onenortherndevon

Healthy Ageing Northern Devon

HAND



MAY 2023 UPDATE

Community Prevention

Falls Management & Exercise Programme

Tackling loneliness with transport

National Reconditioning Games

Enhanced health in care homes

Acute Hospital at Home

Anticipatory Care pilot

Live Longer Better

HEALTHY AGEING IN NORTHERN DEVON

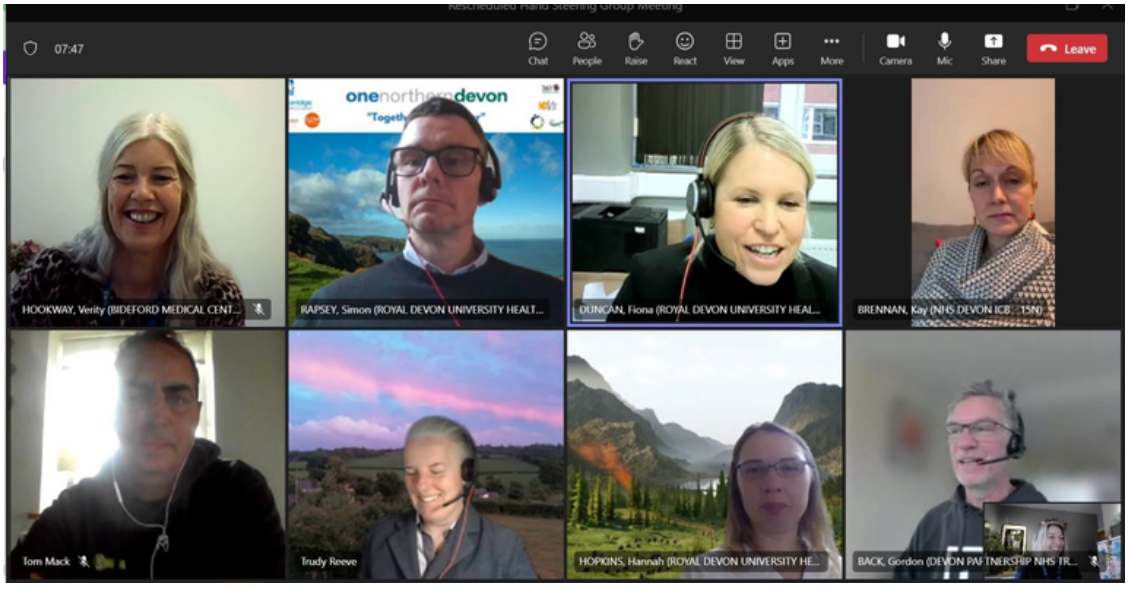
CO-DESIGNING FUTURE CARE & SUPPORT



Aim:
An integrated model of care and support for older people living with frailty, designed together by the people receiving the support and those delivering it across Northern Devon

Objectives:
1. To understand what matters to older people living with frailty, their families and carers and how they would feel best supported to live healthy, independent lives
2. To understand the barriers to delivering the care and support identified
3. To understand the current provision
4. To understand future demand and risks
5. To consider what current and future enablers may be available
6. To co-design an integrated model of care

Steering Group members:
Simon Rapsey (Chair) - Service Manager Oner Northern Devon
Fiona Duncan: GP and Lead for Older Person's Integrated Care, Torridge Health and Barnstaple Alliance PCNs
Andrea Beacham, OND Programme Manager
Kay Brennan: GP and Clinical Advisor Northern Devon
Hannah Hopkins: Clinical Lead for Frailty Northern
Tom Mack: Active Devon - Partnerships Manager
Lucy Shaddick:Professional Lead for Community Physiotherapy and Occupational Therapy
Verity Hookway: Health and Wellbeing Coach Torridge PCN
Trudy Reeve: Head of Integrated Care - Northern Devon ICB
Simone Thompson - CEO TTVS
Andrew Jeffery: Activities Facilitator EHCH
Dan Smith: Medicine Servies Manager NDDH
Dr Karen Davies, Medical Director, NDHT
Carole McCormack - Devon Senior Voice
Gordon Back, Team Manager, Older Persons Mental Health, DPT
Sue Matthews, Litchdon Patient Participation Group



HEALTHY AGEING IN NORTHERN DEVON

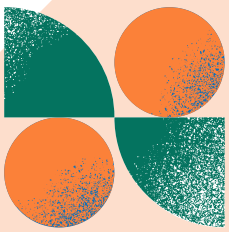
WHAT APPROACH ARE WE TAKING?

We are using system design methodology in order to co-design a more joined up offer of care and support to older people in Northern Devon aimed at reducing the likelihood of becoming frail, of preventing escalation of frailty following injury or illness and improving ability to regain independence and quality of life to the extent possible should frailty occur.

THE FRAMEWORK

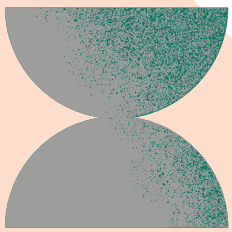
DOUBLE DIAMOND

A structured design approach to tackle challenges in four phases:



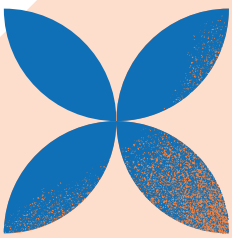
DISCOVER

Research to understand and gain insight into the problem (divergent thinking)



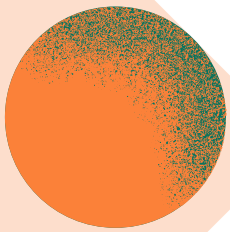
DEFINE

Synthesise the insights gathered to define the challenge in a different way (convergent thinking)



DEVELOP

Create different potential solutions to a clearly defined problem. Seek inspiration. Co-design with different people (diverging)



DELIVER

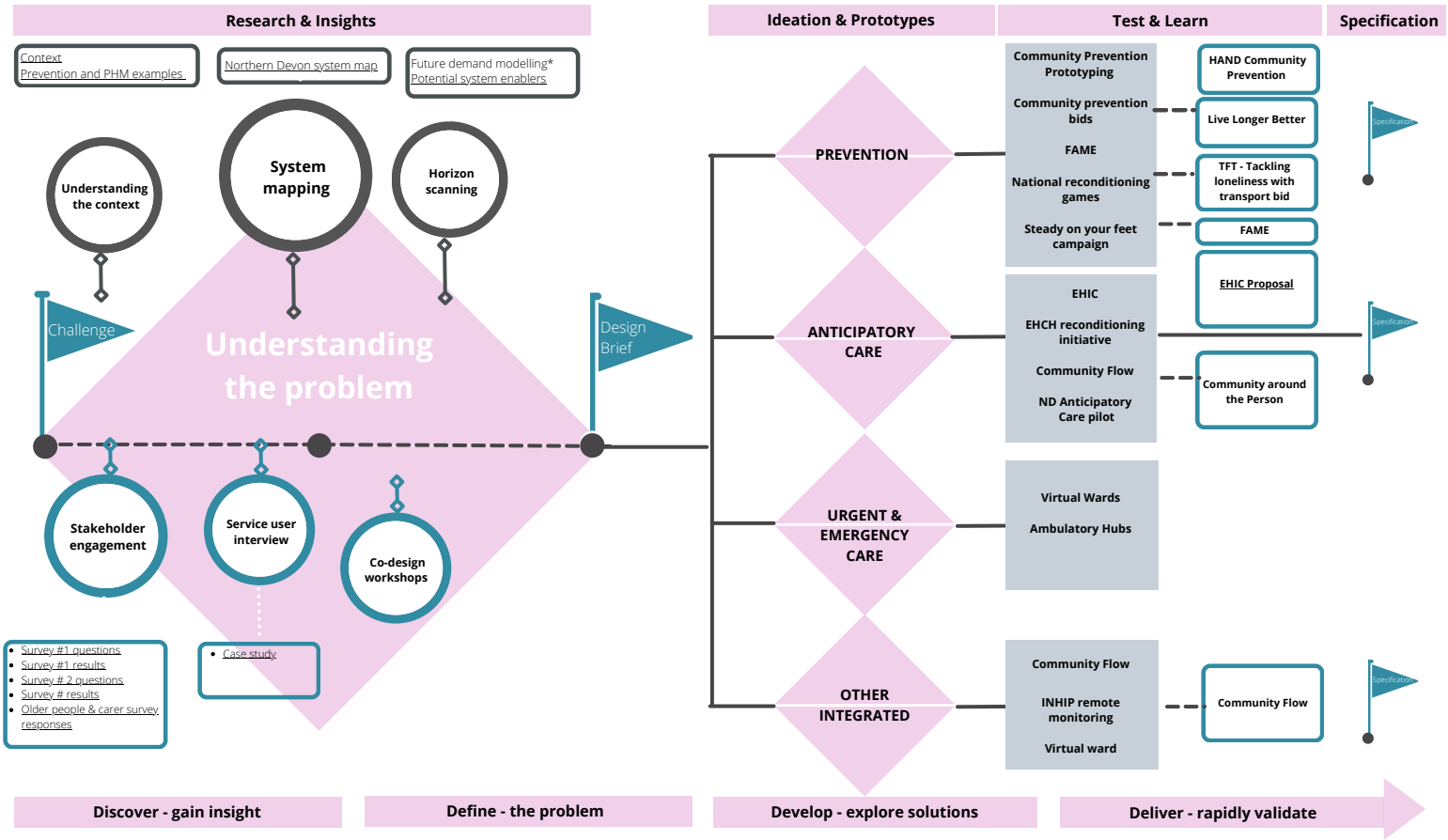
Test solutions at small scale, rejecting what won't work and improving what will (converging)

HEALTHY AGEING IN NORTHERN DEVON

WHERE WE ARE IN THE DOUBLE DIAMOND DESIGN PROCESS

Following two whole-system workshops, which gathered broad insights across the whole ageing well pathway, it was agreed that work would be split into the following domains:

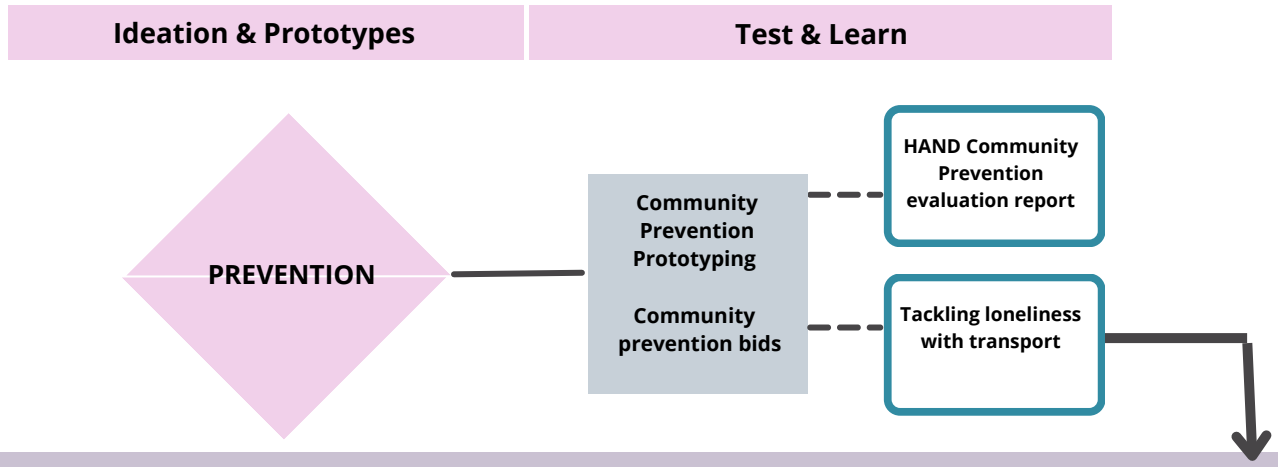
- **Prevention**
- **Anticipatory care**
- **Urgent & emergency care**
- **Maintenance**



You can see the key themes of our discovery stage from engaging with older people, carers, families, GPs, nurses, therapists and others here.

The following pages highlight progress made against those themes through a variety of projects we are testing together and learning from.

Progress in Prevention theme - Tackling Loneliness with Transport





Connecting You (Tackling Loneliness with Transport)

£50,000 has been awarded to One Northern Devon from DCC to deliver projects across Northern Devon.

Programme:

- Nature on Prescription, building a social prescription by offering links to nature including Active Walks, and activities, ensuring transport is included in the prescription for communities of North Devon and Torridge
- Tarka Line Creatives, engaging harder to reach beneficiaries with wellbeing through creative activities using the Tarka rail line.

AIM: 200 participants taking part in activities to reduce loneliness

Key Partners:

- One Ilfracombe
- Tarka Line Creatives
- Devon and Cornwall Rail Partnership
- Devon County Council
- **Project Leads**: Simon Rapsey / John Thornton

Progress Updates May 2023:

- Tarka Line Creative Project Exhibition successful. It opened with a celebration event which had a slideshow with music, spoken word and natural sounds plus a motion activated speaker. We used the big pile of rail tickets we had amassed to create an interactive poetry activity (see photo).
- On target to reach over 200 people - 49 People benefited so far.
- Tarka Line Creatives being evaluated by the National Centre for Social Research on behalf of the Department for Transport
- Upcoming nature and art trips to Heddons's Mouth, Tarr Steps and Torrignton Common via CEET
- Ongoing work with One communities, PCNs, Social Prescribers etc to identify potential individuals to take part

THE TARKA CREATIVES EXHIBITION APRIL 2023



Monday 24 to Saturday 29 April 2023
at Barnstaple Library
Tuly Street, Barnstaple, EX31 1EL



Trudy Mackie Brown



On and Off the Tarka Line Train

Ambling. Ambling off the clacking train, crossing the road to an antique store (not a posh, classy place tho), metal grinding and dead farm machinery.

Wandering. Wandering through gates, past barking garden dogs, a broken phone box (avoid the slippery, mudandpuddleridden slope), edging a stream in the drizzly rain.

Tootling. Tootling past graffiti, across golf links by another - or the same - stream in the drizzly rain and hearing clacking trains, (then hurrying to the station caff for lunch)!

Jacquie Dart

In Nature With A Camera

A bunch of strangers
Each with a camera
Board a Clacketta-clacketta train
To wander off into nature

Coming back to our senses
To damp earth smell
Birdsong
Tree black silhouettes in clear blue sky
To glides, gurgles, and swirls of river eddies

Stop and look in awe
Glassy raindrops on grass
Frosty crystals on leaves
Sunshine on seed heads

Looking closer
Seeing more
Huge world of tiny moss and lichens
Zooming in our worlds expand

Down the path ivy embraces abandoned machinery
Bramble comingles with rusting rubbish
Moss enfolds a fence
All differences embraced by nature

Returning
No longer strangers
Each with a camera
On a Clacketta-clacketta train
Our differences embraced in nature

Jeanie Blackall



Jeanie Blackall

More from the exhibition...



Greg Brand

Taking Time

It has amazed me how much more focused you become with a camera in your hand. You can walk past an old lichen-encrusted tree with broken limbs and hardly notice it. However, when you hold a camera in your hand, your mind opens up to your surroundings.

That old, battered tree has its own story to tell. A camera will capture its image in that moment. If taken a short while later when the light hits it from a slightly different direction, it will have a completely different aspect.

Most people are too constrained by the demands of life to take the time to just look as they dash past on their way to pick the children up from school and hurriedly get some shopping on the way home from work. I was lucky to have been given the opportunity to join this project and have achieved something that I would have thought very unlikely. I have taken photographs that I am quite proud of.
Who would have thought it.

Lorraine Power

Who'd Have Thought

Who'd have thought
that down the line
Just five minutes away
An adventure was had

Cameras given, notebooks too
A bunch of over 55's let loose
Health and Safety just enough
then left to roam
amongst the rough

Who'd have thought that
fun could be had in Winter
The song of Birds the
rush of the river
so much to shoot to record our day

Then back on the train
to the station cafe
prettied with daffs
Hot drinks around
Discussing our pics
and how to share them with others

See you next week
for the next Safari
Who'd have thought.

Viv Pearman



Graham Gillard



Viv Pearman

The River Taw

River flowing fast and free
Across the moor and down the vale.
You make your way towards the sea
And every turn can tell a tale,
Of lovers courting in the sun
As farmers plough and scatter seed,
And fish returning from the ocean
Find a mate and start to breed.

Your water deep and pure and clear
Gives life to creatures, plants and trees,
And if you stopped we'd live in fear
That life on earth would cease.
As I watch you journey to the sea,
Where condensation makes a cloud,
The wind will blow and rain will fall,
The wonder in my heart beats loud.

Protect the River, keep it clean.
Love the lapping, roar and rumble.
Make sure that it's kept pristine,
Treasure every glint and sparkle.
Watch, in awe, the power flow,
As it it takes its magic course.
Then your soul will always glow.
Marvel at this natural force.

Kim Brooke

The River

The river runs
From what
We do not know
To where
We do not know

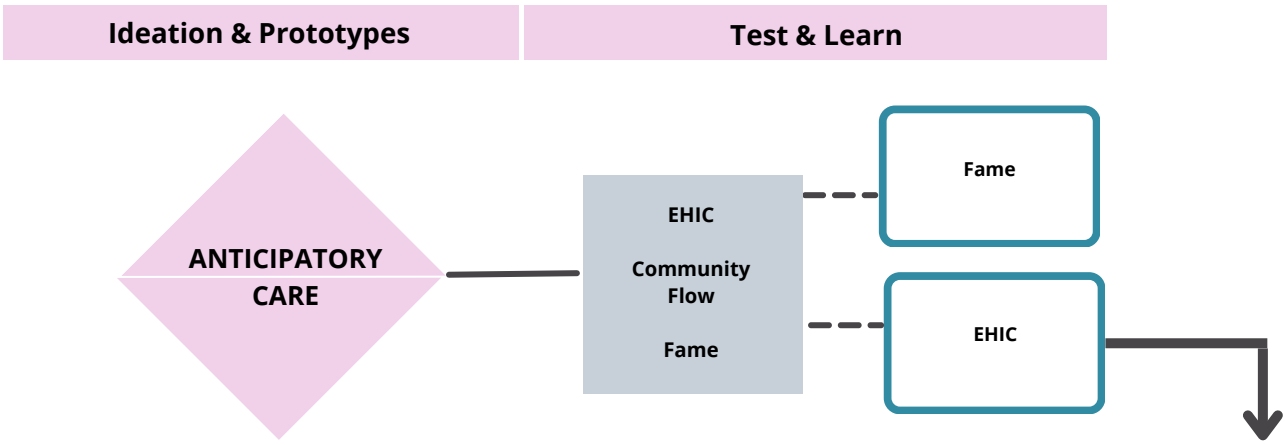
Sometimes fast
Sometimes slow
But it just runs
Joining others at times
Laughing as it travels over
Rock, though valleys

Just running
To what
We don't know
To where
We don't know
Just running

Or is this Life?????

Janine Thomson

Progress in Anticipatory Care theme - Enhanced Health in Care Homes





Enhanced Health in Care Homes - Reconditioning Initiatve

The EHCH Reconditioning Initiative is aimed at increasing activity in care home residents to reduce deconditioning. Care Homes receive regular visits from our Activity Facilitator who engages with residents, family members and staff. The Activity Facilitator gives guidance on basic personalised exercises for residents and supports family and staff to assist. The Activity Facilitator also signposts to relevant activities in the community and online and makes links with voluntary and other organisations that may benefit residents. He also educates staff, patients and families on the importance of staying active. Care Homes can also apply for funding to purchase equipment and access programmes/ opportunities that meet the needs of the Care Home and residents. A Project Co-ordinator supports the care homes to apply for the funding, collects data for outcome measures and supports the Activity Facilitator. We also provide free online training to care home staff on activity in older adults and encourage engagement with the "Live Longer Better" approach. The project also involves training and support for care home teams working within local Primary Care Networks to help prioritise activity and address deconditioning in care home residents.

Project Leads: Dr Fiona Duncan, Caroline Sanford.
Project Co-ordinator: Liv Sanford
Activity Facilitator: Andrew Jeffery

May 2023

- **Collaboration ongoing with H&SC Care Homes Team: looking at training for care homes in the areas of Falls, Hydration and Nutrition.**
- **Teaching sessions being planned for all PCN care home teams on Falls and Hydration and Nutrition.**
- **Working on a Sharepoint as a central online area for care homes to access resources**
- **Reconditioning Initiative: ongoing work in Care Homes- Andew Jeffrey our Activity Facilitator is rotating around the N Devon care Homes doing one to one and group activity sessions for residents.**
- **"Move and Groove" project has started as a Pilot in Pilton House Care Home in Barnstaple and Seaview Haven care home in Ilfracombe. This project links care homes with local Primary schools, bringing children and older people together for joint movement and music sessions.**
- **Monthly activity challenges for care homes: Our Reconditioning team is sending out monthly activity challenges that link in with world wide sporting events. Care Homes will receive a poster each month with suggested activities. May is FA Cup Final month and the activities are based on ball games!**

Meet the Reconditioning Team

Fiona Duncan - Clinical Lead
Liv Sanford - Co-ordinator
Andrew Jeffery - Activities Faciliatator
Caroline Sanford - Lead Manager



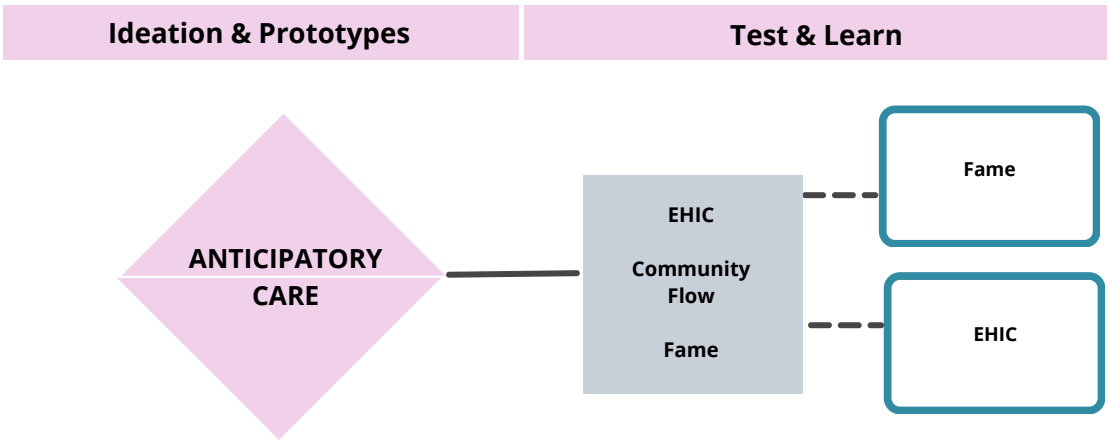


When I visit the care homes it is a pleasure now to see more residents up out of bed and doing activities - I often now see residents using their interactive tablet or the floor pedals -it has made such a difference -
Claire, Visiting Nurse





Progress in Anticipatory Care theme - NHS Long Term Plan for anticipatory care



NHS Long Term Plan

What is Anticipatory Care?

Anticipatory Care is an NHS Long Term Plan commitment that aims to provide proactive and personalised health and care for a targeted subset of individuals living with multiple long term conditions (MLTC) who could benefit most, delivered through multidisciplinary teams (MDTs) in local communities. The Anticipatory Care national framework excludes those living in care homes.

Six Core components of the Anticipatory Care framework:

1. Case identification
2. Holistic assessment
3. Personalised care and support planning
4. Multidisciplinary working
5. Co-ordinated care
6. Interventions and support

What are our aims?

To create an Anticipatory Care model for North Devon, which follows the national framework whilst attending to the needs of our local population and best using our local resources. All four Primary Care Networks (PCNs) will follow the same model but there will be flexibility to allow for differing needs across the PCNs. There will be a collaborative approach with the ICS. Initial trail is in Torridge PCN.

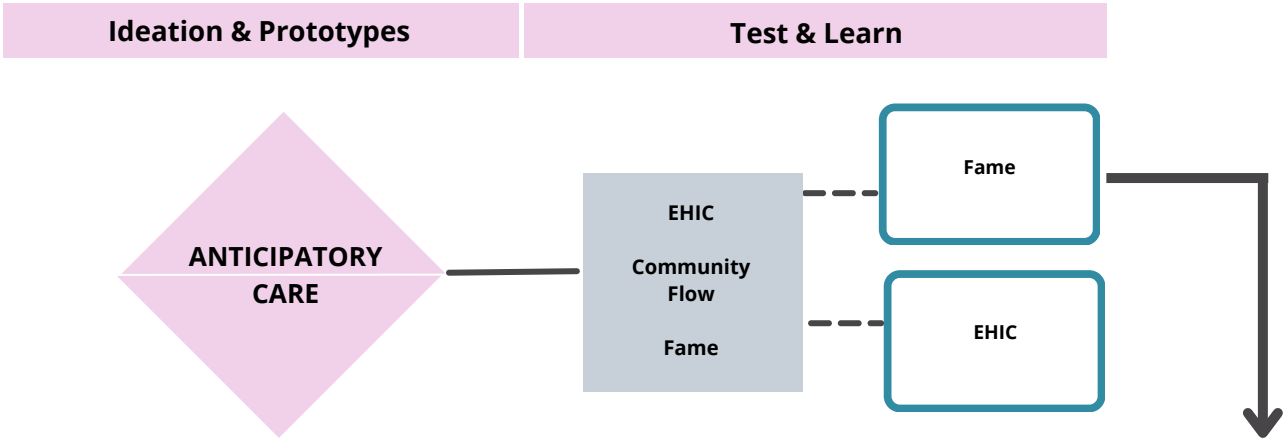
Leads for this work:

Dr Fiona Duncan (GP and Specialty Doctor in Healthcare for Older People) and Caroline Sanford (Joint Lead Manager for Northern Primary Care Collaborative Board)

May 2023:

- **Great engagement noted so far from the health and social care teams**
- **The pilot is now underway and we have had several Anticipatory Care Multidisciplinary team (MDT) meetings.**
- **Personal Wellbeing measured before and after intervention**
- **Medications reviewed in 100% of cases and better tailored to the person**
- **More timely input from wider health and social care teams has been noted**

Progress in Anticipatory Care theme - FAME





FAME (The Falls Management and Exercise programme)

£84,000 has been granted from Devon ICS falls prevention fund to:

- Identify and train 4 L4 Postural Stability Instructors
- Run seven FAME 24-week programmes across Northern Devon – (one in each One Community - 100 participants in total)
- Facilitate improved mobility along with social interaction for participants
- Work to ensure sustainable relationships and activities continue beyond the programme
- Leave a legacy of PSIs able to deliver FAME in Northern Devon
- **Project Lead**: Simon Rapsey

May 2023: Dates and Venues confirmed so far:

- Braunton - Starting 10th July at Christchurch Hall
- Ilfracombe - Starting 10th July at the Vision Centre
- Bideford - Starting 24th July at the Pollyfields Centre.

- For more details or to express interest in attending please contact Anita@vistawellbeing.org.uk

- More info to follow on the courses in South Molton, Torrington, Holsworthy and Barnstaple

Progress in Anticipatory Care theme - The National Reconditioning Games

What are the National Reconditioning Games?



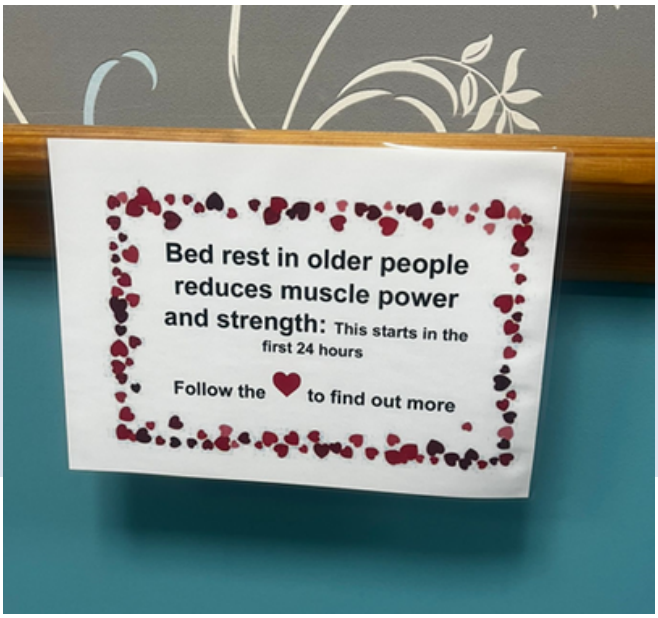
This is a nationwide movement with the following aims:

1.Raise awareness of deconditioning in health & care settings
2.Share best practice – make it simple to get involved and create impact
3.Maintain focus on reducing hospital length of stay, supporting people where possible to continue their recovery at home (D2A) and development of alternative pathways
4.Link with winter planning improvement plans across health and social care settings
5.Reduce moral injury to staff, while doing the right thing for patients and having fun
More information can be found on the Future NHS platform

Leads for this work:
Dr Fiona Duncan (GP and Specialty Doctor in Healthcare for Older People) and Caroline Sanford (Joint Lead Manager for Northern Primary Care Collaborative Board)

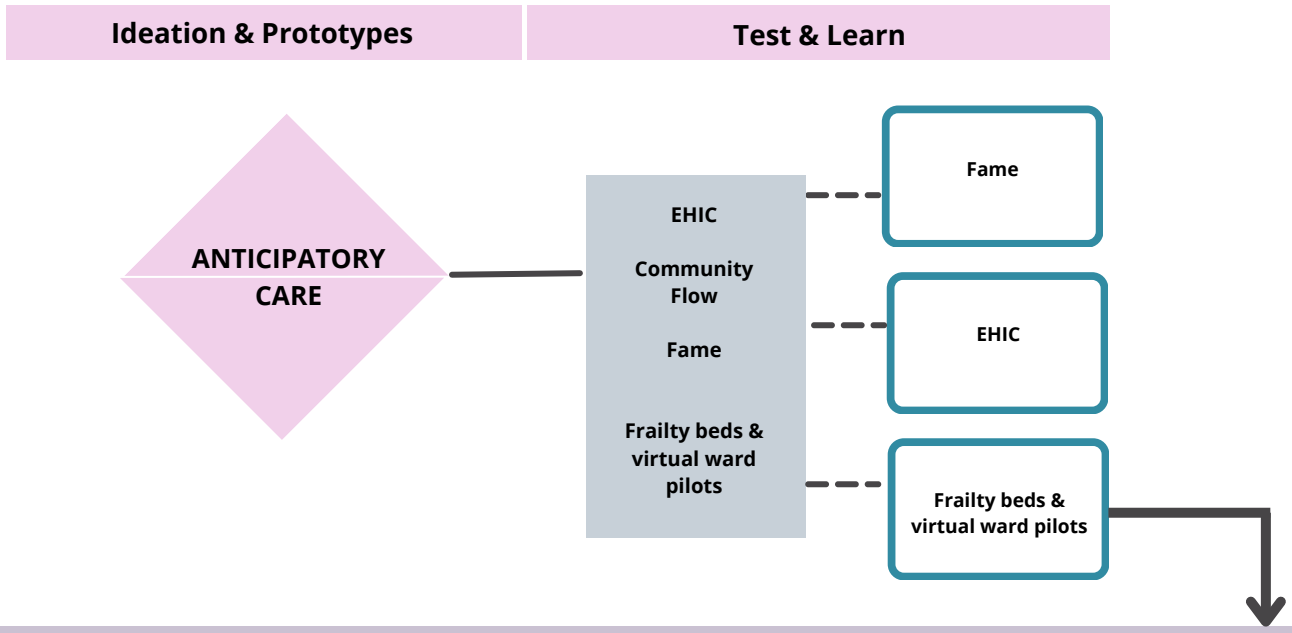
The National Reconditioning Games have been running in care homes since February.

- **Residents have been taking part in various activity challenges, working together to win medals for their care homes!**
- **Oaklands, Pilton House and Chelfham House are the care homes that have been most involved with the challenges.**
- **Residents have been walking, cycling on seated pedal machines and doing sit to stand challenges. Our PCN Older Person's Integrated care (OPIC) teams have also taken part and have walked hundreds of miles over the last month.**
- **We look forward to sharing the results of our National reconditioning Games at the next update! We will share a report on the National Reconditioning Games in care homes, so that the challenges can be replicated on the hospital wards and in the community in the future.**





Progress in Urgent & Emergency Care theme - Frailty work in NDDH



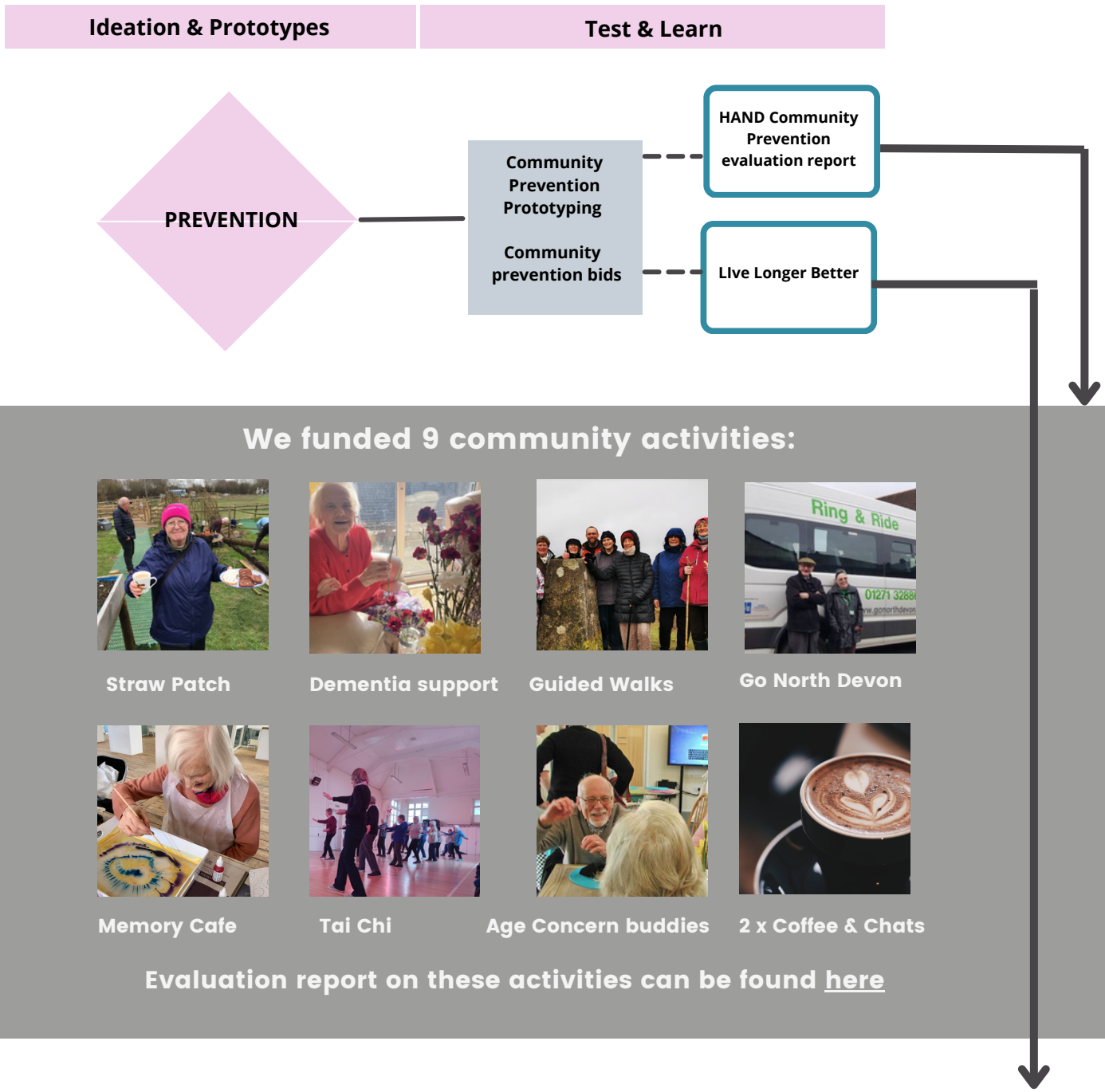
Frailty work at North Devon District Hospital. Lead: Hannah Hopkins

a) pilot of frailty and short stay beds on Alex Ward. Frailty beds will be managed by an MDT which will provide comprehensive geriatric assessments and personalised care planning for these patients.
b) Virtual ward: funding has been received to provide a virtual ward for patients who would have been in an acute hospital bed but who instead are managed virtually in their own homes, this will include older people with frailty.
c) ED development
d) Frailty CQUIN
e) Ambulatory hubs

May update 2023:
Virtual Wards - now called Acute Hospital at Home (AHAH)!
We have been concentrating on Acute Hospital at Home frailty pathway trial patients.
Started with 3 patients home on the pathway - have learnt huge amounts and seen some amazing care given in patient's own homes. We are currently modifiying pathways and information leaflets to optimise care and have now started trialling our next patient.
ED development
New HCA posts recruited to in ED so team are training them to promote movement, nutrition and hydration for patients in ED.
Ambulatory hubs
These are being expanded to help provide care closer to come - IVs, reviews, bloods
Frailty CQIN
There is a new acute frailty CQUIN coming out with emphasis on CFS scoring in ED and SDEC with early CGA initiation

"My Mum and I just wanted to let you know that the team have been excellent, it was a relief to my Mum to know they had support when my Dad was at home"

Progress in Prevention theme - Community activities and Live Longer Better



We funded 9 community activities:

Straw Patch

Dementia support

Guided Walks

Go North Devon

Memory Cafe

Tai Chi

Age Concern buddies

2 x Coffee & Chats

Evaluation report on these activities can be found here

Live Longer Better



Active Devon hosted a Live Longer Better conference in September with Sir Muir Grey and Lincoln Sergeant as key speakers. The LLB learning programme licences allocated for North Devon through the HAND funding have very nearly all being distributed and an evaluation survey has been sent out to all who signed up. DPT, Talkworks, The community Mental Health Alliance, Devon Recovery Centre, The Stroke Association and all 4 PCNs are some examples of those embracing the 'cultural revolution'.

Live Longer Better

Live Longer Better aims to....





It is based on the premise that there are 3 key factors negatively affecting our healthspan:
1.Disease and illness
2.Loss of fitness
3.Negative self-perceptions and ideas of ageing

Progress:

Dr Kay Brennan, Clinical Advisor to NHS Devon has supported over 130 individuals and groups access the learning programme, which forms part of the Live Longer Better experience. This has included:

- Health and social care professionals
- Volunteers working in primary, secondary and community sectors including care homes,
- Primary care networks and general practice,
- Community mental health alliance groups, DPT and Talkworks,
- One Community representatives,
- Council leaders,
- Community voluntary groups and social enterprises
- Individual citizens

NEXT STEPS: May 2023

We are developing new and innovative ways of sharing the Live Longer Better message and facilitating the learning to ensure it not only inspires and connects people but also positively impacts practice for professionals and supports behaviour change for the public.

Link in with all the other chronic disease work for example the Diabetes Transformation work. Clarify the message of LLB. National LLB event - Tom Mack attending on behalf of HAND.

LEADS: Dr Kay Brennan and Tom Mack (Active Devon)