

WELCOME to City of York Council's Care Act Bulletins, which provide information about the Care Act and how we're working to implement it in York.

Preventing, reducing or delaying needs

Prevention is another key theme, like wellbeing, which runs throughout the Care Act. Prevention takes many forms including promoting physical and mental wellbeing (primary prevention), targeting people at risk of health and social care support (secondary) and delaying those who are already in receipt of support (tertiary). An example of a prevention measure is:

- Winter planning and vaccinations** - The rate of people dying rises by nearly 20% between December and March. In Britain a cold spell during a mild winter is followed by a sudden rise in heart attacks (two days later), strokes (after five days) and respiratory illness (12 days later)
- Flu is unpleasant for the most people, but can lead to chest infections, complications and death. People aged 65 years or over; living in a residential / nursing home; the main carer of an older or disabled person; and health/social care workers should be encouraged to have flu vaccinations.
 - Shingles vaccinations are available for the over 70s. It is a debilitating condition, which tends to be more severe in older people. One in 1,000 people over 70 with shingles dies of the infection.

Within the Care Act there is an emphasis on preventing and delaying the development of needs for care and support and the importance of reducing needs that already exist. This includes supporting people to live as independently as possible and for as long as possible. Prevention, maximising independence and promoting wellbeing will be a central theme in every assessment, solution and support that NYCC offer and commission. The person will have choice. Solutions will be co-produced with people and advice and information needs to be available at the right time.

Good Mental Health - People who experience poor mental health tend to experience worse physical health than the rest of the population. There is evidence that a healthier lifestyle will help improve not just physical health, but also mental health, mood and well-being. For example, regular physical activity reduces the risk of depression, self-neglect and has positive benefits for mental health including reducing anxiety, enhanced mood and self-esteem.



Targeted Prevention

People who have or are at high risk of care and support needs that are not being met will be identified (including for example those who are recently bereaved or who have fallen etc.). Local communities, providers and fellow professionals will have a role in identifying people (including carers) who will benefit from this preventative approach.

Falls - Each year, 35% of over 65s experience one or more falls. About 45% of people aged over 80 who live in the community fall each year — 10-25% of such falls will sustain a serious injury. 14,000 people a year die following an osteoporotic hip fracture in the UK. Preventative measures to consider include:

- Check that slippers/shoes fit properly.
- Check vision and hearing annually.
- Ask the doctor to review medication.
- Use non slip mats in the bath/shower.
- Keep the home clutter free.
- Make sure the home is well lit.
- Check the rubber ferrule on walking sticks for wear.
- Make sure people/homes are warm.
- Remove loose rugs/mats in the home.
- Physical activity/Keeping mobile is important in preventing falls and promoting independence.

Maximising Resources

The preventative approach will look at the person's existing resources, capabilities, potential to improve and will look at the role of any support from family/friends and the local community in the first instance. The roles of families and friends should be considered in helping the person meet their goals, not adding to their caring role but including them in the approach to supporting the person to

live as independently as possible. There will be a clear aim to maximise independence through sustainable solutions, tailored to the person's interests and needs and to prevent, delay or reduce the reliance on more formal care and support. This includes mapping the support that is currently available and working closely with communities to tailor appropriate solutions. It is important however to balance the wellbeing of the person with that of friends and relatives who are caring for the individual. Supporting carers in a timely and appropriate way will remain important.

There is a need to provide/arrange services, facilities and resources which prevent, delay or reduce individual's needs for care and support and to support carers. Work is on-going to ensure access to preventative support across the City.

Maximising people's independence and keeping well and healthy are things we all aspire to, but what can we do as professionals within health and social care to ensure that we, our teams, the people we support and their carers all live as long as healthily, independently and as well as possible? We will continue to work with providers moving forward to ensure that wellbeing and prevention is considered throughout.

You can view the Department of Health Care Act Guidance by visiting:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/366104/43380_23902777_Care_Act_Book.pdf

The factsheet regarding general responsibilities is available on:

<https://www.gov.uk/government/uploads/>

For further information on the support options available across the city please visit Connect to Support:

www.connecttosupport.org/york