

Older People

Over the last century changes in lifestyle, living conditions and health and social care have led to improvements in health and life expectancy. While many older people continue to lead fit and active lives, increasing age is associated with a higher risk of chronic and disabling conditions. This represents a major challenge to health and social care services. The planning for services therefore needs to enable an increasing number of older people to retain their independence and remain in the community.

Where patients are admitted to hospital, they often experience significant delays in their care which can result in increased dependency on institutional care and could have a detrimental effect on their health and well being. The aim must be to ensure individuals receive care in the most appropriate environment, without unnecessary delays in the transfer of care between settings. The needs and service responses relevant to older people with mental health problems are not addressed in this section but are included in the Mental Health section.

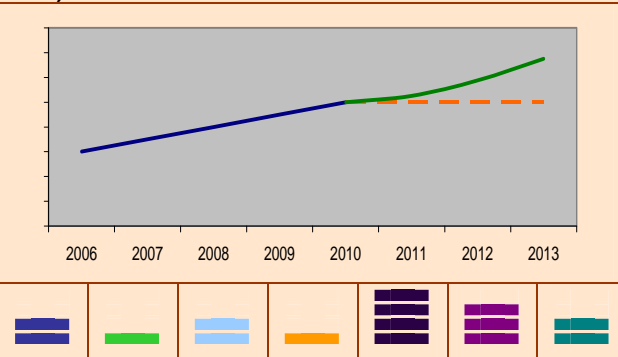
For this section, the population of older people has been defined as those over 50 years old to ensure that the services required to support the transition to old age are captured and also to reflect the *National Service Framework for Older People in Wales*. However, where appropriate, specific ages have been identified where the partners need greater understanding about those who are post retirement age and the frail, elderly population.

When planning services, information and support to meet this need it is crucial that considerations are made to ensure older people:

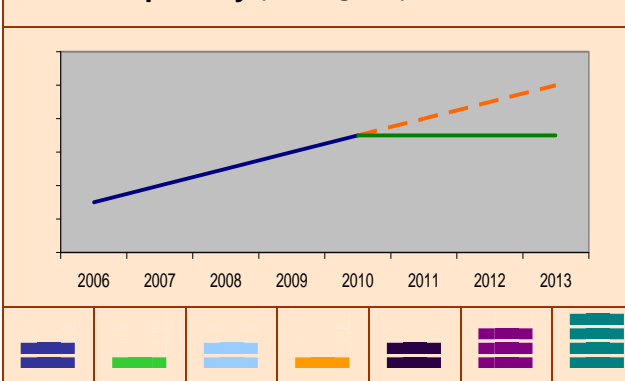
- Exercise choice and control and remain independent
- Age healthily
- Are safe and feel safe
- Have confidence and good emotional health
- Feel valued

Headline Indicators and how are we doing?

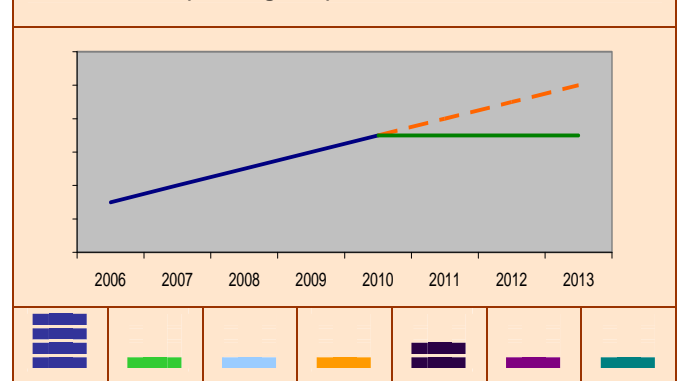
1. % of older people over 65 yrs being helped to live at home with support (awaiting data)



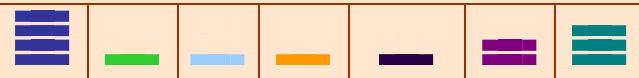
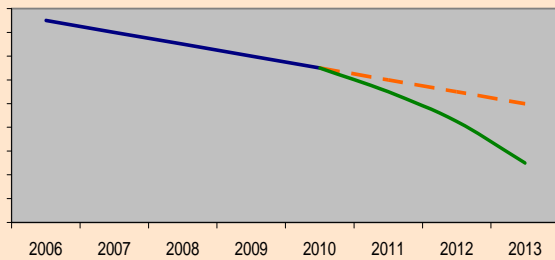
2. % of older people over 65 yrs living in financial poverty (awaiting data)



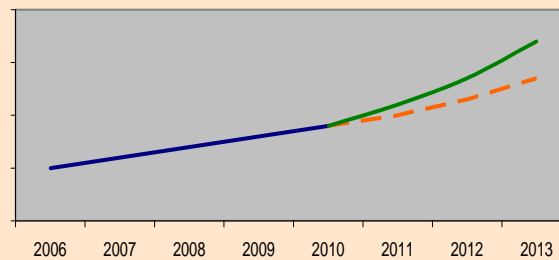
3. % of people over 50 yrs with chronic conditions (awaiting data)



4. % of older people that die before the national average age of life expectancy (awaiting data)



5. Numbers of proven Protection of Vulnerable Adults (POVA) cases or likely in all balance of probability (awaiting data)



Data Development:

- % of older people reporting they feel socially and/or emotionally isolated

Key:

— — — — — The route we will take if we do nothing — — — — — The curve we want to turn

The bars under each graph represent how the indicator impacts on the seven Cardiff outcomes for the city as seen below:

Healthy	Environment	Safe	Thriving & Prosperous	Full Potential	Live, Work & Play	Fair, Just, & Inclusive
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Story behind the baselines

- With people living longer, significant challenges lie ahead if we are to provide care and services which meet their needs.
- Raised expectations from the public means that more is expected from services, even within lean financial times, and working together to manage the greater demand is imperative.
- Inequalities in health across Cardiff are well documented and are reflected in the increasing numbers of people presenting with chronic conditions.
- The rise of dementia in the population is going to present considerable challenges for individuals, carers and services.
- Across Cardiff and the Vale of Glamorgan, on average 80 people who have been assessed as requiring long-term care are still in a hospital bed rather than in a home-based setting; and at least another 100 people who have been assessed as being ready for transfer to a more appropriate setting are experiencing a significant delay with this and remain in hospital. The focus must be on the whole needs of an individual, moving away from crisis management towards a proactive model of care.
- Radical re-design of services that meet the needs of older people more locally and closer to home will require sharp and focused commissioning to ensure resources are being appropriately allocated. It is therefore imperative that time is invested in ensuring good data collection and analysis to inform the process.
- As awareness of issues relating to elder abuse increases there should be a rise in the number of proven or likely in all balance of probability POVA cases to reflect that the incidents are being reported and acted upon. However, in the longer term we would want to see a decrease in this figure because older people are safer and are being treated with dignity and respect.

- While increasing lifespan is positive, it is important that health span is also improved to ensure that quality of life remains high for as long as possible. This can be improved by focusing efforts on health promotion and prevention of illness.
- The projected rise in the population of older people in Cardiff is lower than the expected increase for Wales.

Partners with a role to play

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| <ul style="list-style-type: none"> • Third Sector • NHS • Cardiff Health Alliance • Advice & Benefits | <ul style="list-style-type: none"> • Cardiff Council <ul style="list-style-type: none"> ○ Adult services ○ Leisure & Play ○ Parks & Sport | <ul style="list-style-type: none"> ○ Schools & Lifelong Learning ○ Housing & Neighbourhood Renewal ○ Infrastructure, Transportation • Older people and service users | <ul style="list-style-type: none"> • Police • Fire Service • Further education • Private Sector |
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What are we going to do?

- Create joint planning systems and structures which are fit for purpose and will facilitate the development of outcome focused action plans (exercising choice & control, ageing healthily, are safe and feel safe, have confidence and good emotional health and feel valued).
- To achieve this we must focus on improved data collection and analysis which will inform service planning and sharpen joint commissioning which is based on need and will move us away from more reactive planning processes.
- Effective management and leadership of the process is required in order to be successful and deliver these outcomes. Leadership of this work must be agreed across all the key stakeholders and partner agencies.