

Healthy Ageing Northern Devon

HAAND



OCTOBER 2023 UPDATE

Community Prevention

Tackling loneliness with transport

Enhanced health in care homes

Anticipatory Care pilot

Falls Management & Exercise Programme

National Reconditioning Games

Acute Hospital at Home

Live Longer Better



Devon & Cornwall Police



Frailty Week

25 - 29 September 2023



October 2023 Updates:

Frailty week successfully took place in September. Initiatives included:

Keynote Speakers:

- Adam Gordon - President Elect of the British Geriatric Society
- Simon Conroy - Leader of the Acute Frailty Network in England (2015-2021, the Specialised Clinical Frailty Network and the Systemwide Frailty Network
- Lucy Pollock - Specialist Consultant and author of 'The Book About Getting Older'

Training for staff on the 5 M's :

- Mind
- Mobility and Falls
- Medication
- Multi Complexities
- What Matters Most.



Frailty Awards

- Frailty Awards were handed out across the trust. These were for those recognised as providing amazing care for frailty across their teams.



Frailty Week

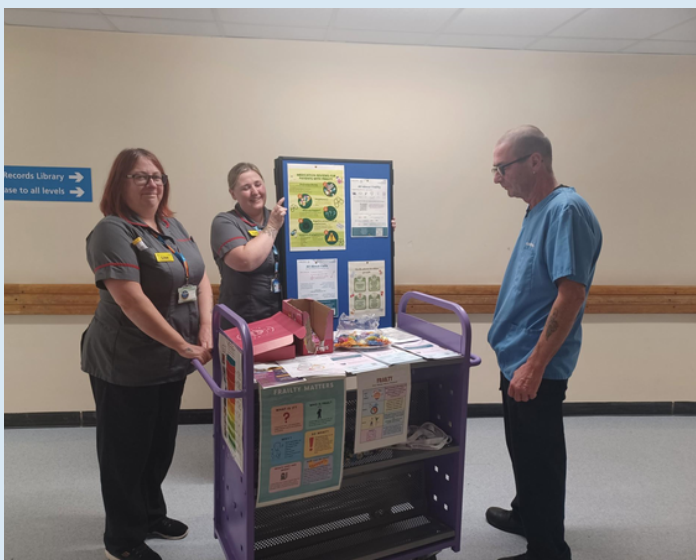
25 - 29 September 2023



- Falls practitioners hosted walking stick MOTs to support the community across Devon to prevent falls in the community.
- Active Devon and Kay Brennan gave out live longer better video courses to patients to help them stay active and well at home.



- Many staff contributed to lively displays, trolley dashes and attended training. It was a busy week with staff sharing information and learning across all community and acute sites.



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

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

- 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.
- ED development
- Frailty CQUIN
- Ambulatory hubs

October Update 2023:

- Virtual Wards - now called Acute Hospital at Home (AHAH)!
- We have been concentrating on Acute Hospital at Home frailty pathway trial patients.
- Phase 1 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 modifying pathways and information leaflets to optimise care and have now started trialling our next patient.
- Now considering Phase 2 - other routes for referral ie by UCR
- Complex Geriatric Assessment (CGA) now on EPIC this will provide a summary of care to GPs and Teams
- Active Hospital” - pilot with Upper GI team Including:
 - training,
 - behaviour change support for increasing activity, weight loss, smoking cessation & improved diabetic control
- HCAs recruited into ED so team are training them to promote movement, nutrition and hydration for patients in ED.
- Scoping an Acute Frailty Team in RDUH-Northern
- Frailty CQUIN
- 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 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



October 2023 Updates : Dates and Venues confirmed so far:

- **Barnstaple:** Started 7th August - course full - **waiting list availability**
- **Bideford:** Started 7th August - course not full - **places available**
- **Torrington:** Starts 15th Sept - course full - **waiting list availability**
- **Holsworthy:** Course due to start in late October - **places available**
- **Ilfracombe:** Started 24th July - course full with a waiting list.
- **Braunton:** Started 24th July - course full with a waiting list
- **South Molton:** Started 21st August - course full with a waiting list

Professional and self-referrals for those interested in attending please contact Anita@vistawellbeing.org.uk

Progress in Anticipatory Care theme - Enhanced Health in Care Homes

Enhanced Health in Care Homes - Reconditioning Initiative

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. He 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

October 2023 Updates:

- Musical sports programme starting in two local care homes, bringing local school children in to care homes to participate in joint activity with residents
- Music for dementia project took place in two care homes with positive outcomes.
- EHCH Online Resource Hub due to go live very soon, will share details in due course.
- Collaboration ongoing with H&SC Care Homes Team: looking at training for care homes in the areas of Falls, Hydration and Nutrition.
- PCN teaching to Care Homes (all 4 PCN care homes teams invited), excellent session on Falls Prevention from Meg Hill, Therapy Educator on H&SC care homes team.
- Further PCN teaching planned on Hydration and Nutrition.
- Work in progress on a new website for those caring for people in care homes in North Devon (carers, families, older people, health and social care professionals). The website will be a central resource hub with links to other relevant websites. We are currently working on the content, in collaboration with HAND, healthcare professionals, care home managers and others.
- Reconditioning Initiative: ongoing work in Care Homes- Andrew Jeffrey our Activity Facilitator is rotating around the N Devon care Homes doing one to one and group activity sessions for residents.

Progress in Anticipatory Care theme - Enhanced Health in Care Homes



October 2023: Updates continued...

- "Move and Groove" project in Pilot in Pilton House Care Home in Barnstaple and Seaview Haven care home in Ilfracombe is due to come to an end. This 6 week pilot project links care homes with local Primary schools, bringing children and older people together for joint movement and music sessions. We will be looking at project evaluation and considering expanding this to other care homes in North Devon.
- Follow on project to Move and Groove taking place in Pilton House and Seaview Haven, maintaining these new links with local schools- Andrew Jeffrey, Activity Facilitator, will be leading strength and balance activity groups for the CH residents and children to jointly participate in.
- 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.
- New music therapy pilot being planned: This will be for people with advanced dementia living in care homes. Aiming to start this next month.
- New Sarcopenia project being planned, looking at using hand grip strength to identify those most at risk of sarcopenia and how this group of people can then be best helped. In collaboration with the Community Therapy Team.

“

When I visit the care homes it is a pleasure now to see more residents up and out of bed and doing activities - I often now see residents using their interactive tablet or 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)

October 2023 Updates:

- Project now being extended into Barnstaple Alliance PCN
- We are bringing the Cost of Living Work under the umbrella of anticipatory care
- The Pilot project supports those over 65 with frailty and complex medical and social needs, who are under the Community Matron caseload.
- The weekly Anticipatory Care MDT provides the older person with holistic, person-focussed health and social care input.
- We are expanding the pilot into Barnstaple Alliance PCN
- Great engagement noted so far from the health and social care teams
- 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

Live Longer Better

Live Longer Better aims to....

- 1 Increase wellbeing and healthspan & compress the period of dependency
- 2 Improve wellbeing: physical, cognitive and emotional, to help people feel and function better – to prevent or delay or slow or even reverse frailty, dementia & disability
- 3 Address the negative perceptions of ageing: from society's perspective & own perceptions
- 4 *Reduce the need for health & social care in the long & short term:* increase strength, balance & functional ability to be better able to maintain & regain the ability to..... dress or get to the toilet without help when challenged by, for example, an acute respiratory infection



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: October 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)

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 October 2023:

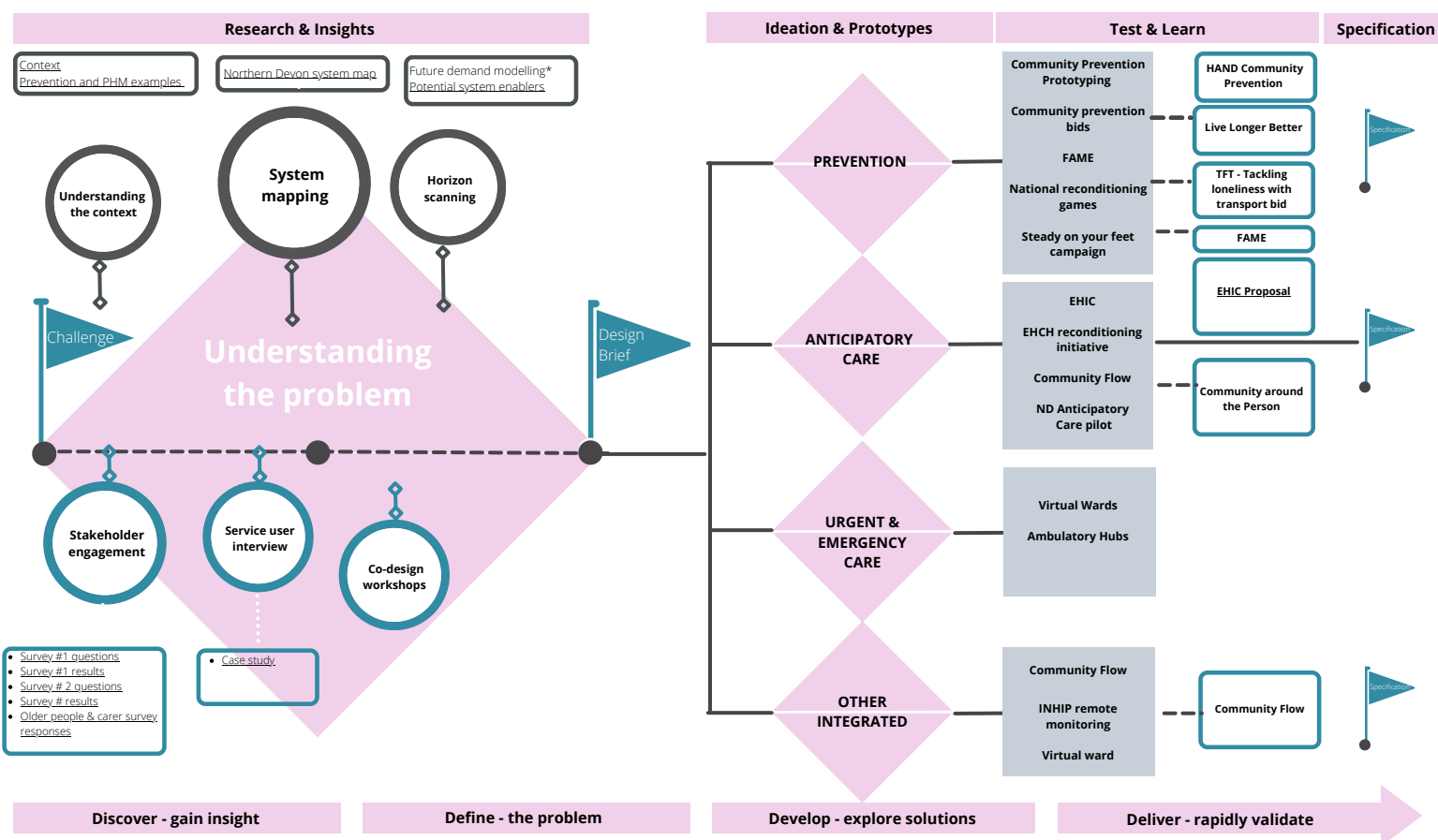
- Project has now officially finished.
- Full Evaluation due End of October (led by Devon Communities Together on behalf of DCC) for submission to Department for Transport. To be shared when available.

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.