

A large, faint background graphic consisting of several stylized human figures in various colors (purple, orange, green, blue, red, grey) arranged in a circular pattern, suggesting a community or network.

A Regional Approach to Ageing Well Community of Practice

4th February 2021

House Keeping



- Mute mics when not speaking
- Use the chat box for questions and we will address as we go or follow up afterwards
- Presentations will be circulated following the event
- The event will be recorded and shared



Welcome and Introductions

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Frailty – what's the latest?

Dr. Dan Cowie
Clinical Lead

COVID-19 and frailty

Involve

- BME leadership network NHS confederation. Perspectives from the front line – COVID-19 - https://www.nhsconfed.org/-/media/Confederation/Files/Publications/Documents/Perspectives-from-the-front-line_FNL_Dec2020.pdf?la=en&hash=C2D70F1DDF9DD9E46C074F6720F2CF0D5B6846FB

Respond

Healthy Ageing

- Centre for Ageing Better – How might COVID-19 affect healthy ageing (video – 2minutes) - <https://www.ageing-better.org.uk/healthy-ageing>
- Centre for Ageing Better – Image library launched to tackle stereotypes of later life - <https://www.ageing-better.org.uk/news/age-positive-image-library-launched>
- Website – **how fit NHS** – useful site for physical activity support - <https://www.howfittoday.co.uk/exercises>

Community Connectivity

LTC care

- BCG. COVID-19: Treatment for older people in the community (joint statement on medication and examples of pathways) - <https://www.bgs.org.uk/resources/covid-19-treatment-for-older-people-in-the-community>
- NHSE/I. Updated dementia wellbeing in COVID-19 - <https://www.england.nhs.uk/publication/dementia-wellbeing-in-the-covid-19-pandemic/>

CGA and care planning

- NHS guidance. Dementia wellbeing in COVID-19 pandemic (resources and tools) - https://www.england.nhs.uk/wp-content/uploads/2020/09/C0747_Dementia-wellbeing-in-the-COVID-pandemic.pdf

Crisis Response and Recovery

- There is a CALL for a national COVID-19 Resilience Programme (including tailored exercise, diet guidance and mental wellbeing through connectivity) – Report and Video - <https://www.physoc.org/policy/covid19resilience/>
- BGS: COVID-19 and rehabilitation study across Europe – COGER study - <https://www.bgs.org.uk/COGER> (<https://www.lumc.nl/org/unc-zh/English/>)
- FutureNHS Collaboration Platform – link to all information of COVID @ home (virtual wards. Oximetry @ home etc.) - <https://future.nhs.uk/NEWS2CN/grouphome>
- NICE guidance: managing the long-term affects of COVID-19 - <https://www.nice.org.uk/guidance/ng188/chapter/3-Investigations-and-referral>

Frailty hospital care

- BGS. COVID-19: Frailty scores and outcomes in older people (dynamic summary of ongoing trials) - <https://www.bgs.org.uk/covidfrailty>. Latest SR suggest ‘Clinicians should exert caution in placing too much emphasis on the influence of frailty alone when discussing likely prognosis in older people with COVID-19 illness’ - <https://academic.oup.com/ageing/advance-article/doi/10.1093/ageing/afab008/6097011?login=true>

Updates linked to Frailty ICARE

Respond

Healthy Ageing

- Deafness and Hearing Loss Toolkit – RCGP for primary care - <https://www.rcgp.org.uk/clinical-and-research/resources/toolkits/deafness-and-hearing-loss-toolkit.aspx>
- Centre for Ageing Better – BLOG, learning lessons from coronavirus (obesity, housing conversation and links) - <https://www.ageing-better.org.uk/blogs/how-can-we-learn-lessons-coronavirus>
- Village Life: Later living to the full – interesting video on ‘housing and living’ (Linked to **Housing LIN** – network for housing, health and social care) - <https://www.housinglin.org.uk/HLINSummit2020/agenda/village-life-later-life-living-to-the-full/>
- WHO. Decade of Healthy Ageing PLATFORM – video for utilization – <https://www.who.int/initiatives/decade-of-healthy-ageing/platform>

Community Connectivity

- SP NE&NC approaches – reading coach programme - <https://www.theguardian.com/books/2020/sep/02/stories-healing-funding-bibliotherapists-ann-cleeves>
- VSCE sector recruiting SPLW on behalf of PCNs
- **A North East and North Cumbria ICS Personalised Care Programme training offer.** Upskilling staff (e.g. Health coaching, PSP, SP, mental health)
- The NE&NC SP lead is leading the National Academy for SP and Thriving Communities programme (support and networking programme in England) - <https://socialprescribingacademy.org.uk/thriving-communities/>
- **Qualitative COVID19 Health Inequalities Impact Report published** as part of a COVID-19 Health Inequalities Impact Assessment (HIIA) for the North East.
- North East and North Cumbria Regional Social Prescribing Facilitator, Jane Hartley. Jane can be contacted at jane.hartley@vonne.org.uk

LTC care

- National NHS Discharge Medicines Service – cross sector toolkit for medicines on discharge from hospital - <https://www.england.nhs.uk/primary-care/pharmacy/nhs-discharge-medicines-service/>
- NIHR website’ Medication burden on older and their families (MEMORABLE study) - <https://evidence.nihr.ac.uk/alert/managing-medication-older-people-need-support-hidden-burden/>

CGA and care planning

- New EHCH guide (care provider alliance). This guide provides advice for care home managers on how to support their residents to benefit from the service - <https://careprovideralliance.org.uk/enhanced-health-in-care-homes-cpa-guide>

Frailty hospital care

- NHS elect – principles and characteristics of ‘same day care’ – based on CSF and CGA MDT assessment - [file:///Users/Danielcowie/Downloads/Acute Frailty Principles and Characteristics.pdf](file:///Users/Danielcowie/Downloads/Acute%20Frailty%20Principles%20and%20Characteristics.pdf)

Digital

- NHSE/I guidance –proxy access to GP records - <https://www.england.nhs.uk/ourwork/clinical-policy/proxy-access-to-gp-online-services-by-care-home-staff-guidance-for-care-homes-and-gp-practices/>

Theme: *Inequalities and ageing well, are we doing enough?*

- ***8 urgent actions for the NHS around Health Inequalities areas:***
 - ✓ 1. Protect the most vulnerable from COVID-19
 - ✓ 2. Inclusive restoration of NHS Services
 - ✓ 3. Digitally enable care pathways
 - ✓ 4. Accelerate preventative programmes
 - ✓ 5. Support those who suffer from mental ill-health
 - ✓ 6. Strengthen leadership and accountability
 - ✓ 7. Ensure accurate and complete datasets
 - ✓ 8. Place based collaboration, planning and action
- ***The 4 core initiatives currently in delivery across NE&NC are:***
 - 1. NHS Health Inequalities toolkit
 - 2. NHS Health inequalities leadership development in partnership with NHSE/I
 - 3. Development of an NHS Health inequalities Network
 - 4. NHS Health Inequalities Dashboard

Qualitative COVID19 Health Inequalities Impact Report published as part of a COVID-19 Health Inequalities Impact Assessment (HIIA) for the North East -<https://www.vonne.org.uk/resources/covid-19-health-inequalities-impact-assessment-north-east-qualitative-workstream-report>

Overall, the key findings were:

- Most data focused on impacts at an organisational level rather than populations
- Reported impacts - greater reliance on local partnerships, sustainability, funding and staffing, and concerns over digital delivery
- For at risk and vulnerable populations, the implications of this were withdrawal of services / inequalities in digital access, loneliness and isolation and consistently reported impacts upon mental health, wellbeing and physical health behaviours.

Recommendations and next steps:

- Funding is the most critical issue facing the VCSE sector.
- Positives -using technology to deliver services and increased partnership working and new collaborations.
- Threats - health inequalities are digital exclusion, prioritising Covid-19 at the expense of other and withdrawal of services
- Further 'deep dive' work is needed with cross-referencing of quantitative data on outcomes and impact of populations for the future

Digital and Information Technology

CGA (CHA) Digital Tool

- Specification signed off
- HC building the 'tool' – likely completion April 2021
- Engagement events (iterations of the tool)
- Gateshead locality identified to pilot
- Seeking funding for implementation and evaluation
- Early proposal to an evaluation strategy has been drafted



Jackie's Story

- Work to be done:
 - Finalised 'impact statements'
 - Review overall 'content' to be done
 - Share with COP for comments
- Following completion - need to consider engagement/usability/alignment with outcomes/PHM work
- Latest version – www.rawtest.co.uk

Jackie's Story



Workforce Projects



Workforce Planning [Gateshead - primary care]

- Awaiting to see the developed 'workforce planning' tool after approval and review by Gateshead system board and HENE

EnCOP

- Beyond the region: ARC LTC Implementation Funding; collaborative bid with East Midlands – committed to working together with or without funding

Metrics and outcomes update

- Continued conversations with NECS and NEQOS colleagues to:
 - Update frailty metrics (aligned with national outcomes)
 - Updating of the functionality of frailty framework
 - Alignment to “Jackie’s story’ impact statements
 - Alignment to Population Health Management programme
 - **Jenny to review**

Research and Development update

- RCF: supported living project data collection to start
- ARC EnCOP quantitative: patient and public involvement event 9th Feb
- ARC Frailty: patient and public event 10th Feb
- ARC EnCOP Implementation: no outcome yet



Frailty Network: Operational Update

- Claire Braid to join the Steering group (Personalisation Lead)
- Ageing well funds to ICPs – “ageing well” proposals



Information Sharing Session

good practice, challenges, issues moving forward



Ageing Well ICP Proposals/Plans

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Central ICP Ageing Well

- BRAG the services have in place by locality to take stock of progress against 3 priorities;: EHCH, anticipatory care and UCR.
- To support the challenges that each locality voiced by participating in CGA healthcall pilot and with the EnCOP programme.
- Identification of frailty through vulnerability approach; To develop a model by drawing upon existing risk stratification and population segmentation tools to consider how those currently or at risk of loneliness (and possibly living with frailty) can be identified, based on factors identified in the evidence.



Any Other Business

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