

# North Tyneside Ageing Well Strategy 2020 – 2025: Progress to date

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# Ageing Well Strategy 2020 – 2025

## North Tyneside Ageing Well Strategy 2020 - 2025



Our strategy has one strategic aim:

Support North Tyneside residents to age well; remain healthy and independent for as long as possible.

This aim will be delivered through three key work streams which aim to keep older people:

1  
Healthy

2  
Active

3  
Connected

Central to the delivery of this strategy are four key principles:  
**Integrated, Person Centred, Safe and Inclusive**

Integrated

- Health and social care services
- Digital systems
- Workforce, contracting, commissioning, and monitoring
- Transition between working age, frailty and palliative care services

1  
Healthy

Person  
Centred

- Shared decision making
- Realistic medicine central to all care decisions
- Focus on 'what matters to me'
- Co-production commitment to involve carers, service users and professionals in reviewing and developing services

2  
Active

Safe

- Services
- Housing
- Environment
- Awareness of safeguarding vulnerable groups

3  
Connected

Inclusive

- Services are accessible to all including those with physical disability, learning disability or autism
- Better co-ordinated care across systems
- Referrals may be redirected but are not rejected

# Ageing Well Strategy - Key themes for delivery

- Optimal long term conditions management for all people in North Tyneside
- To support older people to remain healthy
- Care for older people is fully integrated
- Mental health

Healthy



- Physically active
- Mentally active
- Training and development programme
- Environment

Active

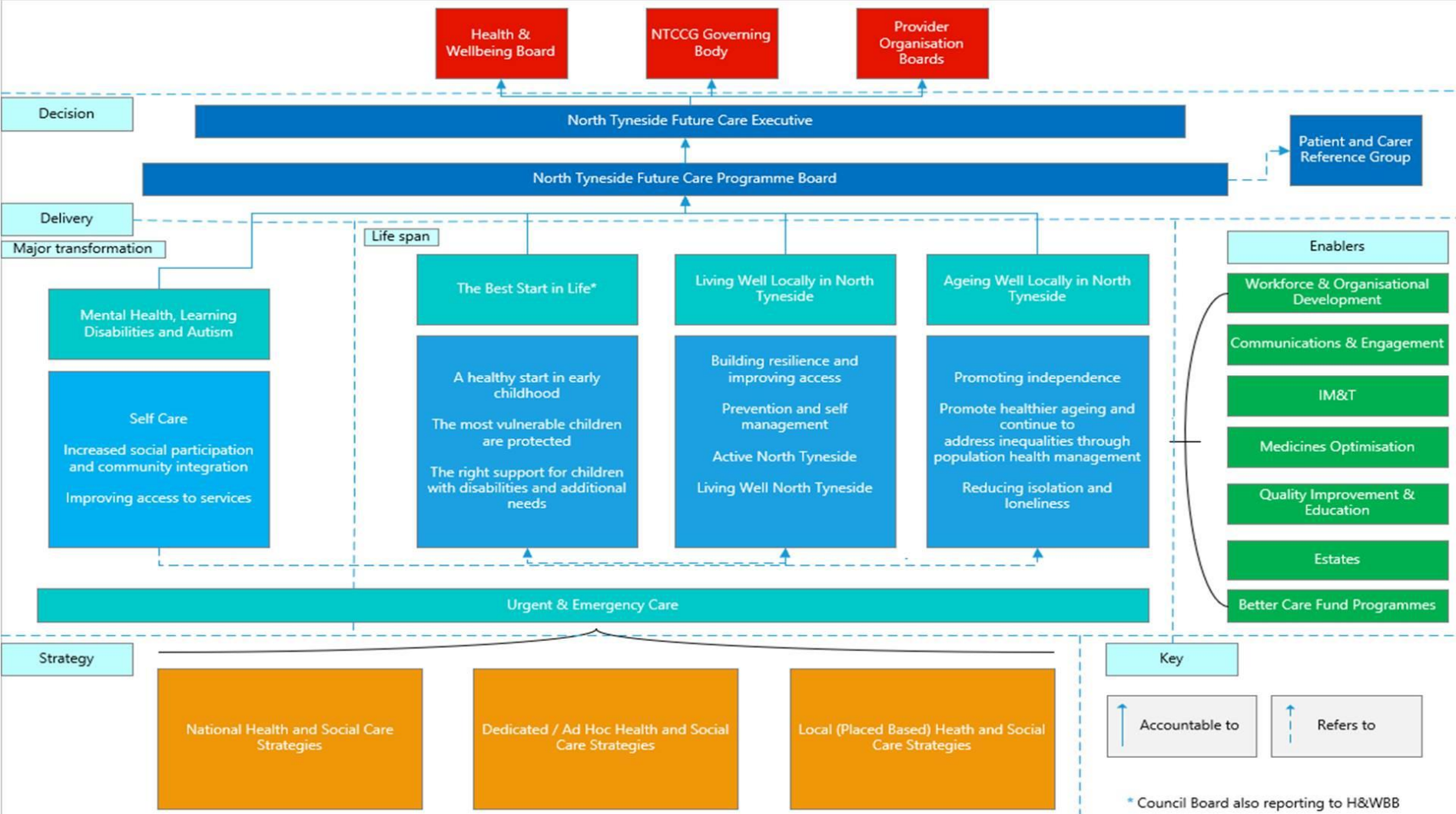


- People and environment
- Data
- Technology
- Workforce

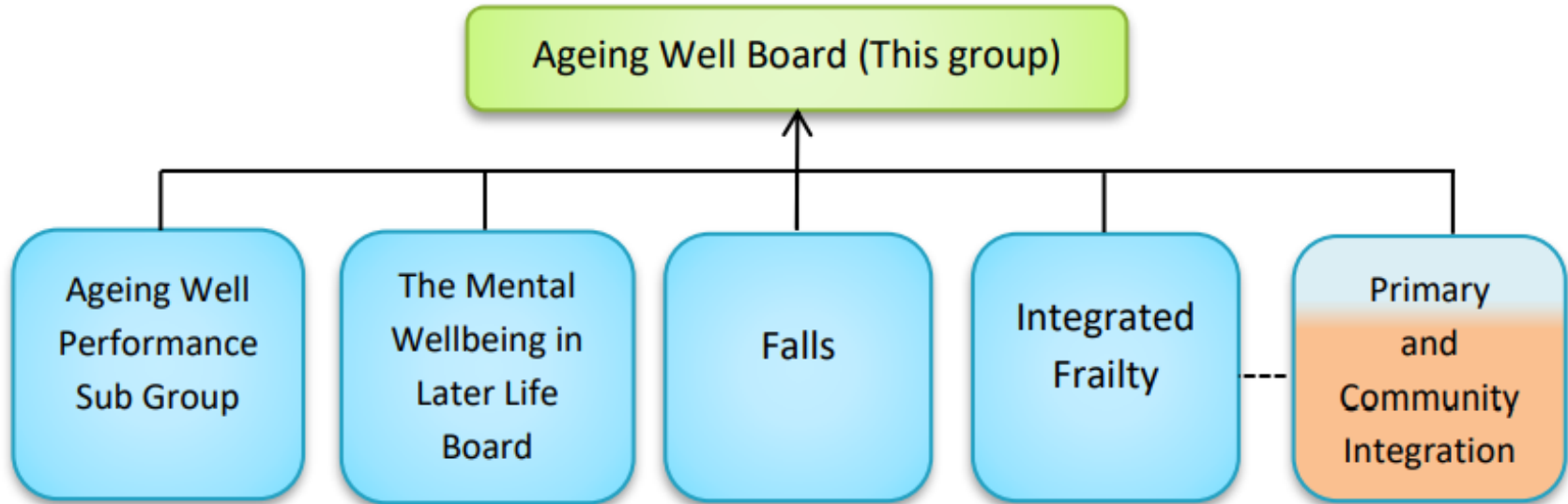
Connected




← Integrated, Person Centred, Safe and Inclusive →



# Delivering the strategy



-  Denotes the relationship between the respective Ageing Well and Living Well Locally Boards. A large proportion of the Primary and Community Integration programme will report to Living Well Locally.

# Mental Wellbeing in Later Life

## Key Areas of Work

- Older adults included in Mental Health Transformation
- Collaboration with Ageing Well Board, Carers Partnership Board
- End of life/palliative care pathway for persons with dementia
- Steering delivery of Admiral Nurse Service.
- Unforgettable Experience pilot
- Impact of Covid 19 on Carers
- Impact of dementia diagnostic/conversion rates during Covid 19
- IAPT access for older persons

## Key Achievements

- ✓ Commenced Unforgettable Experiences pilot
- ✓ Increased number of persons with dementia on palliative care register
- ✓ Admiral Nurse's supporting student nurse placements
- ✓ Recommissioned Crisis Pathway

## Aspirations for next 12 months

- Mental Wellbeing in Later Life Strategy
- Continued development of Mental Health Transformation.
- Enhance access to Recovery Partnership
- Implement revised guidance on IAPT for older persons.
- Horizon scanning demand/meeting demand
- Review care for persons with Learning Disability and Dementia

# Integrated Frailty (inc. Primary and Community Integration Programme)

## Key Areas of Work

- Integration of Care Point , JDH, Intermediate care
- Enhancement of Care Point
- Community Care Practitioners x16 plus 1 ACP
- Primary Care Integration Partnership
- 2 hr UCR and 48 hr response
- Deployment of SystemOne (TTP)
- STRATA (capacity and demand)
- Backworth development

## Key Achievements

- ✓ Additional x 2 Community Psychiatric Nurses (CPN) recruited.
- ✓ Community Care Practitioners university programme
- ✓ Business Analyst for SystemOne
- ✓ STRATA Meta test stage

## Aspirations for next 12 months

- Streamlined integrated frailty service with 2 pathways ( Urgent and Planned )
- One stop shop for complex frail patients
- Community Falls Clinic integrated within frailty service
- 2 UCR and 48 hr service provision

# Falls

## Key Areas of Work

- Despite difficult year, highly successful ongoing improvements in falls and fracture rates
- Still slightly higher than regional average (see figures)
- North Tyneside Community Falls Prevention Service
- Despite 3 months with no clinics, 745 patients seen (800 commissioned)
- Fire Service home safety checks and onward referrals
- Age UK strength and balance training classes
- *Challenging, overcome with HowFit dvds, remote training via Zoom, resources to overcome digital poverty*
- First responder service (LA)
- *All have had pandemic challenges*
- Urgent care
- *Further successful pathway redesign to community service and Age UK*

## Key Achievements

- ✓ Continued improvement in fall and fracture rates (not mirrored in those without falls investment)
- ✓ **See graphs**
- ✓ Despite pandemic challenges, ongoing extensive falls work
- ✓ Complimented by HowFit Plan
- ✓ Reinvigoration of Falls Strategic Group

## Aspirations for next 12 months

- Development of short and longer term strategy to build on current success
- Falls Strategic Group working groups established for:
  - *Urgent care*
  - *Frequent falls at home*
  - *Osteoporosis case finding and care pilot (North PCN)*
  - *Community falls including exercise provision*



Figure 2

### Population profile overlaid with trend in falls admissions North Tyneside CCG

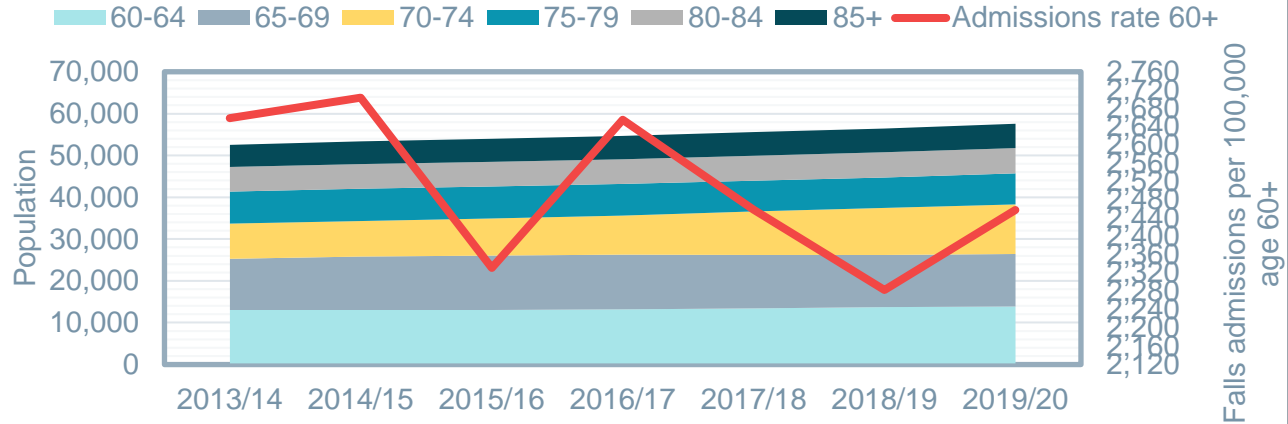
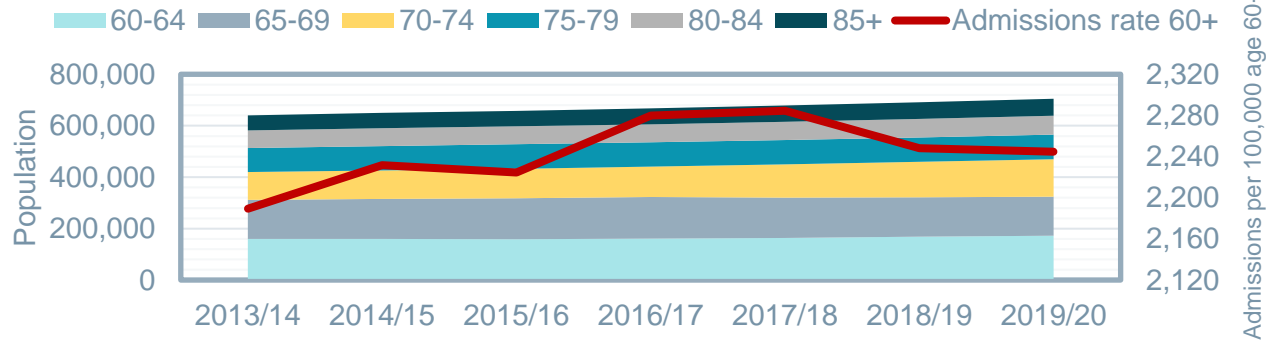


Figure 3

### Population profile overlaid with trend in falls admissions North East Region



# HowFit

## Key Areas of Work

- HowFit (Home Fitness and Wellbeing Plan) exercise resource developed in response to pandemic inactivity and its risks
- Initial leaflet (inequalities, digital poverty) drop in NT, N and G
- Website [www.howfittoday.co.uk](http://www.howfittoday.co.uk)
- Later regional funding for entire NENC area (1.4 million households)
- Accompanying social media campaign - >600,000 FB impressions, Google analytics – 90,000 hits with 4.74 pages viewed on average
- Resources including short films, LD involvement via Twisting Ducks (see HowFit Today – YouTube) commissioned
- Ongoing campaign to keep flag flying for exercise in the sedentary

## Key Achievements

- HowFit leaflet and website development and publicity
- HowFit in Care Homes:
- *Programme of training for all care homes in North ICP plus extra care and sheltered accom (via PH) in NT via Age UK*
- *Pilot showed 15% reduction in falls plus marked increase in carer and resident satisfaction and wellbeing*
- HowFit requests from around the country, multiple sectors

## Aspirations for next 12 months

- *Continue to promote HowFit: new social media, radio and TV campaign funding sought*
- *Continue HowFit in Care Homes and Assisted Living Facilities work including evaluation with NTCCG, NECS and research associate*
- *Evaluation of HowFit across NT and wider ICS including review of health inequalities and targeting of specific groups*

# Small steps to feeling good

Home wellbeing and fitness  
A guide to keeping fit

how fit

## Mobility Level 2



### Standing ankle mobility

1. Stand as shown with one foot touching the wall
2. Bend both of your knees and try to touch the wall with your front knee without your heels lifting up
3. Repeat 10 times each side

\* To progress: step foot back a few centimetres



### Standing toe-heel raises

1. Stand with your feet hip width apart, using a sturdy chair, kitchen bench or wall for support
2. Lift your toes up for 2-3 seconds, then lower to a flat foot position
3. Lift your heels up for 2-3 seconds then lower to a flat foot position
4. Repeat 10-15 times



### Standing hip rotations

1. Stand upright using a chair or wall for support
2. Raise one foot off the ground to where you can stay balanced
3. Slowly move the knee out to the side as far as is comfortable
4. Hold for a second and return to the start
5. Repeat 5 times on each side



### Seated reach backs

1. Sit upright and reach your hands behind your body
2. Top hand palm facing forward - bottom hand palm facing away
3. Keeping elbows out, bring hands as close together as you can
4. Alternatively you may do with hands to the front
5. Switch hand positions over and repeat 5 times

Visit [howfittoday.co.uk/exercises](https://howfittoday.co.uk/exercises)

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## Stability, balance and coordination Level 1



### Seated march with knee tap

1. Sit upright and begin to march
2. When lifting your left knee, reach your right hand to tap your left knee
3. When lifting your right knee, reach your left hand to touch your right knee
4. Keep alternating and complete 10 times on each side



### Seated marching with shoulder tap

1. Sit upright and begin to march
2. When lifting your left knee, reach your right hand to tap your left shoulder
3. When lifting your right knee, reach your left hand to touch your right shoulder
4. Keep alternating and complete 10 times on each side



### Seated side rock

1. Sit upright and hold firmly onto the sides of your chair
2. Gently lean to the left until all your weight is in your left hip - keep your left foot planted firmly into the floor, and raise onto your right toes/lift right foot off the floor as able
3. Hold for 5-10 seconds and return to start
4. Repeat 5 times on each side

Visit [howfittoday.co.uk/exercises](https://howfittoday.co.uk/exercises)

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# Ageing Well Workforce

## Key Areas of Work

- Community Care Practitioners x16 (12 month University programme)
- 1x ACP Care Point
- Community Psychiatric nurse x2 Care Point
  
- Trainee Advance Care Practitioner (TACP) Care Homes x5 ( 3 yr. Master programme commence Jan 22).Parallel research study (Northumbria University)

## Key Achievements

- ✓ CCP academic programme with Northumbria University (complete March 22)
- ✓ TACP care homes with HEE Trainee Apprenticeship
- ✓ Partnership with GP supervisors/NHCFT

## Aspirations for next 12 months

- CCP working across system, Hub, 2 hr UCR, Primary Care networks
- TACP embedded in care homes
- Further TACP recruitment care homes

# Technology

## Key Areas of Work

- WHZAN - all care homes- provider rolling programme of training:
  1. Soft signs of deterioration
  2. NEWS2
  3. SBARD
- RITA including HowFit now on systems
- RQIC pilot with MyQOL, Jan 22 , 5 types of assistive technology including: wearables, mood lighting, sensory and reminisce, thermal imaging.
- Enhance care of patients in intermediate care unit and test technology for home usage (wearables) Proof of concept.

## Key Achievements

- ✓ WHZAN in all care providers ( all nursing , residential , LD, mental health roll out)
- ✓ RITA Reminisce Therapy in all care providers
- ✓ RQIC MyQOL pilot in partnership with care provider and NHCFT

## Aspirations for next 12 months

- Embed WHZAN and NEWS2 Early Warning
- Evaluation of MyQOL pilot-business case for Backworth development
- Explore with partners LA Care Call further assistive technology to support independent living

# North Tyneside Key Achievements

- ✓ End of life / palliative care pathway for persons with Dementia
- ✓ Recommissioned crisis pathway
- ✓ Integration of Frailty Services (CP, JDH, IC, CCP)
- ✓ Backworth development

## Healthy Start



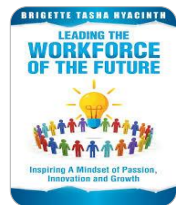
- ✓ Despite pandemic challenges, ongoing extensive falls work
- ✓ Ongoing improvements in falls and fracture rates (not mirrored outside of falls)
- ✓ HowFit plan
- ✓ Backworth development

## Active



- ✓ Strata meta test stage
- ✓ HowFit LD resources via twisting ducks commissioned
- ✓ HowFit in care homes
- ✓ Unforgettable experiences pilot
- ✓ Backworth development

## Connected



- Community Care Practitioners
- Community Psychiatric Nurses
- Trainee Advance Care Practitioner (TACP)
- Admiral Nurses



- Rita in all care homes
- Whizan – NEWS in all care homes
- RQIC MyQOL pilot

# North Tyneside Ageing Well ROADMAP – Key Milestones

2021-2024

3 Years Plan

