



UNIVERSITY OF
WINCHESTER

Southern
Policy Centre



University of Winchester and
Southern Policy Centre Joint Seminar

Health and Social Care: The Challenge Facing the Central South

Thursday 22 March 2018

An ageing society – opportunity or challenge?

Lord Geoffrey Filkin
@Geoff_Filkin
Chair, Centre for Ageing Better



Opportunity or Challenge?

- Longer lives - a great opportunity
- What makes for better longer lives?
- Challenges of a larger older population
- Demand – system – cost – funding
- Local leadership for better longer lives
- Can we address both opportunities and challenges?



Centre for Ageing Better

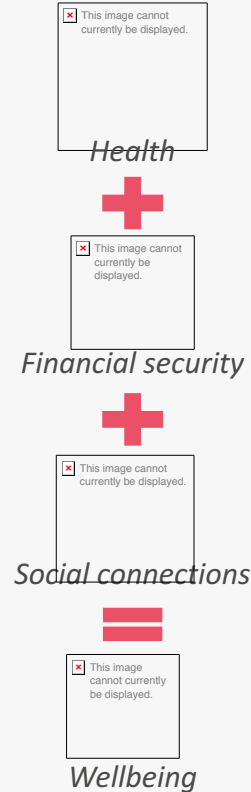
- Promoted after *Ready for Ageing 2013*, funded by BIG; fully **independent**
- Work for a **society where everyone enjoys a good later life – especially those at risk**
- **Promote change** for better later lives based on evidence
- Issues for a good later life – **home, work and community**
- **Involve** older people throughout



Longer Lives – the great opportunity of our age

- Women 65+ live nearly 5yrs longer than 25yrs ago
- 50% of girls born now will live to be 100
- Ten more years of life for many!
- What will make these extra years good ones?

What makes a better longer life?



- good enough health
- good enough finances
- sustaining our identity and independence
- living in a suitable home and neighbourhood
- social connections, meaning and purpose
- BUT shocking differences in well-being



What we do *before* we are old impacts greatly

- Health matters for a good longer life
- Key drivers of premature ill health and disability:
 - Smoking, alcohol excess, inactivity, obesity, poor diet, poverty
- Poor health risks stopping work early and later life poverty
- Social connections, meaning and purpose also matter
- And homes/environment that sustain our identity and autonomy
- Adopt healthy lifestyles, keep in work, sustain meaning!

Challenges of our longer lives

- Living longer - but longer with ill health and disabilities
- Sustaining our incomes and independence over a longer life
- Shocking differences in well being, life expectancy and DFLE
- What is your data on LE, HLE, DFLE?
- How to close these gaps



A larger older population

2010 to 2030:

- 51% more people 65+
- 101% more people 85 +
- 70% of population growth will be older people
- Certain and significant changes
- What's projected for your area?





Local leadership for better longer lives

- Assess future demand in your JSNA's
- Consider implications for health and social care
- Much better prevention – 20 year goal
- Reshape your care system for more, different and complex morbidities
- Joint leadership by NHS, local authorities, charities, older people

What is good for people is also good for demand management



Demand assessment – look forward!

England 2015 to 2025

21% increase in population 65+ - 2.4 million more

35% increase in population 85+ - 0.54 million more

Many more older people increase demand for health and social care!

Social care:

25% more older people with care needs projected 2015 to 2025



Projected increase in older people with diseases

Remarkable changes projected over this decade, 2015 to 2025

Number of older people with these diseases

	Nos. in 2015 (000)	Increase to 2025
Arthritis	4,721	49.5%
Cancer	1,224	87.6%
CHD	1,778	8.9%
Dementia	659	39.3%
Diabetes	1,428	62.3%
Hypertension	4,768	34.7%
Respiratory	1,747	40.7%

Projections to 2035 are even more striking

Are we planning for these needs and how we manage and fund them?



Funding an ageing society – next 10 years

- Increased demand for health and social care
- Increased costs and funding for NHS, older voters will demand it
- Social care green paper – all options require more money
- Additional public costs of £20bn p.a by 2025 for NHS & care?

We can afford it – it's a question of priorities

But costs/taxation cannot be born only by younger generations



Local leadership

You cannot fix the funding.....

But only you can provide local leadership:

- Planning for the future
- Re-shaping your healthy and care system
- Promoting healthy lifestyles - a 20 year goal for all
- Sustaining people's independence



Understand current and future issues

1. Consult older people and groups about today's issues
2. Consider your three key demand projections:
 - Increase in number of people 65+ and 85+ in ten years' time
 - Who risks a shorter and less healthy life?
 - Nature and scale of demand increases for health and care
3. Develop a vision and goals and a strategy for 10 years time?

A strategy across society not just NHS

An agenda for better longer lives - and better demand management

- Healthy lifestyles, delay frailty
- Keeping in good work longer
- Appropriate housing
- Actions to sustain independence
- Support for carers
- Use the asset of more older people



Where will we be in 10 years?

- Owned the opportunity of longer lives?
- Full and fair funding for health and care?
- Greater progress on healthy lifestyles?
- Re-shaped health and care system?
- Changed attitudes to later life?
- Later life wellbeing improved?



References

- Ready for Ageing Select Committee, House of Lords 2013.
- Later life in 2015: An analysis of the views and experiences of people aged 50 and over. Centre for Ageing Better. December 2015
- Office for Budget Responsibility - Fiscal Sustainability Report January 2017
- The Long Term Sustainability of the NHS and Adult Social Care - House of Lords Select Committee April 2017.
- Slides 10 and 11: Forecasting trends in disability and life expectancy to 2025. Lancet Public Health 2017. And Projections of multi-morbidities in England to 2035. A. Kingston et al.
- Next Steps on the NHS Five Year Forward Plan - NHS March 2017
- Understanding NHS financial pressures. Kings Fund March 2017
- Trends in Life Expectancy and healthy life expectancy. Government Office for Science. March 2015.
- A mid-life less ordinary? Centre for Ageing Better and Resolution Foundation. May 2017.
- A Manifesto for Better Later Lives – Centre for Ageing Better. 2017
- Kings Fund/Nuffield: Approaches To Social Care Funding. February 2018



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Health and Social Care Seminar

What's happening in Hampshire

Alex Whitfield

Chief Executive, Hampshire Hospitals NHS Foundation Trust



Andover War Memorial Hospital

Basingstoke and North Hampshire Hospital

Royal Hampshire County Hospital

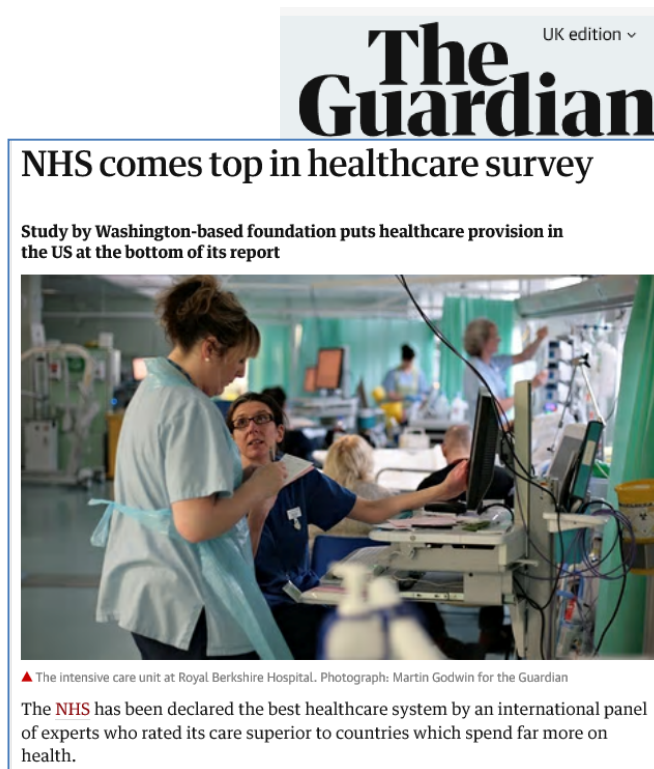
Our challenges in Hampshire



Our solutions in Hampshire




NHS - best system in the world?



I was examined
promptly,
thoroughly,
competently,
cheerfully,
courteously and
sympathetically

The whole team
were simply
incredibly
wonderful. My
whole life has
been transformed

5 Year Forward View (2014)



The Five Year Forward View

There are three areas where fundamental change is necessary to sustain the NHS in England. These areas each have a significant and widening gap between current resources and the demands on the service. With action and support from the NHS, the government and the public, these gaps can be closed.

The health and wellbeing gap

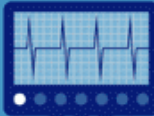
The majority of illnesses the NHS treats are caused by obesity, smoking or alcohol.

Many of these illnesses, such as heart disease or diabetes, are preventable.

The care and quality gap

People are living longer and need a wider range of health services over a longer period of time.

Care is disjointed across different organisations.



The funding and efficiency gap

The way the NHS currently delivers care isn't cost-effective.

There will be a gap between patient needs and NHS resources of £30 billion a year by 2020/21.

Hampshire and Isle of Wight Sustainability and Transformation Partnership



Hampshire and Isle of Wight
Sustainability and
Transformation Plan

Summary



New Care
Models

Acute
Services

Maternity
& Children

Mental
Health

Prevention

Cancer

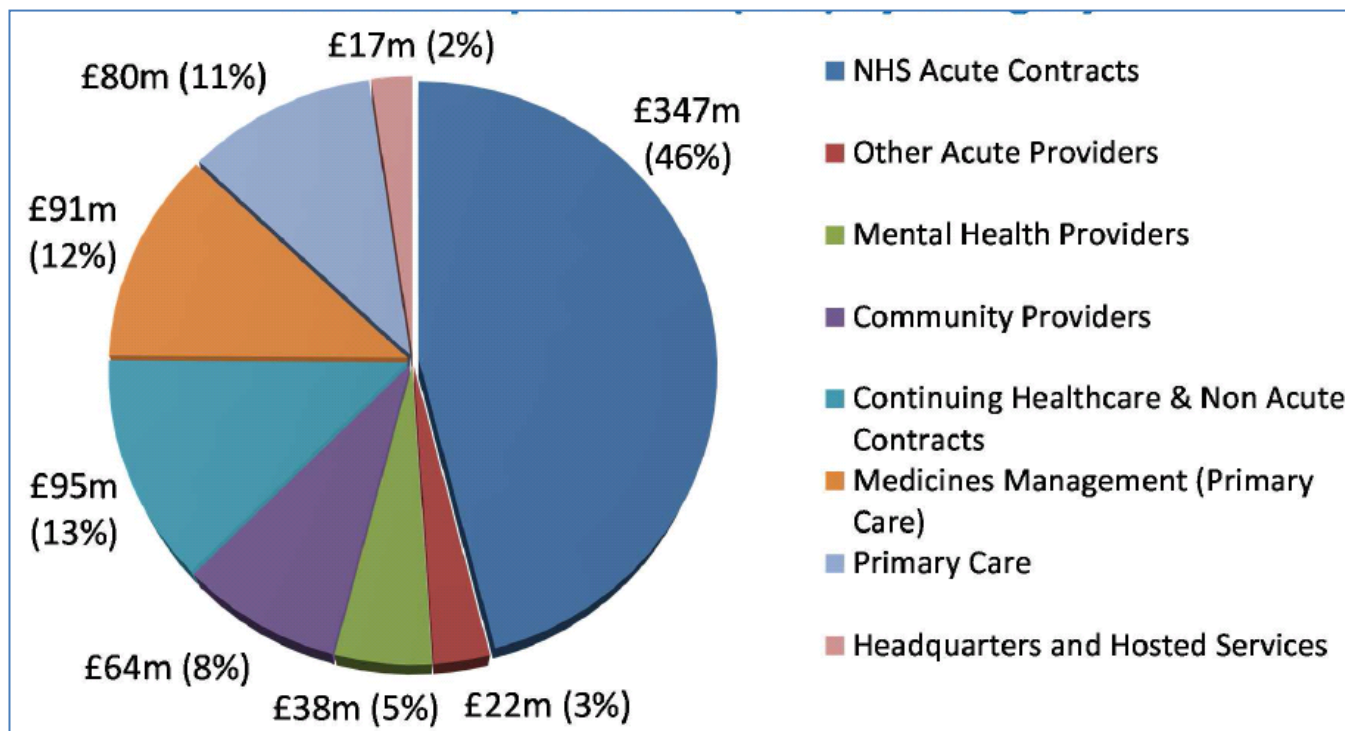
Estates

Digital

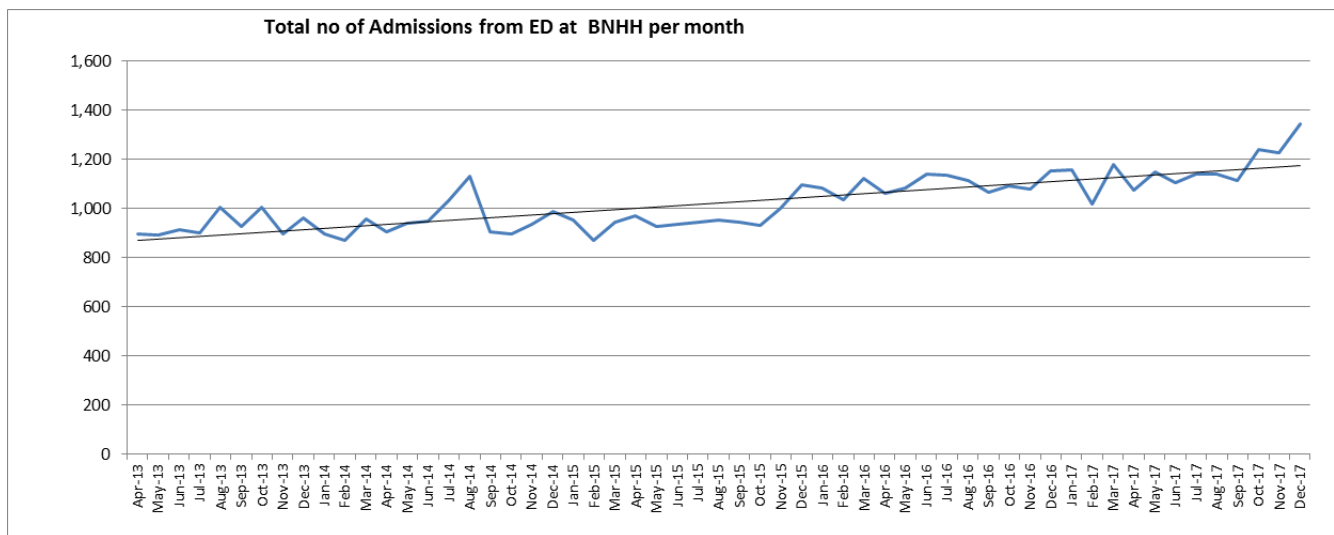
Workforce

*Transforming health and care in Hampshire and the Isle of Wight:
healthier lives, world class sustainable services, strong primary and community care*

A local commissioner's spending for 17/18



Ever increasing admissions to hospital



Our solutions in Hampshire



Digital: E-consult with your GP

MENU

St. Lukes Surgery and Botley Surgery

NHS

Contact our doctors to get advice for your problem now

Get advice about specific conditions like **back pain, coughs, mental health concerns** and more

I want help for my condition

Get advice about general symptoms like **tiredness, bleeding, pain or weakness**

I want general advice

Request **sick notes** and other types of administrative help

I want administrative help

Search by condition, symptom or topic

SEARCH

Up to 60% of GP consultations can be managed remotely

Lukes Surgery and Botley Surgery

NHS

All health conditions > Back pain

Back pain

I want to help myself

Get information and watch videos about back pain

I want pharmacy advice

Information about over the counter treatments

I want advice from a 111 clinician

Find out how to get advice from a clinician. The service is available 24/7.

I want treatment and advice from my GP

Consult your GP via a simple online form - we get back to you by the end of the next working day

Digital: Sharing Information



Care and Health Information Exchange

The Care and Health Information Exchange (CHIE) is a secure system which shares health and social care information from GP surgeries, hospitals, community and mental health, social services and others.

CHIE helps professionals across Hampshire, the Isle of Wight and surrounding areas provide safer and faster treatment for you and your family by:

- Ensuring that you **only** have to tell your story once.
- Reducing **delays** to your treatment, for example, by reducing the need to repeat **blood** tests.
- Making sure the doctors, nurses and others involved in your care know about your medical history.
- Identifying diseases that you might be at increased risk of **developing** in the future. This can **help** you take action early to protect your health.

To protect your privacy and confidentiality, only health and social care professionals who are **involved** in your care are allowed access to your record and can identify you from it.

Your information is also used to improve future care for you, your family and for other patients. This helps plan NHS services and supports medical research, to keep your information safe it is moved to a separate database called 'Care and Health Information Analytics' (CHIA) and changed so that it cannot be used to identify you. Your data is never shared for the benefit of commercial companies like drug manufacturers. **People** who analyse data on CHIA do not have access to CHIE, so cannot identify you.

You have the right to opt out of having your data on CHIE for your care or CHIA for health planning and research. If you want to do this, **please** speak to your practice or contact the CHIE team directly.

You can find out more about

- Your legal rights
- Who controls and protects your information
- How to opt out of sharing your data
- How long we keep your record
- How to make a complaint
- How to contact the data protection officer

Visit our website at www.CHIE.org.uk
You can contact us at: info.chie@nhs.net / 0300 123 1519 or speak to your practice for further information.

Last 1000 days - respecting patients' time

RED to Green
making a difference
for our patients

Cambridge University Hospitals NHS Foundation Trust

"You don't have to take your clothes off..."

Spot the difference

For people over 80 –
10 days in a bed ages muscles by 10 years
One week of bed-rest results in 10% muscle loss
Loss of strength could make the difference between
dependence and independence

Get dressed – Get moving!
#endPJparalysis

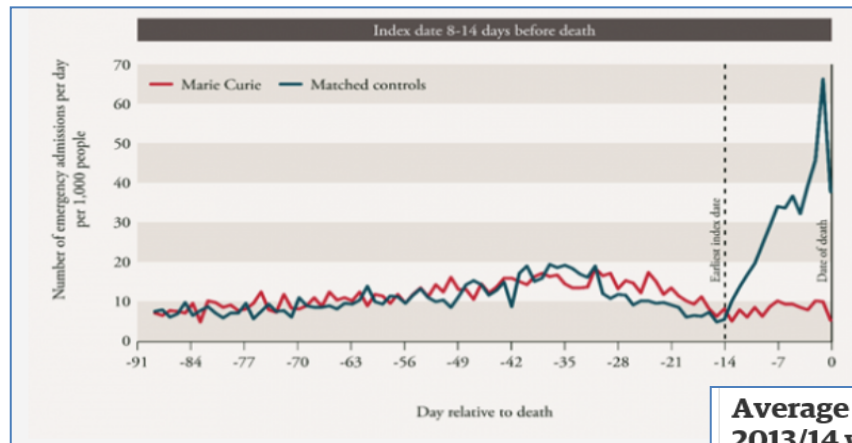
Produced by the CUH Corporate Communications Team

Addenbrooke's Hospital | Rosie Hospital

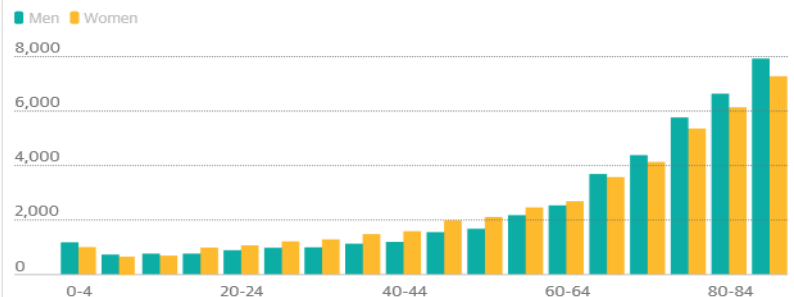
NHS
ENGLAND



Respecting patients' time



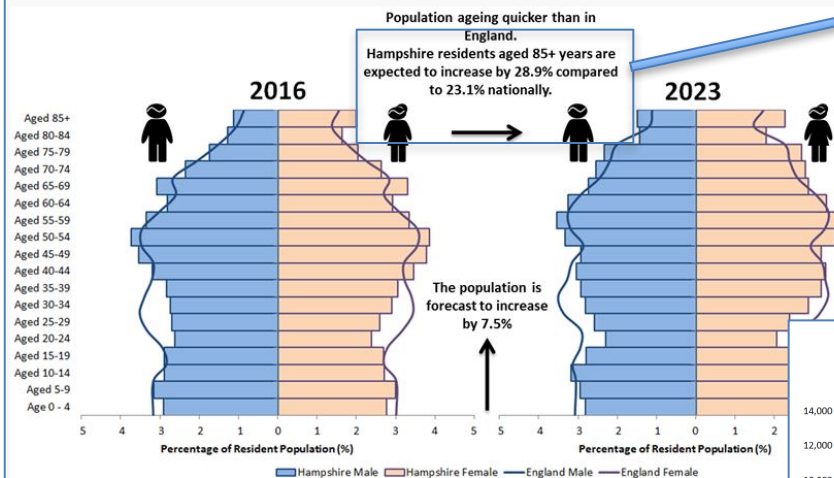
Average health spending per person in the UK in 2013/14 was highest for people aged 85 and over. £7,274 for women, and £7,917 for men



Source: Estimates from the Nuffield Trust

Joint Strategic Needs Assessment

Hampshire population pyramids 2016 and 2023 population projections

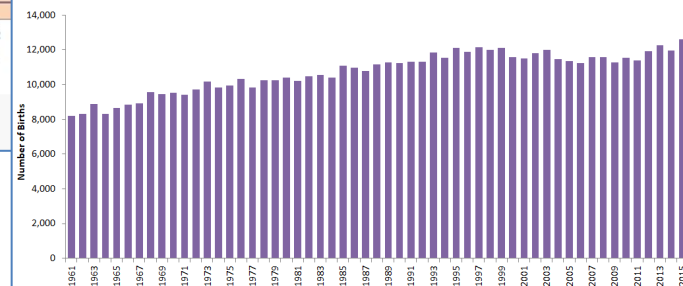


Source: 2016 based SAPF and ONS 2014 based Long Term National Projections

Population ageing quicker than in England.
Hampshire residents aged 85+ years are expected to increase by 28.9% compared to 23.1% nationally.

Hampshire County Council (Excl. UAs)

Total Deaths recorded



- The number of deaths in Hampshire is increasing each year
- 15% of hospital spend is on the 1% of people in their last year of life

Respecting patients' time



ReSPECT is supported by



Working across boundaries



- Staff from Hampshire Hospitals, Southern Health and Hampshire County Council

- Overton unit step down to home



Our solutions in Hampshire



Patient story



Andover War Memorial Hospital

Basingstoke and North Hampshire Hospital

Royal Hampshire County Hospital



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Hampshire Health and Care

A Local Authority View



Some national comments...

- “Social care cannot continue as a Cinderella service – without a valued and rewarded workforce, adult social care cannot fulfil its crucial role of supporting elderly and vulnerable people in society. Pressures and demands on the health and social care systems are increasing, so the Department needs to respond quickly to this challenge by giving the sector the attention it deserves and needs, instead of falling short and not delivering value for money.”

Amyas Morse, Head of the National Audit Office, 8 February 2018

- “The annual ADASS Budget Survey is an authoritative analysis of the state of adult social care finances drawn from the experiences of current leaders in adult social care. It provides in-depth intelligence on how adult social care is responding to the multiple challenges of meeting increased expectations and need, whilst managing resources in an environment where Local Government funding is reducing, the provider and labour markets are fragile and the impact is affecting, and affected by, what is happening in the NHS.”

Margaret Willcox, President ADASS, Annual Budget Survey 2017

Our county

- Population of 1.32 million
- Third most populous county in England
- 12th least deprived upper tier local authority in England, but has 23 small areas in the 20% most deprived areas in the country
- 85% of Hampshire is rural



Our population

- The population is predicated to increase by 5% between 2017-21 from 1.36m to 1.43m
- At the time of the last census the number of over 65's equated to more than 300,000 - more than 17% of the population
- Those aged 90+, and 75-79, will experience the largest increases of 22% and 20%
- The number of centenarians has grown by 35% since 1991



Equating to significantly increasing demand for adult social care support

Our business

- Responding to more than 100,000 requests for information, advice and support each year
- Providing **long term support** to more than **20,000** people
 - 64% **older people**
 - 14% with **learning disabilities**
 - 11% with **physical disabilities**
 - 11% with **mental health issues**

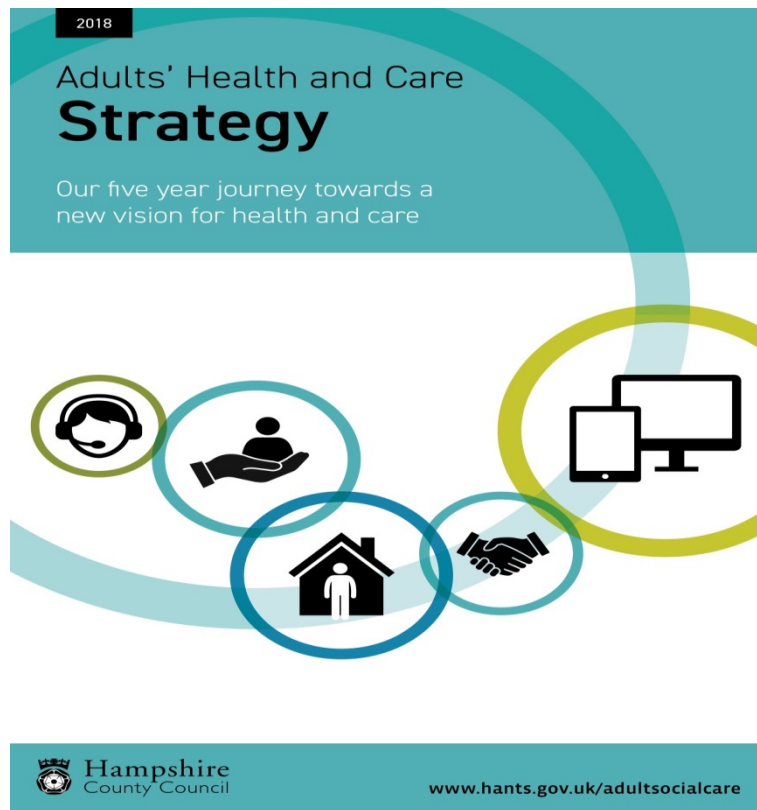


In practice in a typical year.....

- 31,600 care assessments are carried out
- 5 million hours of homecare are provided and
- 9,500 people are given **care technology** to keep them independent
- 100,500 items of support equipment are delivered
- 414,000 Meals on Wheels lunches are provided and 32,600 afternoon teas
- 4,500 falls prevention classes are held
- 14,000 people are discharged safely from hospital
- 1,600 people are cared for in our nursing and residential homes
- 3,500 people receive short term reablement helping them back on their feet
- And **very importantly** 7,100 carers receive support

The money

- By 2020, the County Council anticipates it will have made **cumulative savings of £191m** in the adult social care budget since 2010
- Most recent savings targets - £43.1m has been removed from the adult social care budget for 2017/18, with a further £55.9m set to be removed in 2019/20
- However, despite significant pressures and need to remove funding from the Budget, the County Council is proposing to invest more than **£300m in capital schemes** to support vulnerable adults across the county in 2018/19



The next five years

The Vision

Adults' Health and Care vision

Adults' Health and Care encourages and enables you, your family and community to stay well and live independently. Where you need support, we will help you to identify the best solutions. If you have needs but are not able to arrange your own care, the support we agree with you will help you to live the best life you can with the help you have around you. By doing this, our limited resources can be used to help the growing number of people who need our direct support and reduce inequalities.

Working together we will:

encourage and enable you to stay well

- We encourage you to do as much as you can with support from your family, friends and community networks
- We work with other organisations to ensure you can access advice, find out about local support and other services to help you look after yourself in your community
- Making local places, healthy and safe places

support you to help yourself

- When you need more help, we provide information and advice about where you can find help
- Where you have specific care needs we will help you to find support that increases your ability to manage these

carefully work with you when you need help

- When you are vulnerable and in need of direct support, we will ensure you have access to social care services that meet your needs and are affordable for the County Council
- If you are referred to Adults', Health and Care, we ensure you are assessed, and should you need support, that you receive services to enable you to live as independently as you can

How we work

- We will provide you with good quality information and advice to enable you to make informed choices about your care and support
- We communicate clearly and consistently
- We work together with service users, carers, service providers, the NHS, voluntary groups, and local communities to develop effective social care services
- We ask for feedback, experiences and stories to help us to improve what we do



Hampshire
County Council

www.hants.gov.uk/adultsocialcare



Hampshire
County Council

www.hants.gov.uk

The Vision in practice – maintaining independence

- **Strengths-Based Working**, collaborating between our services and the individual, their family and community, drawing on their own skills, abilities and networks – keeping people independent and socially connected – living well, rather than just living
- **Connect to Support**, online resource making a significant and growing contribution to helping adults identify a wide range of support. Some 5,000 ‘hits’ per month (and growing) are helping develop awareness and reinforce community assets
- **Carers Strategy**, building on the range of services currently commissioned to support carers. Also pioneering the use of care technology to support carers



Living independently

- Developing a **Single intermediate care function** to deliver improved client outcomes, reducing cost for the NHS, the County Council and providers; reduce demand through preventing unnecessary hospital admissions and supporting people to be successfully discharged from hospital settings and return to or gain skills for independent living
- **Joint commissioning** approaches between HCC and NHS partners for a range of services; Learning Disabilities, Mental Health and short-term care services
- A new **Help to Live at Home** service; providing long-term care and support to 5,000 people
- Continuing to extend our **Technology Enabled Care Services** (TECS)



ARGENTI CARE TECHNOLOGY IN HANTS



Performance in the first 4 years:



£7.1M

net savings by the end of Year 4



8,600

active service users



Over 1,230

health and social care practitioners trained and certified



9 out of 10

social workers say Argenti care technology is "good" or "very good" at achieving desired user outcomes



System Benefits:

Argenti is working to drive wider take up of care technology with Hants CCGs and Hampshire Constabulary



Feedback is excellent:



94%

of users surveyed feel that care technology has "Increased their feelings of safety and security"



98%

of users surveyed would "recommend service to others"

Appearances

- July 17- featured on BBC Radio 4's The World Tonight
- Oct'14/Sep16; featured in the Guardian
- Oct '14 Jointly branded County-wide private pay service

Awards

- Winner MJ Awards 2017: Delivering Better Outcomes
- Winner LGC Awards 2016 : Driving Efficiency through Technology
- Winner TSA Crystal Award two years running; 2015 & 2016 for Innovative service delivery



Hampshire
County Council

www.hants.gov.uk

Accommodation

- Continuing to invest in modern accommodation services
- More younger adults Supported Living options
- More older persons **Extra Care – increasing from 750 to 1,500 units**
- New short-term only facilities for both ‘step-down’ from Acute settings and ‘step-up’ from home/community
- Development of **Dementia Hubs** and more in-house beds for older persons (85+) with complex care needs/frailty
- Residential and nursing home-by-home modernisation programme across our entire in-house estate



How we're delivering - working with partners and the NHS

- **Collaboration** is key
- Focus on **co-production**
- Developing opportunities for **integrated commissioning and provision**

The future travelling with optimism.....





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