

# Enhanced Care for Older People

## Learning Session Number 12

Title: The South Tyneside Approach to Ageing

A) Working Towards being an Age Friendly Community

B) Being Transgender

Speakers:

Mary Fairfield, Public Health Practitioner. South Tyneside  
Bea Groves-McDaniel, Vice Chair of Healthwatch North Tyneside



# EnCOP

Enhanced Care for Older People

EnCOP Lead: Lynne Shaw Date: Wednesday 23<sup>rd</sup> November 2022

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## Housekeeping

- Please ensure microphones are muted and during presentation cameras are turned off.
- The event will be recorded and shared.
- The webinar recording and presentation will be circulated and uploaded on to the website following the event.
- If you have any questions during the session then please use the chat facility. We will attempt to address questions, if we can't then we will follow up after the event.
- Please also use the chat facility to inform us of any technical issues as this will be monitored closely throughout by one of the EnCOP team.
- Occasionally you may have difficulty seeing or hearing video clips that are played, this will usually be due to your own device or software settings and not something we can influence during the webinar session. Please be assured all content will be shared following the event so you will have an opportunity to view afterwards.
- If you need to take a break at any time throughout the session please feel free to do so.



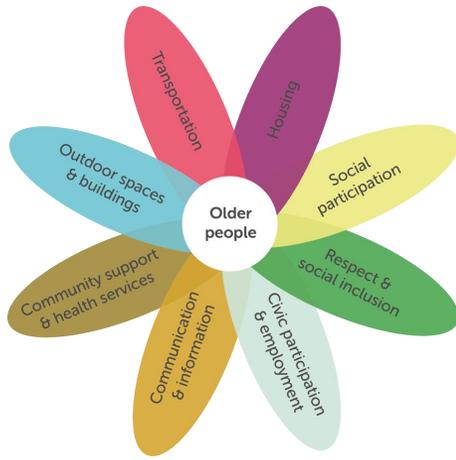
# Session Aim & Linked Competencies

- **Aim: To explore the wider determinants of health and well being in older age , provide insight into what constitutes an Age-Friendly community and increase awareness of being transgender and ageing impacts**

## **Linked EnCOP Domains:**

<b>Domain A: Values, Attitudes and Ethical Practice</b>
<b>Domain B: Evidence Based Care : Supporting learning, leadership and improving care for older people</b>
<b>Domain C1: Partnership working and communication with older people, families and others</b>
<b>Domain D1: Ageing Well – Understanding Frailty – Prevention, identification and recognition</b>
<b>Domain D2: Ageing Well – Assessing , planning, implementing and evaluating care and support with older people</b>
<b>Domain D3: Ageing Well- Promoting &amp; supporting independence, autonomy &amp; community connectivity for older people</b>
<b>Domain D4: Ageing Well – Promoting and supporting holistic physical health and wellbeing with older people</b>
<b>Domain D5: Ageing Well – Promoting &amp; supporting holistic psychological health &amp; wellbeing with older people</b>





# South Tyneside



## Working Towards Becoming an Age Friendly Community

Mary Fairfield  
23<sup>rd</sup> November 2022



# Agenda

- Overview data
- The determinants of health & wellbeing
- Age friendly community networks
- The eight themes
- Progress in South Tyneside
- Learning from the best

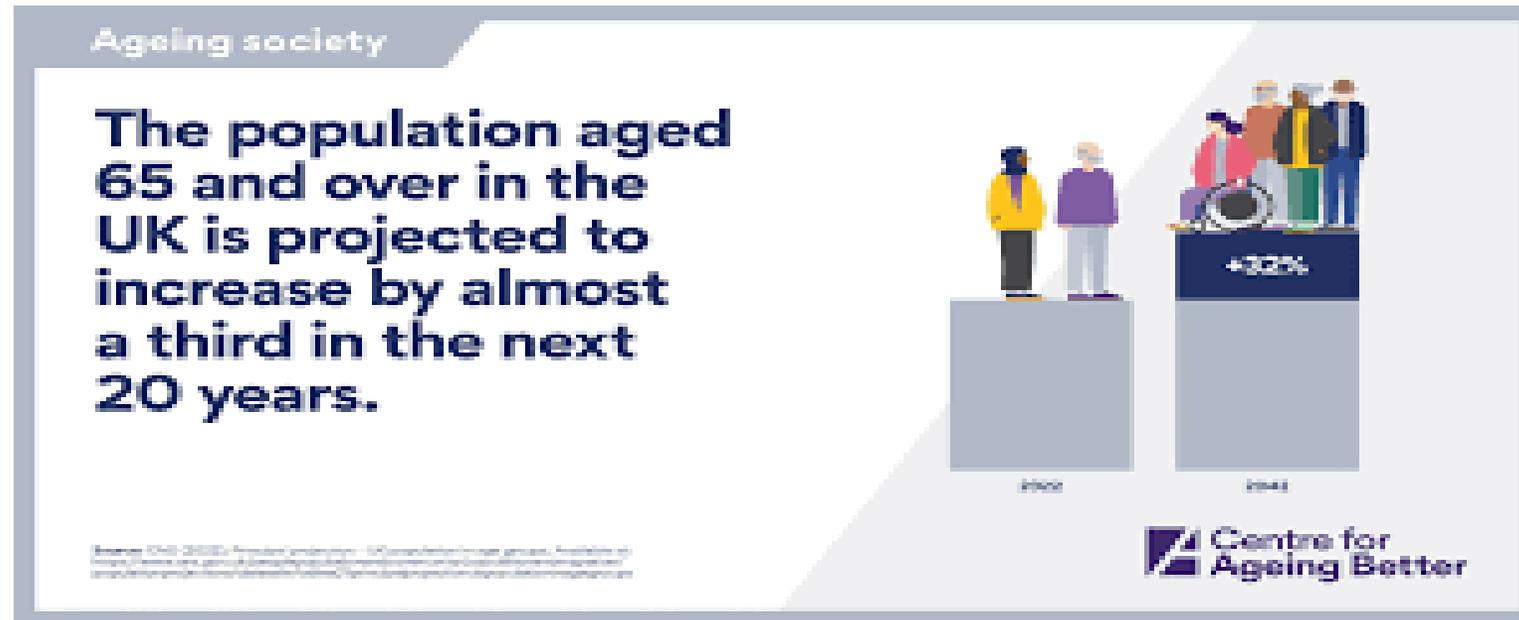
# Population – Census 2021

	2011	2021	% Change
England	56,075.912	59,597.300	+ 6.3
North East	2,596,886	2,647,100	+1.9
South Tyneside	148,127	147,800	- 0.2

# Percentage change by age band From 2011 – 2021 Census

<b>50- 54</b>	<b>- 7</b>
55 – 59	+ 18
60 - 64	+ 9
65 – 69	+ 24
70 – 74	+ 28
75 - 79	+ 2
80 - 84	+ 4
85 – 89	0
90 +	+ 20

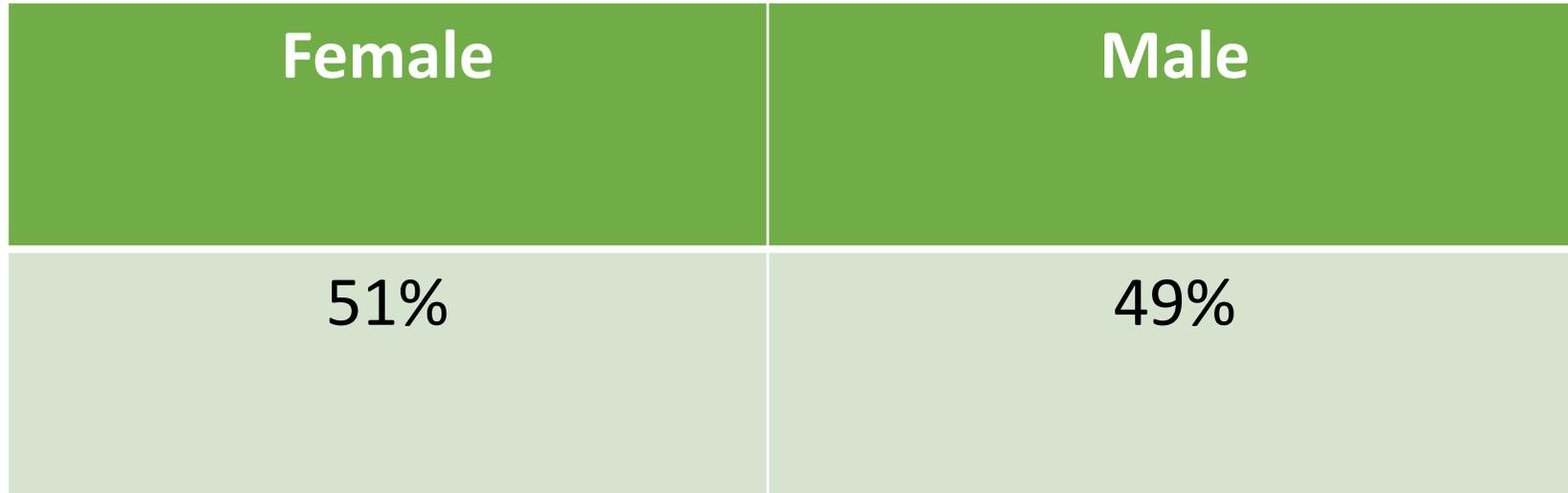
# Expected increase 2022 to 2042



# Aged 64 years and over

Census	2011	2021
England	16.4%	18.6%
South Tyneside	18.1%	20.9%

# Census (2021)



Consistent across England, North East and South Tyneside

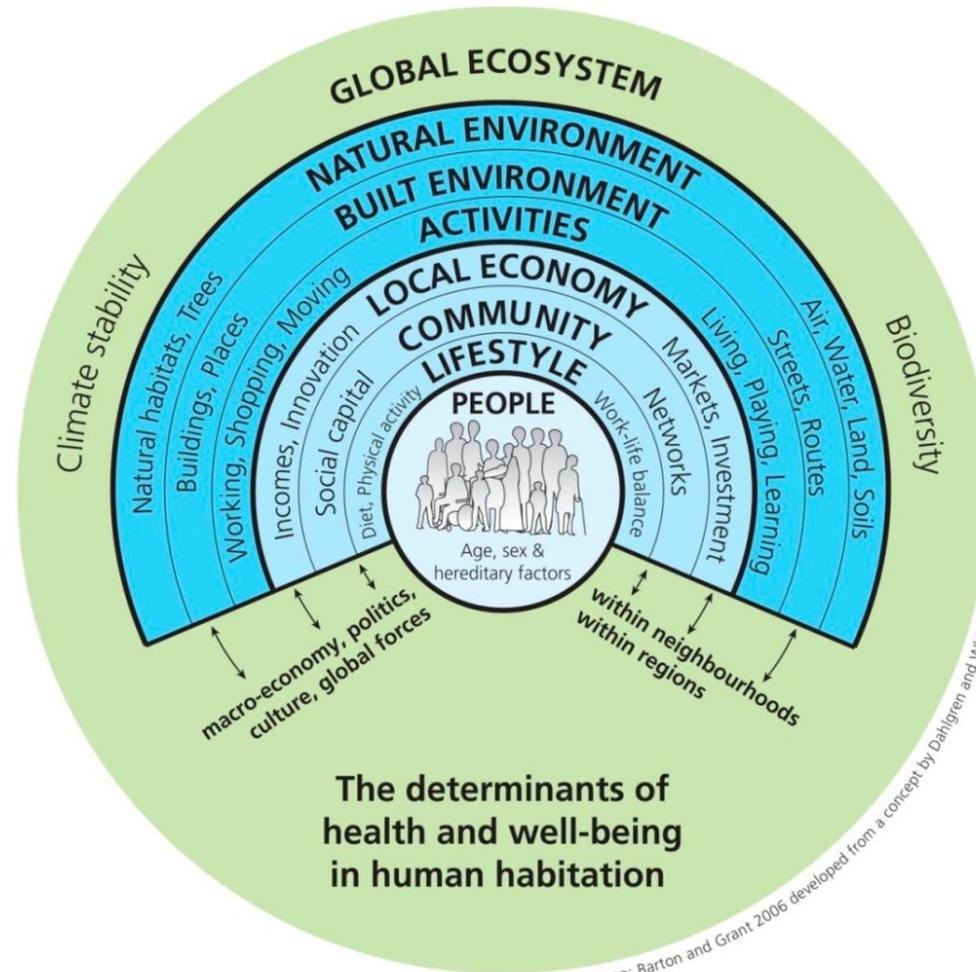
# Life Expectancy at 65 (2020)

	Tyneside	England
Male	16.6	18.1
Female	18.8	20.7

# Health Life Expectancy at 65 (2018 -2020)

	South Tyneside	England
Male	8.99	10.5
Female	9.33	11.3

# Determinants of Health & Wellbeing



# At any local level

- Who we are
- What we do
- Where we live

Has an impact on our health & wellbeing

Some communities need more support than others



# Specific Areas 2021/22

## South Tyneside V England

<b>Employment Rate 16-64 Physical/MH LTC</b>	<b>17.4</b>	<b>9.86</b>
Older People in Poverty	21.4 %	14.2%
Older People Living Alone	37.1%	31.5%

# Age Friendly Community Networks

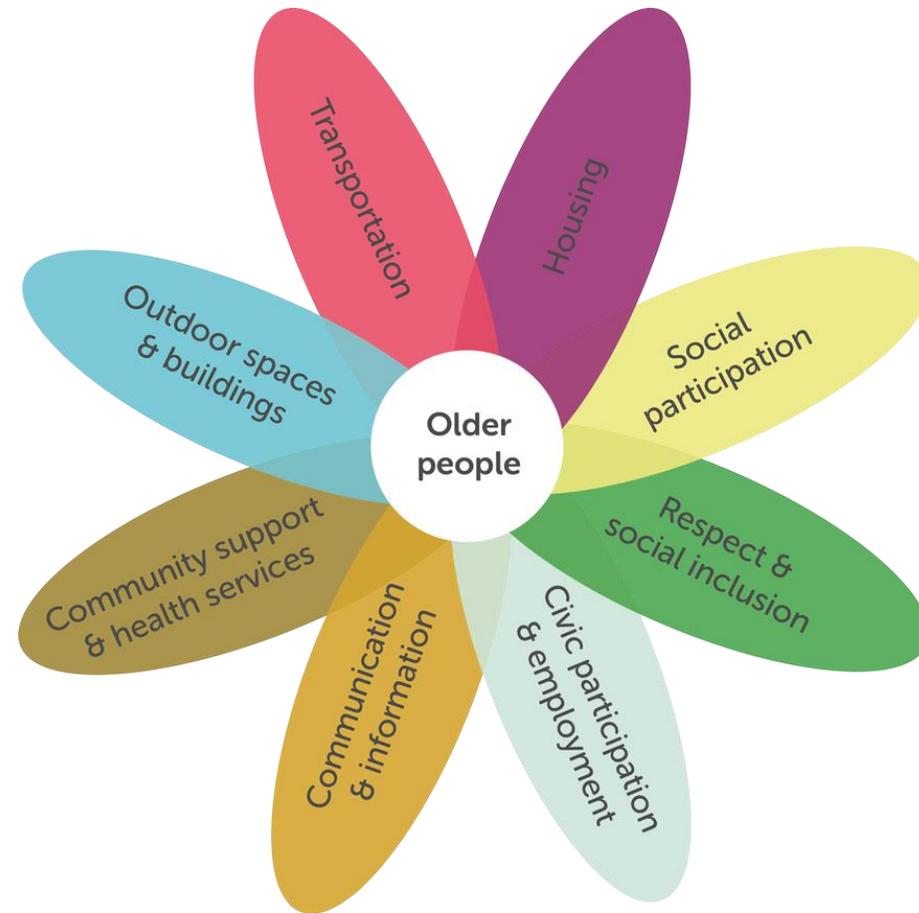
- The UK Network of Age-Friendly Communities is a growing movement with over 50 member places across the UK
- Affiliated to the World Health Organisation's Global Network for Age-friendly Cities and Communities.
- Utilises a framework established in 2012
- Which aims to enable older people to live independent lives, contribute to their community and participate in the activities they value for longer.



## Centre for Ageing Better

An Age-friendly Community is a place where people of all ages are able to live healthy and active later lives. These places make it possible for people to continue to stay living in their homes, participate in the activities that they value, and contribute to their communities, for as long as possible.

# Consists of eight domains



# Progress so far

- Registered with the Centre for Ageing Better in March 2022
- Established a Steering Group
- Buy in from various partner Committees / Boards /Alliances
- Formal launch November 2022 – in line with IDOP
- Baseline survey runs from 1.11.22 – 31.12.22
- Working with specific communities – V&H, WHiSH, Apnar Ghar
  - Analysis of those results
  - Validation of those results
  - Action Plan and Strategy

# Ards and South Downs – Northern Ireland

Outdoor Space and Building	Accessibility and walkability audit Access to public toilets
Transport	Dementia friendly training for all front line staff
Housing	Invest in social housing stock to reduce fuel poverty and increase energy efficiency
Sociable Participation	Prioritise social isolation within the community planning process and identify exemplar initiatives

# Ards and South Downs – Northern Ireland

Respect & Social Inclusion	Increase number of places accredited and people and trained as Dementia friendly
Civic Participation	Ensure people of all ages are represented on consultative panels such as Disability Forum, Arts and Heritage panel, Sports Forum, etc
Community Information	Regularly review Borough Magazine and website content to consider accessibility of information for everyone
Community Support and Health Services	Support service providers to deliver practical help to those experiencing poverty – food, fuel and income

# Learn from those leading the way



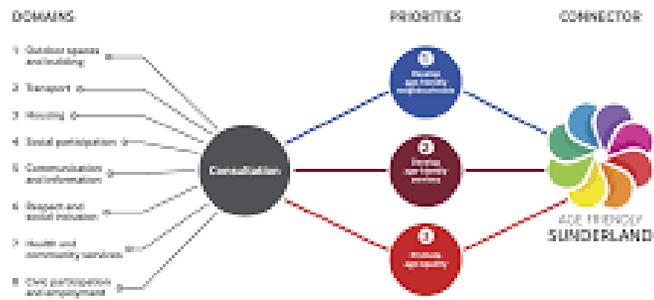
## AGE FRIENDLY CITY: The Sunderland Model

Our three key priorities:

We began working on this project in 2017, with the aim of making Sunderland an age-friendly city. This was done through a series of consultations and a focus on three key priorities: 1. Outdoor spaces and building, 2. Transport, 3. Housing.

Through consultation with Sunderland City Council and other partners we have developed this model for an age-friendly Sunderland, which will be implemented through the Sunderland City Council's Strategic Plan 2022-2026.

The age-friendly Sunderland will be implemented through a series of projects and programmes at all the levels of the city. For more information on the age-friendly Sunderland, visit our website [www.sunderland.gov.uk/agefriendly](http://www.sunderland.gov.uk/agefriendly) or contact [agefriendly@sunderland.gov.uk](mailto:agefriendly@sunderland.gov.uk)



# Growing Older and Being Transgender

Bea Groves-McDaniel

17<sup>th</sup> October 2022





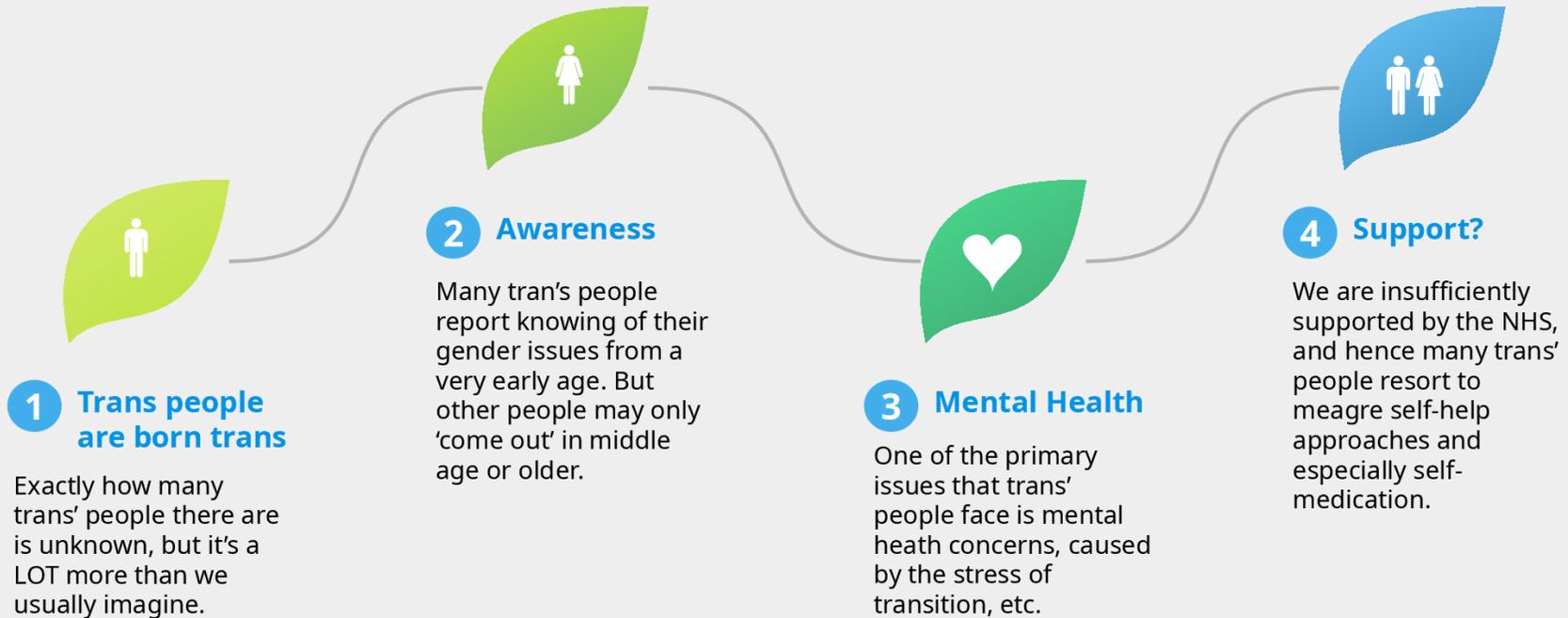
## Transgender People...

- 01 It's not a lifestyle choice**  
Transgender people are BORN and not 'MADE'. In effect, you can't choose to be trans'... you either are, or your not.
- 02 We have double the issues**  
Health wise, trans' people suffer from the same diseases and ailments as their BIOLOGICAL bodies would determine. But we also have another set of health concerns that arise from our transition
- 03 Ageing is a problematic matter**  
Getting older provides many of the same hurdles that cisgender people have, but also extra concerns about autonomy
- 04 Fraught relationships...**  
Our relations with health professionals can sometimes be fraught with bad communications, a lack of access to relevant services, long waiting lists, etc.



**It's not a lifestyle  
choice...**

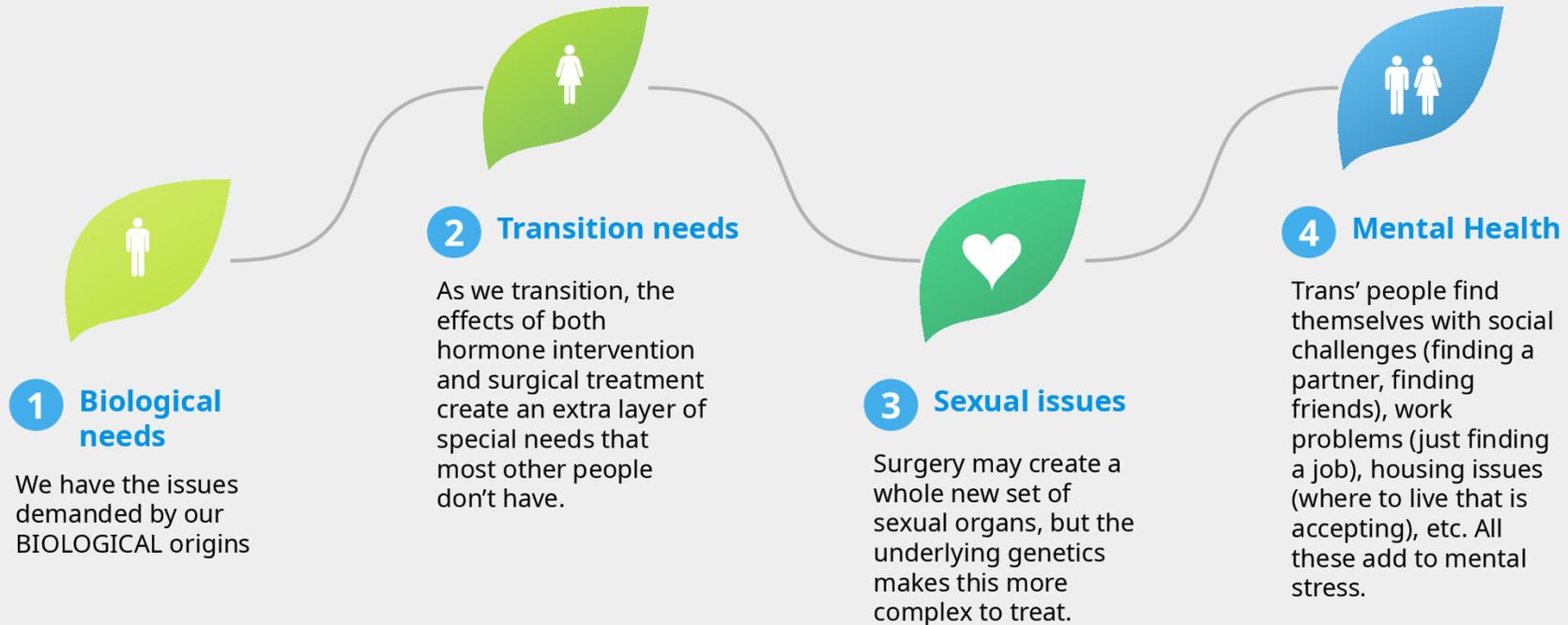
# It's not a lifestyle choice





**We have double the  
issues...**

# We have double the (health) issues





**Ageing is a  
problematic  
matter...**

# Ageing whilst trans?

Every older person has, at one time or another, been concerned about their autonomy and physical capacity as they age.

Transgender people feel this too, but with an extra concern that they may not be able to defend the nature of their transition into older age. Many of us (me included) worry about how we might be treated if we were mentally or physically incapacitated and cannot express our needs to health professionals.



# Fraught relationships...

# Relationships with the health and social care service

We already suffer from an under-resourced NHS Gender Clinic system. Long waiting times (five years!) mean that the temptation for many trans' people is to self-medicate, with all that implies for safety.

In addition, there is an underlying sense of lack of feedback and control in trans' lives: we are often 'the-subject-of' strategies of care and treatment with very little possibility of 'being-part-of' our own care plans.

# “What is to be done?”

- Better and more systematic training in transgender needs for those who have power over trans' lives
- Better mental health resources, especially with more access to counselling on a longer term (post-transition) basis.
- A feedback system to make our needs known, and a greater involvement in the creation of our personal care planning.

# Thank you!

Bea Groves-McDaniel is a teacher, trainer and organiser with over forty years experience. She is Vice-Chair of HealthWatch North Tyneside, and a member of the NHS Involvement Bank.

She was born in 1955, is transgender, and transitioned in 2008. She is married to an American musician (since 2017).

Contact: [beagroves@gmail.com](mailto:beagroves@gmail.com)



Thanks





## Ideas for Learning Consolidation & Competency Conclusion

### **Consolidating Learning:**

#### **Reflection on the session & considering application to practice & what this means 'your people'**

- Think about this session in relation to your own role
- How much of this was revision?
- What have you learned today ?
- How will this help you in your role ?
- Think about your EnCOP self-assessment; consider which performance indicators this session may relate to and how this can be used as part of your own development / competency achievement.

**A: Values, Attitudes and Ethical Practice**

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Feedback about today's session and any future sessions you may like to see included in our webinar series....

All feedback welcomed; You may want to consider the following –

Was it easy to book onto the session?

Did you find the session went well in this online format ?

Was the content of the session relevant to your area of practice / job role?

Did you enjoy the session?

Thinking about future webinar's, which topics linked to older person's care would you be most interested in?

Please put any suggestions in the chat.

Please comment in the chat today or feel free to email us: [ghnt.encop@nhs.net](mailto:ghnt.encop@nhs.net)





**More information can be found within  
the Frailty icare website**

[www.frailtyicare.org](http://www.frailtyicare.org)

Our EnCOP pages are located in the  
workforce section

**EnCOP Library of Learning &  
Development Resources can be found**

at:

<http://frailtyicare.org.uk/making-it-happen/workforce/enhanced-care-of-older-people-with-complex-needs-encop-competency-framework/encop-learning-resources/learning-resources/>

