs Assessment was undertaken. For more information please go to <http://www.northsomersetpartnership.org.uk/usefulinformation/jsna/jsnaolderpeopleassessment1.asp>. Given the extent of this original work this refresh focuses on developments since that piece of work.

Nursing homes

The CQC database for September 2010 (which replaced the LAMA) reveals that in North Somerset there were 1,663 registered nursing beds or 79 bed spaces per 10,000 population compared with the national average of 38 spaces per 10,000 population. This illustrates an increase from 63.8 beds in 2008/9 to 79 beds in 2010 (23.8 percent) compared with national average increase from 35.5 to 38 beds (7 percent) over the same period. The ready availability of care home placements has historically restricted the development of alternative care provision.

Since 2004 the Council has, in accordance with published policy, been trying to slow the trend by reducing permanent placements and supporting service users in alternative community based provision, which in the long term is typically less expensive and is often the best outcome for service users.

The impact of over supply of nursing beds for older people is also a major financial burden for the local NHS community, who are also facing similar problems with disproportionately high levels of expenditure on 'funded nursing care' payments. The need to address this issue is a key shared priority for NHS North Somerset and the Council.

In 2008 the Council adopted its first Corporate Older People Strategy which ended in March 2011. In 2010 a Joint Commissioning Strategy for Older People between the Council and the Primary Care Trust was agreed. An Early Prevention and Intervention Strategy was also developed in 2010. From April 2011 the North Somerset Partnership will implement a Partnership-wide Older People Strategy.

In terms of "high risk groups" and older people who experience particular inequality there have been a number of developments since the Older People Needs Assessment. A Joint Dementia strategy has been adopted by the Council and the PCT, as has a Joint Commissioning Strategy for People with a Learning Disability. The Council and PCT have refreshed the Carers Strategy.

There is funding provided to the Somerset Race Equality Council to provide support to older people from Black and other minority Ethnic Communities. The Equality Impact Assessment for the North Somerset Partnership Older People Strategy has identified further work is needed to identify the needs of older people from gypsy and traveller communities and lesbian, gay and bi-sexual older people.

Current Service Provision

This is outlined in the North Somerset Council and NHS North Somerset Joint Commissioning Strategy 2010 from which the following excerpts have been taken.

"The key aim of this strategy is to achieve the transformation of services to

deliver real control, meaningful choices and better outcomes for older people. In particular, NHS North Somerset and North Somerset Council are keen to develop a range of joint services which actively work to promote independence and reduce our use of institutional care options, be they hospital-based or in care home settings."

National Drivers: There will be a continued focus on prevention, on promoting well-being and on delivering services in settings that are more convenient to the people that use them. Services will be tailored to the needs and preferences of individuals, they will maintain independence and dignity and individuals will be well informed of what is available. Citizens will be empowered to shape their own lives and the services they receive. Service Development is expected to be achieved at the same time as delivering major financial efficiencies and savings and improving quality.

The local approach: Agencies will work together to make available, better integrated health and social care services for older people. Community based and prevention based services will be available that will enable older people to lead full, active and healthy lives for as long as possible and to live independently in their own homes for as long as possible, reducing the need to enter institutional care. Services will be rated as high quality, innovative and meet identified needs. Improvement in care and raised standards will be driven throughout all work undertaken and services delivered. The health and social care system will be more efficient and effective than ever before. There will be increasing emphasis on patients and service users being supported to manage their own care and in ensuring they access the right level of care in the right setting when required. The focus will be on enabling older people in North Somerset to make a positive contribution to their own quality of life and to their community.

In terms of the actual services delivered the detail of these can be found on the Adult Social Services and Housing website and the NHS North Somerset website.

Equalities issues for service provision

Nationally, the new equalities legislation means that all services need to consider and eliminate age discrimination. Ensuring all services are accessible for older people and particularly aging black and minority ethnic groups, lesbian, bi-sexual, gay and transgender people and people with learning disabilities will require attention over the next few years.

Community voice

The Council and the Primary Care Trust support an engagement mechanism with older people called "Senior Community Link (SCL)". The SCL's are forums of older people, four geographically-based and one for older people from black and other minority ethnic communities. The SCL's are supported by Age UK Somerset.

Each of the SCL elects representatives for the Older People Champions Group. The group includes members from each of the Council's Scrutiny Panels and representatives from the PCT. One of the key roles of the group is to monitor implementation of the recently adopted (April 20011) North Somerset Partnership Older People Strategy. The Council and the PCT also support a joint Planning Group focused on services for older people.

As part of the development process for the North Somerset Partnership Older People Strategy there was significant engagement with older people in 2010. This included a review of all engagement with older people over the past five years to identify the key principles and priorities for older people. These were then consulted on. The principles and priorities that were agreed for the strategy were as follows:-

Principles

- That the views of older people are actively sought, valued and recognised.
- That organisations work together to make sure that services are provided in the most efficient, affordable, cost-effective and straightforward way.
- That services are provided in a way that ensures and protects the dignity of older people.
- That, as far as possible, older people have choice and control over the services they receive.
- That services do not discriminate.
- That policies and services delivered by the Partnership and its members seek to address the issue of social isolation.

Priorities

- Access to transport.
- Advice and information.
- Care in the last phase of life.
- Economic well-being and income.
- Enabling independent living, reducing reliance upon residential care.
- Health and health services, in particular hospital discharge and mental health promotion and treatment.

- Safety and security.
- Support for carers.

An action plan has been developed as part of the strategy. This plan contains actions to implement to meet these priorities over the lifetime of the strategy.

Challenges for consideration

The following challenges reflect current and future challenges including the outcome of the work undertaken on the NSP older people strategy.

- * To enable independent living reducing reliance upon residential care through the joint reenablement programme with health partners including acute trusts and the development of early intervention and prevention approaches.
- * To address the needs of the growing numbers of older people with dementia and continue to support people to self care and thereby manage their own long-term condition.
- * To build-on the development of and improvements with the provision of information and advice to older people.
- * To identify means of developing the range of housing, care and support options available to enable older people to live independently in the community
- * To meet the aims of the local carers strategy that include ensuring that carers are identified as early as possible in order to provide them with information and advice, and to provide carers assessments.

References

1 Department of Health POPPI statistics (accessed October 2010) See: <http://www.dh.gov.uk/poppi/index.php?pageNo=314&areaID=8311&loc=8311> 3 Department of Health POPPI statistics 4 <http://www.somerset.gov.uk/ccsult/tolderpeoplestrategydd2011..17/ccsultNHome?his>