

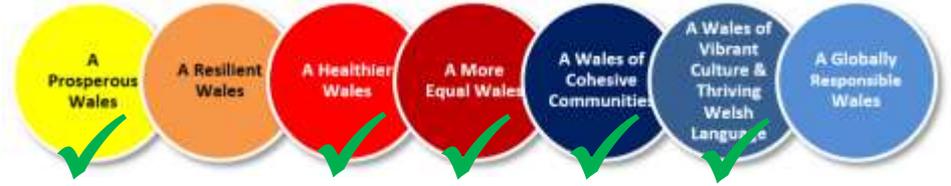


## Well-being Objective 10

Age Well - Support the growing numbers of older people to maintain dignity and independence in their later years

### So why is this important?

- Because consultations have demonstrated that 'what matters' to individuals is to be able to be as independent and well as possible for as long as possible.



***'Being respected as an older person and not being seen as a burden on the local health and social care system'***

### Why this should concern us?

- Because our frail population demographic is increasing and will require support to remain as independent as possible.
- Because it is essential that we lay robust foundations to future proof the availability of services that promote and support ongoing well-being and independence for our frail older adult population.
- Because future trends show that between 2014 and 2039 the population of Carmarthenshire is projected to increase by around 4,004 (2.2%), this is a reduction in all age groups apart from those aged 60 or over (which are projected to increase by 16,800).

### What do we need to do?

- We need to continue to integrate health and social care to address the complex needs associated with age related co-morbidity and frailty.
- The Ageing Well Plan for Wales outlines the need for individuals and communities with public, private and voluntary sectors to develop and promote innovative and practical ways to make Wales a good place to grow older for everyone (see Objective 11 on *Ageing Well*).

### How will we do this?

- We will continue to enhance our integrated Community Health & Social Care 'infrastructure' to ensure we are able to effectively and efficiently promote the well-being and independence of our older adult population while supporting the long term care needs and safeguarding of the more frail & vulnerable.
- We will provide a wide range of services and interventions across the three 'offer' areas outlined in Carmarthenshire County Council's 'Delivering Sustainable Services for Older People in Carmarthenshire' document.
  - **Tier One:** Services and Interventions that promote independence, well-being, community engagement and social inclusion, such as information, advice and assistance, signposting people to community services.
  - **Tier Two:** These services provide targeted intervention for individuals to regain previous level of independence and wellbeing following acute episode or injury and can also support avoidance of hospital admission. These services work closely with Tier 1 services to ensure ongoing health and well-being support from their own community.
  - **Tier Three:** Provision of service at this level focuses on supporting individuals who have long term and specialist care needs. Services in this tier will liaise with services in tier 2 to ensure that, at times of injury or acute illness that people regain their previous level of independence.
- We will identify how local communities can contribute to supporting well-being and independence (see Objective 9 on *Supporting Good Connections*)
- We will effectively commission short term assessment and interventions to maximise independence.
- We will implement actions within the *Dementia Action Board plan* across health and social areas.
- We do low cost adaptation works in private dwellings as quickly as possible.



More Information - You can see our [action plan](#) to achieve this objective here



## Well-being Objective 11

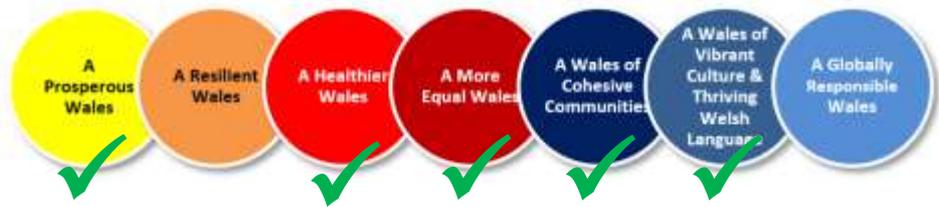
### Age Well - A Council-wide approach to support Ageing Well in Carmarthenshire

#### So why is this important?

- Because wider services can make an important contribution in supporting and sustaining the independence of older people and reducing the demand on Social Services and Health Care;

Wales Audit Office- Supporting the Independence of Older People: Are Councils Doing Enough? October 2015.

- Because when planning services for older people, we need to listen to what older people have told us about the services they want.
- Because in deciding what to do, we need to ask ourselves, would this service *be ok for me or my relatives?* If not, how can we improve?
- Because public services that meet the needs of older people often meet the needs of other groups in society as well.



#### Why this should concern us?

- Because older people are a significant asset to Wales, worth over £1bn to the Welsh economy annually. We must take forward an asset-based approach which, rather than focusing on the costs of providing services for older people, consider instead the cost of not investing in older people. Older people provide around £469m worth of volunteering every year, including childcare - the value of which is around £750m per annum.
- Because people aged 50 and over now make up a larger proportion of the population. Wales has a higher percentage of people 50 and over at 38.6% than the UK at 34.8%. In turn, Carmarthenshire has a higher percentage than Wales at 42.5%.
- Because older people who are supported by tailored services and living in inclusive communities, are able to contribute more to the local economy and society.
- Because older people when surveyed have told us that they want as much support as possible to help them do the things they enjoy and to be able to manage day to day.

#### What do we need to do?

- We need to 'join-up' our diverse divisions and departments to support independent living and to help older people live in their communities. Making sure that the impact of all service changes on elderly people are carefully thought through.
- We need to consult in a meaningful way with older people who are often '*experts by experience*' and know the services they need to remain active and independent in their communities.
- We need to focus on an outcome based approach to draw out the changes and improvements seen in an individual's life – we need to build services around the outcomes older people need.
- We need to examine how we will work with the Public Service Board (PSB) to achieve the Older People's Commissioner for Wales's targets for inclusion in the PSBs *Well-Being Plan*.

#### How will we do this?

- We will take forward the *Five Priority Aims* of the Council's Ageing Well Plan:
  - Age friendly communities;
  - Dementia supportive communities;
  - Falls prevention;
  - Opportunities for employment & new skills;
  - Loneliness & isolation.



More Information - You can see our [action plan](#) to achieve this objective here