Maximising Independence in Oxfordshire Residents

As part of our Community Services strategy, we are developing new approaches to improving community services in Oxfordshire for people at all stages of life – Starting Well, Living Well and Ageing Well.

The Health and Well Being Board Older Persons Strategy sought to support our older people in *Living Longer, Living Better* identifying some key actions to do this

Mandate is sought for action on the life stage of Ageing Well :
- Increasing independence and health and wellbeing outcomes for our population
- Working with our population to make best use of our people, our systems and our assets

Approval is sought from Oxfordshire Health & Wellbeing Board for a system-wide strategic approach to deliver these above outcomes

Independence & better outcomes

To improve the health, wellbeing, independence and care experiences of individual residents, while strengthening the interdependence of people, families and communities across all of Oxfordshire.

What do we mean by independence?
Enabling individuals to strengthen and draw on their personal capabilities and resources, their social networks, services and communities to live healthier lives and, to the maximum extent possible, take informed actions to improve their health and care.

What do we mean by interdependence?
Interdependence recognises the importance and value of mutually supportive social connections, reciprocal relationships and the interactions between the determinants of health and wellbeing, in improving the long-term health of people, families and communities.

Drivers and Opportunities

- Patient experience
  - When older people cannot access support with independence they are at risk of avoidable harm, whether at home (for example falls) or in beds, and risk deterioration or escalation
- National drivers
  - Hospital Discharge, Oxfordshire needs to increase the proportion of people discharged home with no support or with reablement support
  - Need to review resources to deliver integrated planned care closer to home and urgent community response when people are at risk of going to hospital
  - NHS Long term plan, more joined-up care and integration of primary and community services
- Opportunities
  - Learning from covid response: integrating community resources that extend the reach of health and social care to support independence
  - Redeploying sites to support more planned and preventative care delivery

Areas of focus

Population groups based on key life stages

Quality
Achieve the best health outcomes and experiences

People
Be the best possible place to work in community care

Sustainability & Partnership
Enable people and communities to stay healthy and resilient

Research & Training
Continuously improve health in our communities

STARTING WELL

Improved opportunities and outcomes for Children and Young People – and more effective support for vulnerable families

Healthy development

Preventative care and safeguarding

Children's nursing and therapy

LIVING WELL

A healthier life for people living with long-term conditions and improved outcomes for people who need unscheduled care

Health and wellbeing for people with long-term conditions

Anticipatory care and personalised care planning

Effective care for unexpected illness and injury

AGEING WELL

Healthier older people able to live independently for longer - with improved experiences for those who need care

Intensive community care
(step-up / crisis response)

Rehabilitation and recovery
(step-down / complex reablement)

Care towards the end of life

Approach

- Working with local communities and stakeholders across the system

- Building on learning from Covid and other community engagement

- Identifying opportunities to test and learn pilots that can support co-produced solutions e.g.
  - Rethinking bed-based models of care
  - Exploring which services can be offered from community sites

- For success and delivery in reasonable time frames we need this to be resourced and established within system governance structures