

# Agenda

## Health and Well-Being Board

**Tuesday, 21 May 2019, 2.00 pm**  
**County Hall, Worcester**

### Agenda

Item No	Subject	Presenter	Page No
9	<b>Integrated Care for Older People in Worcestershire (ICOPE)</b>		1 - 26

#### Webcasting

Members of the Health and Well-being Board are reminded that meetings of the Health and Well-being Board are Webcast on the Internet and will be stored electronically and accessible through the Council's Website. Members of the public are informed that if they attend this meeting their images and speech may be captured by the recording equipment used for the Webcast and may also be stored electronically and accessible through the Council's Website.

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Agenda produced and published by Simon Mallinson, Head of Legal and Democratic Services, County Hall, Spetchley Road, Worcester WR5 2NP

To obtain further information or a copy of this agenda contact Kate Griffiths, Committee Officer on Worcester (01905) 846630 or email: [KGriffiths@worcestershire.gov.uk](mailto:KGriffiths@worcestershire.gov.uk)

All the above reports and supporting information can be accessed via the Council's website at <http://worcestershire.moderngov.co.uk/uucoverpage.aspx?bcr=1>

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# Integrated Care for Older People in Worcestershire ICOPE

Dr Maggie Keeble Care Home GP  
Clinical Lead for ICOPE Worcestershire  
Worcestershire Acute NHS Trust  
Worcestershire Health and Care Trust  
Worcestershire CCGs



#ICOPE\_worcs

ICOPE

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## Integrated Care for Older People

### *WHO ICOPE PROGRAMME*

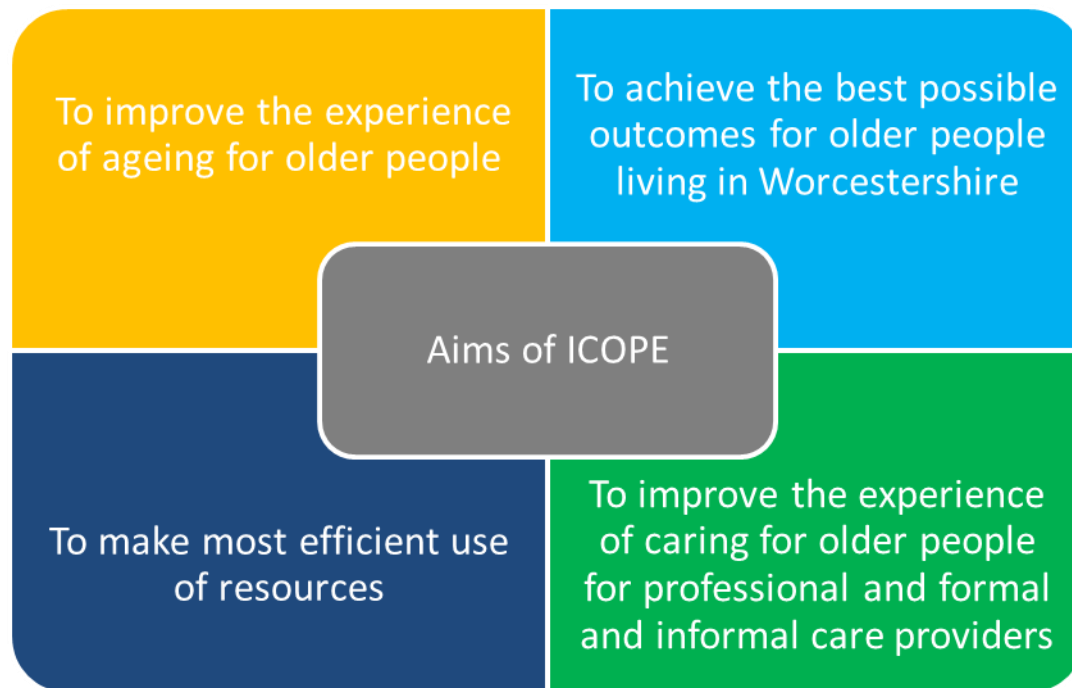
Islene Araujo de Carvalho, MD MSc MPH  
Senior Policy and Strategy Adviser, Ageing and Life  
Course  
Director, Ageing and Life Course

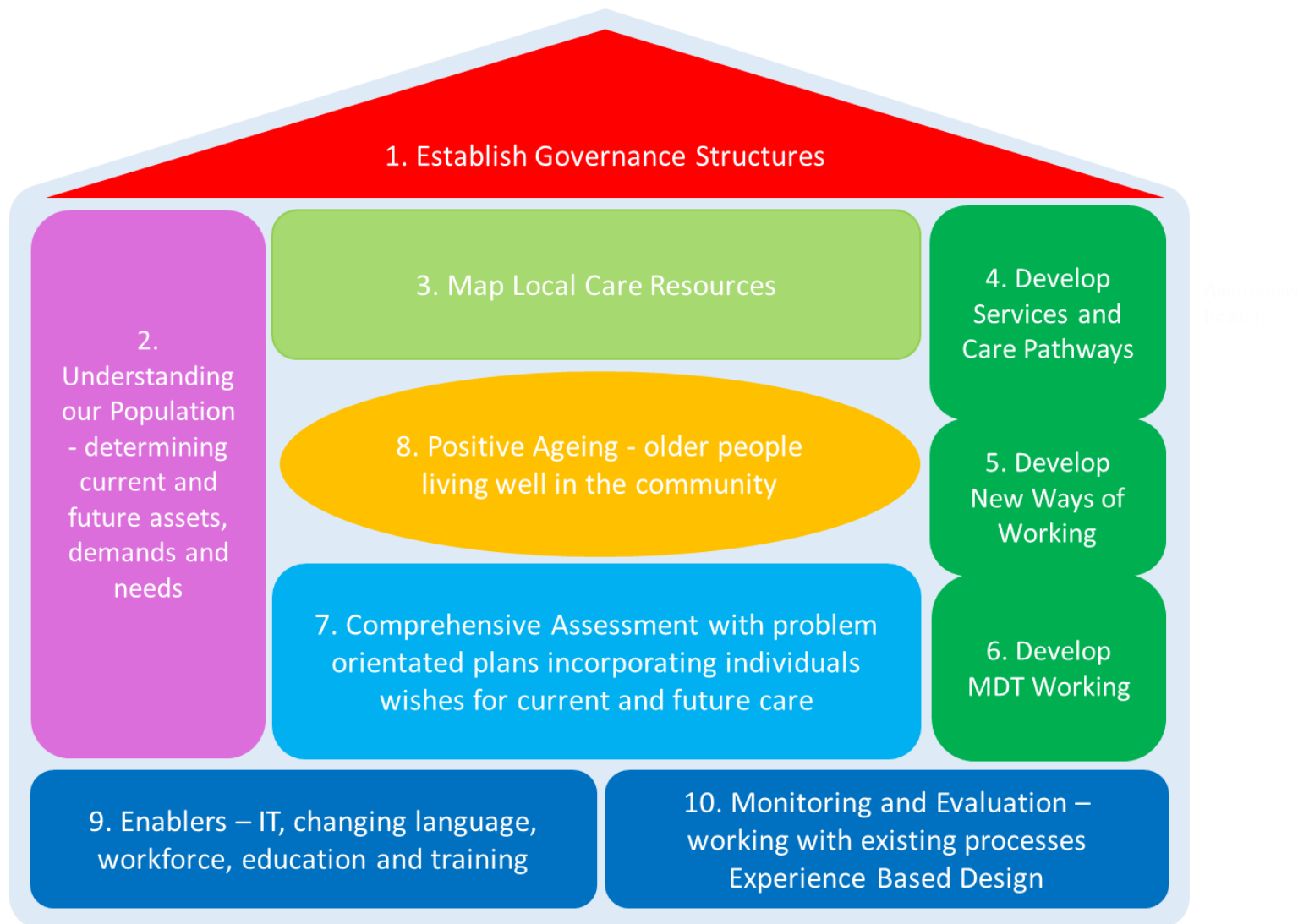


# Worcestershire ICOPE programme :

- NHS providers :
  - CCGs.
  - Acute Trust
  - Community Trust
  - GP practices
- Adult Social Care
- Public Health
- WMAS
- Older people /patient representatives
- Age UK Herefordshire and Worcestershire
- Worcestershire Association for Carers
- University of Worcester – Dept. of Sports Research

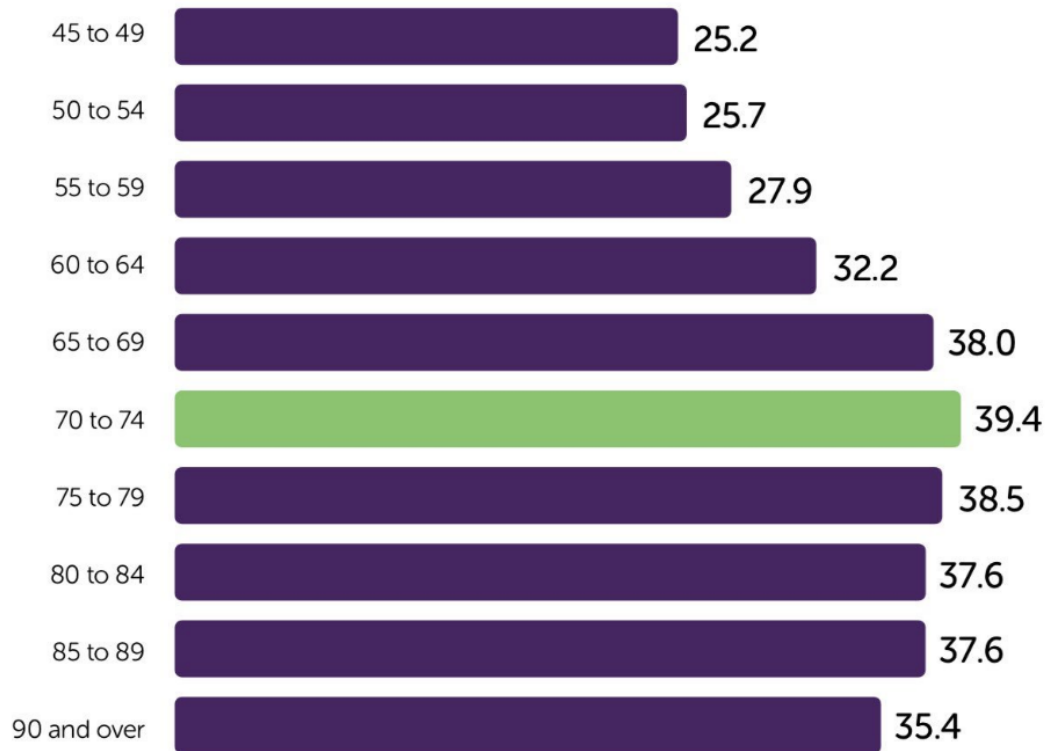






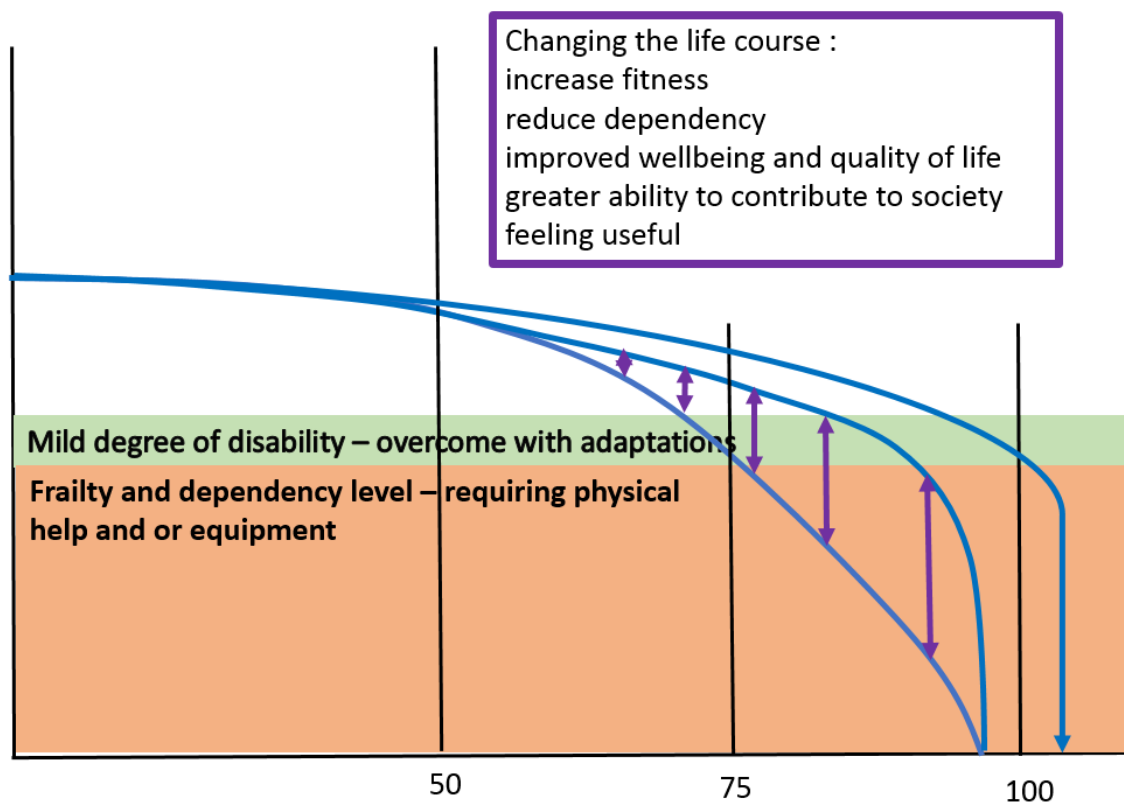
## 8. Positive Ageing

Percentage of people with very high satisfaction  
with their lives overall, April 17-March 18<sup>27</sup>



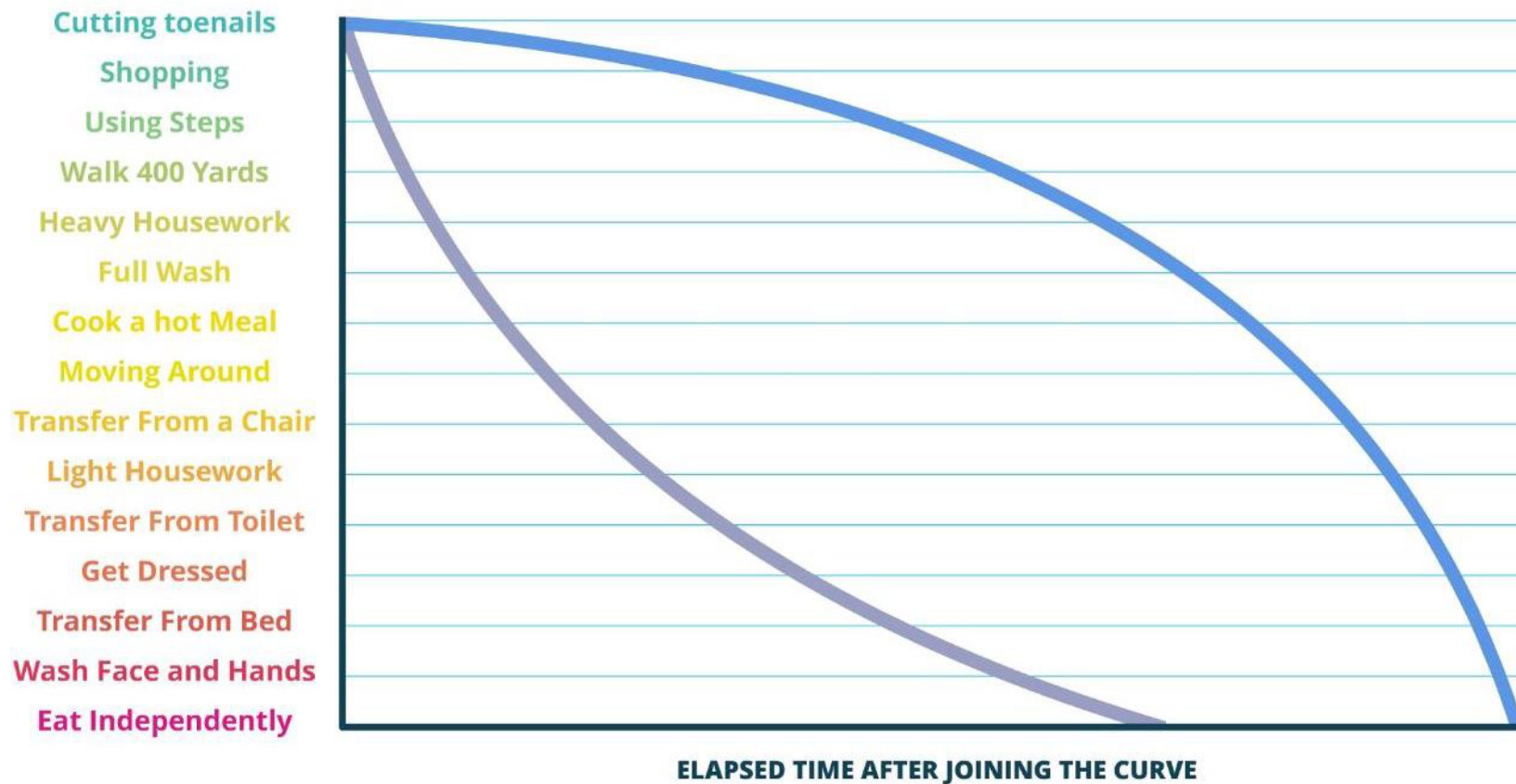


# Life Curve

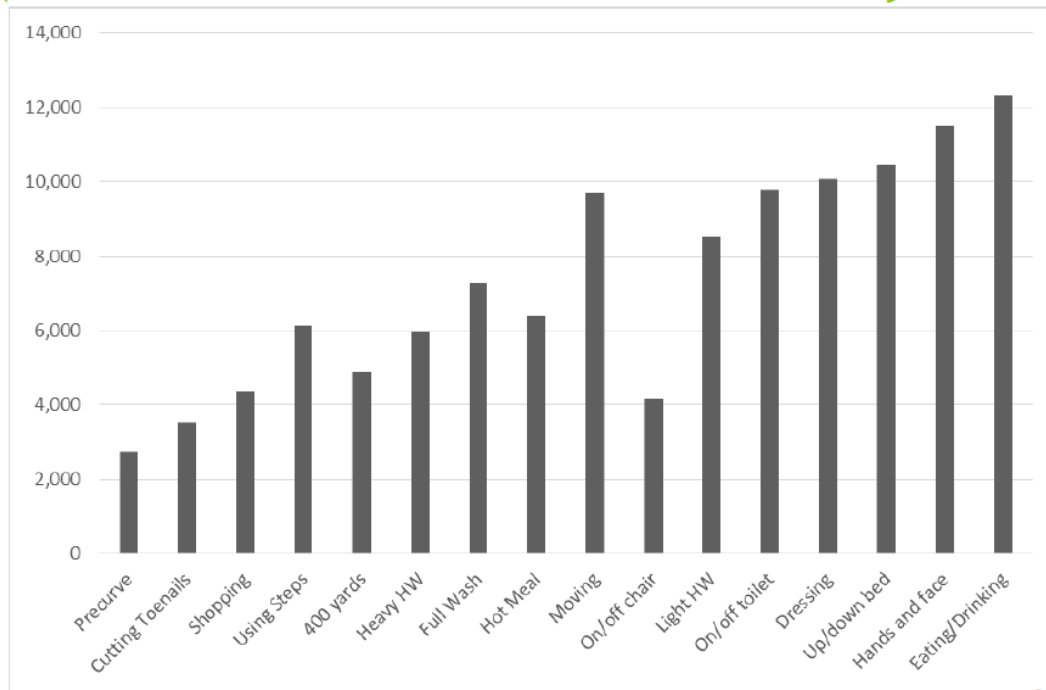


# ADL Life Curve

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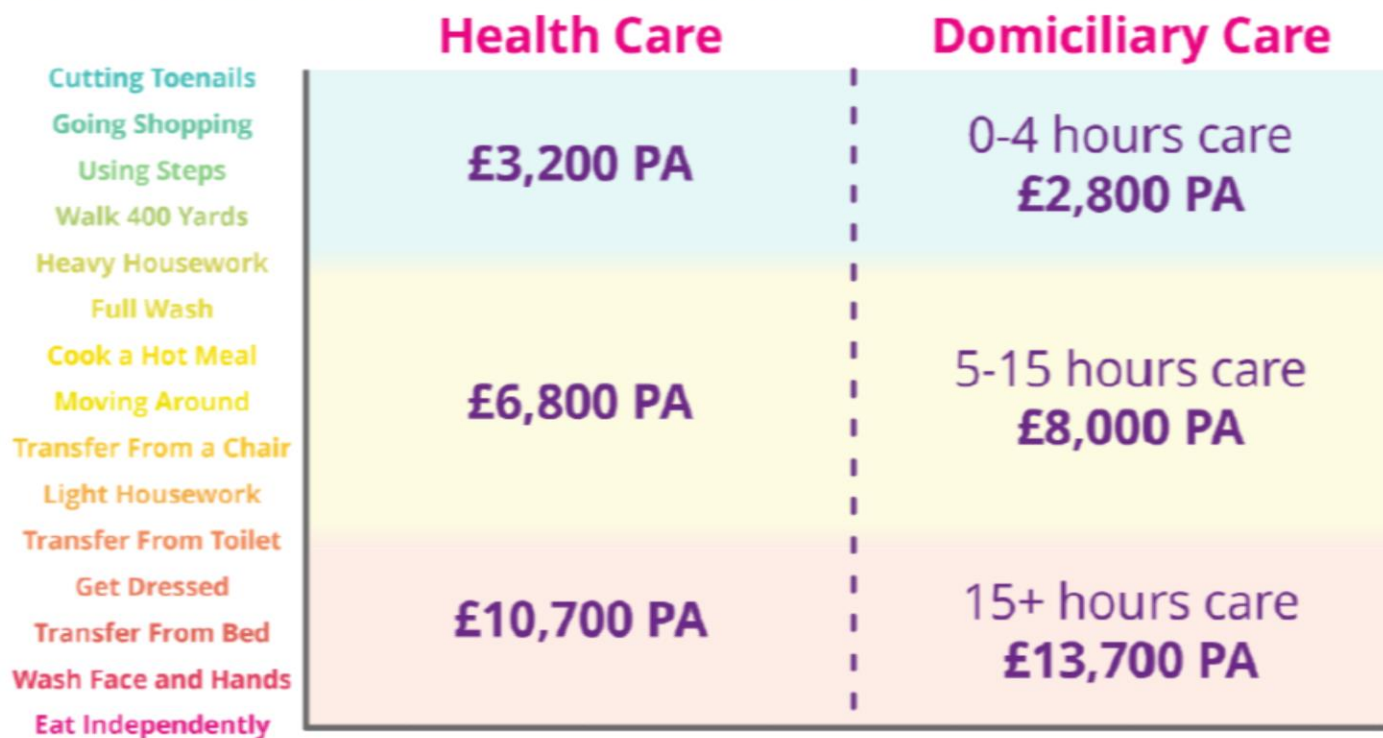
## Cost per person per LifeCurve™ stage (without mental health or maternity services)



Precursors £2,400 pa  
 LifeCurve® 15 £12,200 pa  
 Change = £10,000 pa

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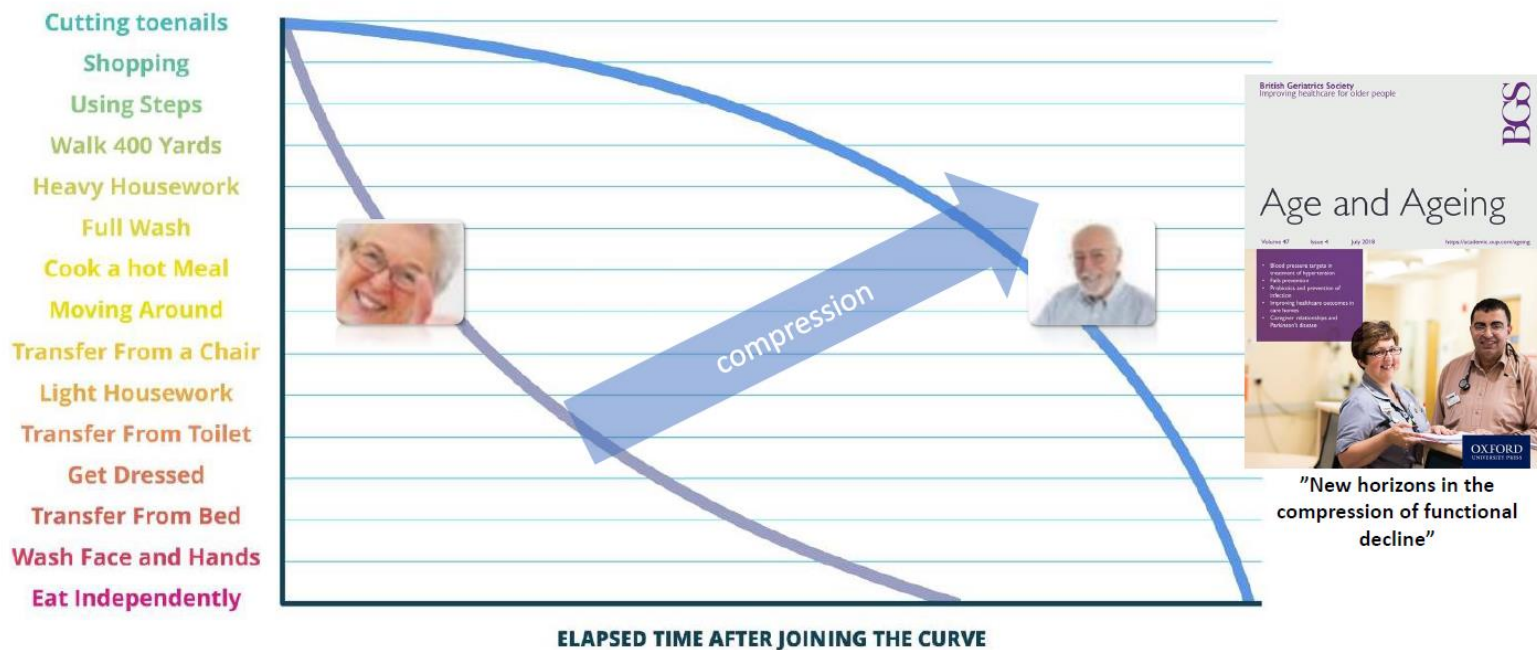
# Health and Social Care costs across the ADL LifeCurve™



Data: AILP ADL LifeCurve™ survey 2017, Worcester extra care housing 2017

# Compression of the LifeCurve

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Age Ageing. 2018 Nov 1;47(6):764-768. doi: 10.1093/ageing/afy145.  
New horizons in the compression of functional decline

# Potential Savings – Health and Social Care Costs

## Preventing frailty progression: Potential Cost impact



Adjusting for age, gender and deprivation:

- If **10% of the severely frail had remained moderately frail** the **gross savings** in Kent would be **£1.6m over 10 months**
- If **10% of the mildly frail had remained fit**, **gross savings** would be **nearly £9m** (owing to higher patient numbers)
- *NB: Gross estimates- these figures do not account for the costs of interventions to prevent frailty progression*

Gross cost savings if 10% of cohort were less frail by one EFI stage		
	Per patient	For 10% of Kent cohort
Mild	£1,117	£8,878,776
Moderate	£1,228	£3,682,197
Severe	£1,982	£1,644,832



[www.england.nhs.uk](http://www.england.nhs.uk)

Kent Integrated Dataset economic model 2017-18 NHS England

# Interventions Proven to make a difference

- Diet
- Alcohol
- Smoking
- **Physical activity– Strength and Balance**
- **Mental activity- ‘Brain gym’ – cognitive stimulation**
- **Sensory Activity - Maximising senses – Eyesight hearing**
- **Social Activity – Reducing Loneliness**

# ICOPE Launch Event 1<sup>st</sup> May Worcester Arena

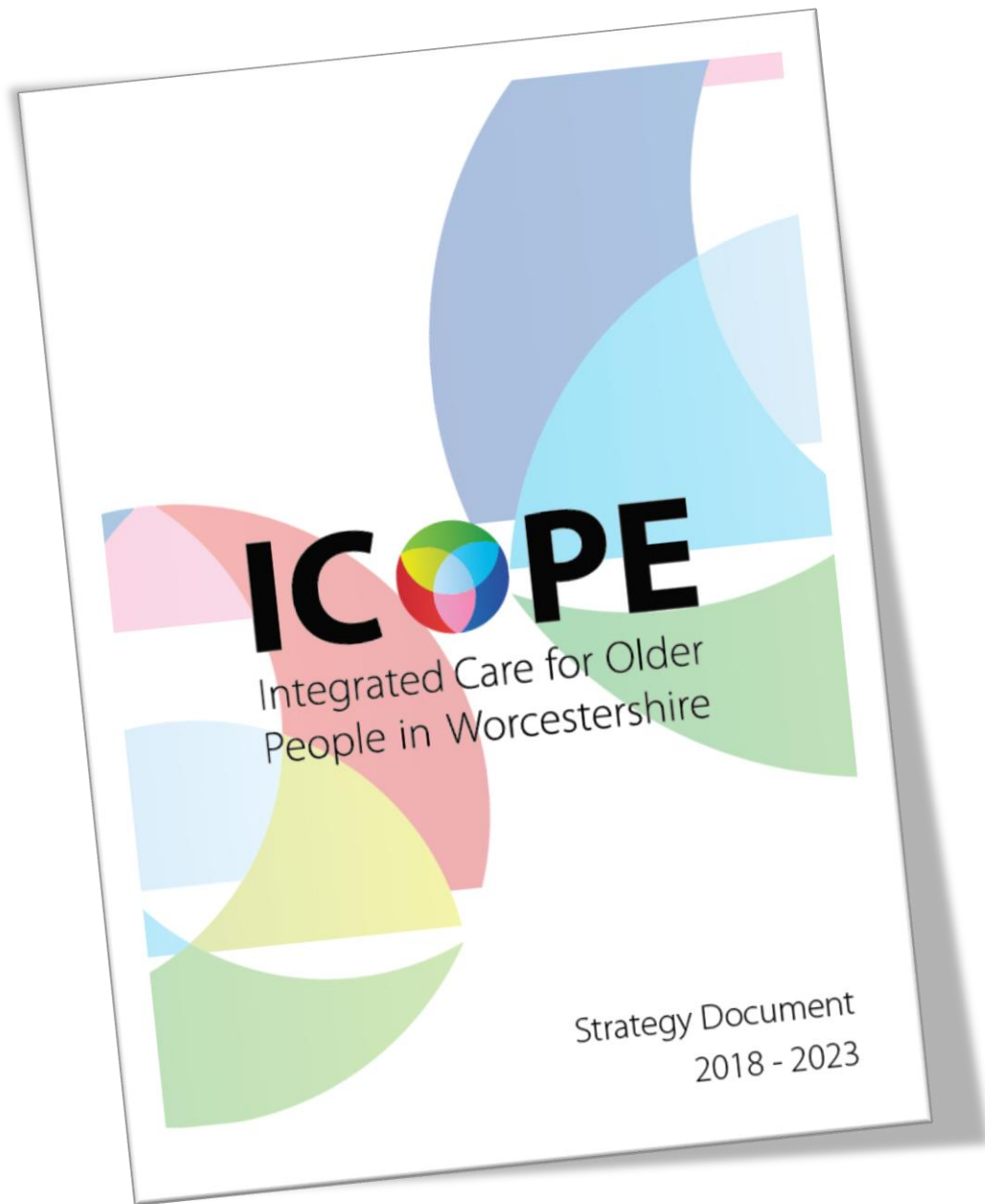
## 150 Delegates

- County Council
- District Council
- Adult Social Care
- Public Health
- CCGs
- Health Watch
- Worcestershire Health and Care Trust
- Worcestershire Acute Hospitals Trust
- Older Adult Mental Health Services
- Age UK
- St Richards Hospice
- Worcestershire Association of Carers
- University of Worcester
- Worcestershire Telecare
- Older People

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# National Leaders

- NHS England Clinical Director for Older People and Integrated Care
- Centre for Ageing Better
- Professor Peter Gore – Newcastle University
- Media Star – Joyce Williams

## Main messages

- Ageing can be a very positive experience
- Happiness peaks at 73
- There are things that can be done to **prevent reduce** and **delay** the onset of dependency and promote a sense of wellbeing in later life
- Older People contribute a great deal to their communities through working and volunteering and caring
- Their contributions, skills and wisdom should be recognised and celebrated
- We can do a lot more to enable people to retain or regain their independence
- Health and Social Care services needs to work more collaboratively

# Positive Feedback

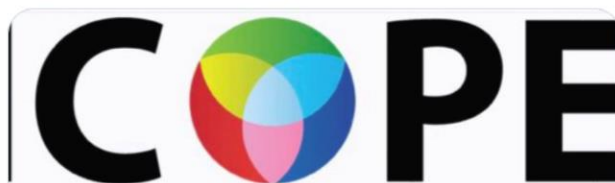


Alan Gormley  
@alanmg

Delighted to be  
Worcestershire  
#ICOPE\_Worcs  
Worcestershire  
place to become  
aligned and in  
services, active  
@KeebleM @  
@BromStand



**WorcestershireCarers** · 01/05/2019  
Good afternoon #Worcestershirehour.  
We are thrilled today to be at the launch  
of @ICOPEWorcs Making Worcestershire  
a better place to live in later life and  
improving the experience of ageing. Here  
with some fantastic speakers and  
partners #positiveageing  
#ICOPE\_Worcs



Integrated Care for Older  
people in Worcestershire



Age UK H&W  
@AgeUKHW

Excited to be at @ICOPEWorcs launch  
today! Alongside @Reconnections\_W  
and many other older people's  
services. #ICOPE\_Worcs



## What next.....?

# Adult Social Care : Use of the ADL Life Curve App

- To collect information to map services
- Build in a self assessment advice and activity or resource finder

## ICOPE Team: Ageing Well Campaign:

- Ageing well project management
- Marketing strategy
- Ageing Well Toolkit – Therabands Videos online resources
- Training and development of current and future workforce

# Public Health and Local Councils



WHO Global Network  
for Age-friendly Cities  
and Communities

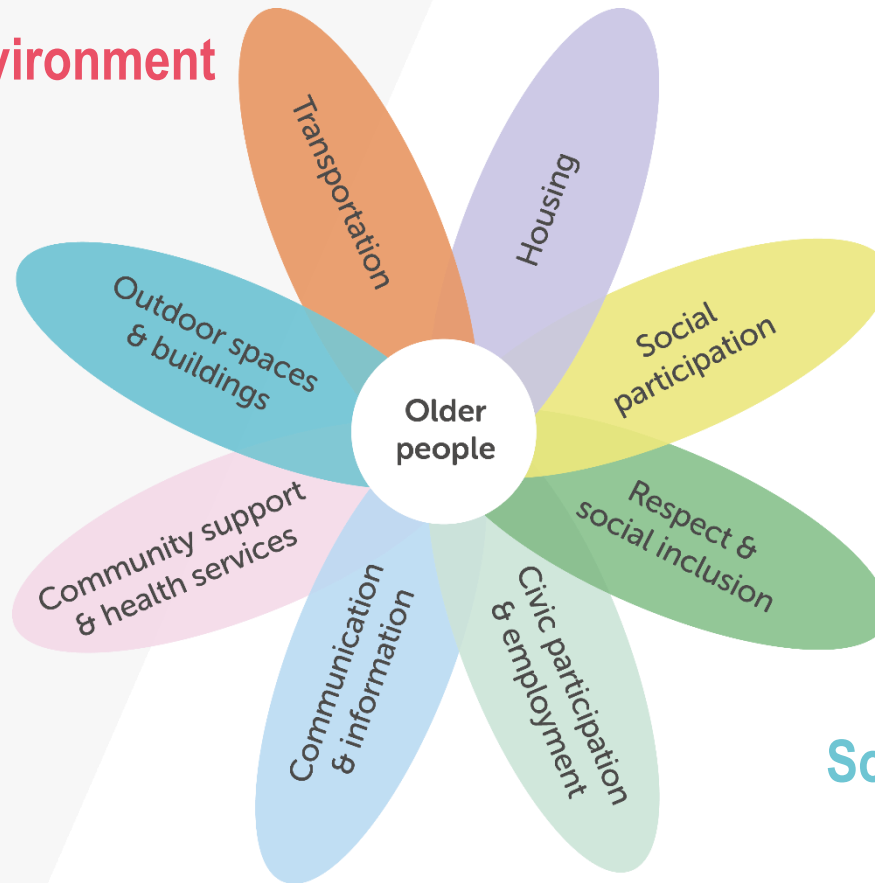
Becoming an Age Friendly Community  
a holistic approach to ageing better

Concept developed by World Health Organisation (WHO), 2006

- **places that foster healthy and active ageing**
- enable people to **stay in places of their choosing** as they age and to **continue to play an active role in their communities** for as long as possible
- **minimise barriers** to participation as abilities decline

# The Age-Friendly Communities Framework

**Built Environment**



**Social Environment**

# UK Network of Age-friendly Communities – 33

- Ards and North Down
- Banbury
- Barnsley
- Belfast
- Brighton and Hove
- Bristol
- Coventry
- Derry City and Strabane
- Greater Manchester
- Glasgow
- Isle of Wight
- Leeds
- Lisburn Castlereagh
- Liverpool
- London
- London Borough of Lewisham
- London Borough of Southwark
- Manchester
- Melksham
- Middlesbrough
- Newry, Mourne and Down
- Newcastle upon Tyne
- North Yorkshire
- Nottingham
- Salford
- Sefton
- Sheffield
- Stockport
- Stoke-on-Trent
- Sunderland
- Torbay
- West Cheshire
- York



Associate members: Scottish Older People's Assembly and Ageing Well in Wales

## UK Network of Age-friendly Communities functions

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# Inspire, Connect and Support

## Learning Activities for Members

- 1-1 Support from Network Manager
- Case studies
- Webinars and online resources
- Age-friendly Inquiry Visits (places visiting places)
- Themed Action Learning / Peer sessions
- Annual Network conference



## To summarise:

- ICOPE Strategy 2018-2023
- Positive Ageing agenda
  - Prevent Reduce Delay dependency
  - Promote self help
  - when needing help agencies collaborate, cooperate and offer personalised approach
- Investment to move forward
- Age Friendly Communities



Integrated Care for Older  
People in Worcestershire

# Any Questions?

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Maggie.Keeble@nhs.net  
@KeebleM  
@ICOPEWorcs

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