

**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.**

## Promoting Wellbeing

The Care Act puts emphasis on the wellbeing principle as a golden thread that must inform the care and support of people who are the responsibility of local authorities. The principle applies to anyone who receives care or support from the Council and to their carers. It also applies to anyone where the Council is making a decision that will affect their care and support.

Local authorities must promote wellbeing when carrying out any of their care and support functions in respect of a person.

The concept of wellbeing is very broad. The Care Act lists the following features as being of equal importance in applying the wellbeing principle:

- personal dignity (including treatment of the individual with respect);
- physical and mental health and emotional wellbeing;
- protection from abuse and neglect;
- control by the individual over day-to-day life (including over care and support provided and the way it is provided);
- participation in work, education, training or recreation;
- social and economic wellbeing;
- domestic, family and personal;
- suitability of living accommodation;
- the individual's contribution to society.

### Applying The Wellbeing Principle

Promoting wellbeing means "**actively seeking improvements**" to the factors that are important to the person and shifts the focus from simply providing services to "**meeting needs**". Those needs are defined by the person – not the Council or the provider. A key outcome of the applying the wellbeing principle is to promote independent living.

This means that Councils need to ensure that people who cannot engage in a genuine conversation about their needs and desired outcomes have independent advocates to do so on their behalf.

Councils are not expected to meet all the needs directly and are encouraged to "**put in place a system where people have the information they need to take control of their care and support and choose the options that are right for them.**"

### New Opportunities

The Care Act opens some new areas for discussion when the Council or providers are assessing or meeting the needs of individuals. For some people, their needs can be met by access to education, training or employment opportunities. Promoting their wellbeing might mean helping them to find suitable opportunities to fulfil their wishes.

For others the conversation may be about identifying skills that can help the person to make

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a greater contribution to their local community perhaps through volunteering.

Carers will also benefit from the opportunities the wellbeing principle presents for improving physical and mental health. Carers often need time, support and permission to develop roles that are not linked to caring. The wellbeing duty means that Councils must now facilitate carers to have these broader conversations that can focus on their needs as well as those of the people they care for.

The shift in emphasis from traditional service provision will allow Councils and providers to link with community resources that may be better suited to meet the needs of individuals. Helping people to connect to others in their local communities and to participate in social activities in their local areas will promote independence and a sense of social and emotional wellbeing.

The wellbeing principle links closely with prevention. Physical and mental ill health can be prevented by promoting active lifestyles. This in turn can reduce or delay dependency that may arise from the onset of long term conditions and need for social care and support.

The wellbeing principle is about maximising the potential of person-centred care to deal with all facets of a person's life and to empower them to take control of their own destiny.

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