

# Public Health Older Peoples' Programme Update May 2016

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**Brighton & Hove  
City Council**

# Why a Public Health Older Peoples Programme?

<http://fingertips.phe.org.uk/profile/older-people-health/data>

- There are 37,700 people 65+ & 6,100 people 85+
- By 2030 = 51,000 people 65+ & 8,200 people 85+s
- Public Health High Level Objectives;
  - 1 – Improving the wider determinants of health –** Improvements against wider factors which affect health and wellbeing and health inequalities.
  - 2 - Health Improvement –** people are helped to live healthy lifestyles, make healthy choices and reduce health inequalities.

Public Health outcomes framework includes **indicators**;

- Older people's perception of community safety
- Health related quality of life for older people
- Social isolation
- Preventable sight loss
- Injuries due to falls 65+
- Hip fractures in people 65 +
- Fuel Poverty
- Excess winter deaths
- Popln vaccination coverage
- Est. diagn.rate for dementia
- NHS health Checks 40-74



# JSNA section on Ageing Well

<http://www.bhconnected.org.uk/content/needs-assessments>

## Locality Hub

**Commission to;**

- Address social isolation
- Support health & wellbeing
- Maintain independence
- Improve referral pathways
- Strengthen partnerships

- **Quality of Life tool** - to assess impact over time.
- **Citywide Connect** – to link together services working with older people - Statutory, Com & Vol, business and independent sectors. See;

[citywideconnect@thefedonline.org](mailto:citywideconnect@thefedonline.org)



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# Partnerships

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## In the **East**;

•Lifelines e.g. Activity Partners -  
01273 688117

[lifelines@volunteeringmatters.org.uk](mailto:lifelines@volunteeringmatters.org.uk)

•NCS – good neighbour scheme,  
Volunteer visitors & scheme  
members.

01273 775888

[http://www.bh-impetus.org/get-support/#  
neighbourhood-care-scheme](http://www.bh-impetus.org/get-support/#neighbourhood-care-scheme)

•Somerset Day Centre –

Centre-based social and creative  
activities, trips. Older and Out  
group.

01273 699000

<http://somersestdaycentre.org.uk/>

• In the **West**;

HKP 50+ Group - 01273 410858

[admin@hk50plus.org.uk](mailto:admin@hk50plus.org.uk)

[www.hk50plus.org.uk](http://www.hk50plus.org.uk)

• In **North & Central**;

The Hop 50+ social, creative learning  
activities, trips and outreach.-  
01273 729603

<mailto:olderpeopleservices.bh@impact-init>

• TDC – community participation  
and activities. 01273 676416

[steveandrews@trustdevcom.org.uk](mailto:steveandrews@trustdevcom.org.uk)

• LGBT Switchboard – (N,C&W)  
engagement & activities

01273 234009

[helen.bashford@switchboard.org.uk](mailto:helen.bashford@switchboard.org.uk)

# Age Friendly City programme

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## WHO checklist –

- Outdoor spaces & Buildings
  - Transportation
  - Housing
  - Social Participation
  - Respect & Social Inclusion
  - Communication & Information
  - Health & Community services
  - *Employment & civic participation.*
- European project URBACT – good practice from Italy, Scotland, France & Lithuania.
  - UK Network – learning exchanges e.g. Arts & Ageing enquiry visit.
  - Age Friendly City Forum.
  - Dementia Friendly city
  - Better Care



# Topic workshops

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- **Alcohol** – local research. A silent problem? 1 in 5 older men and 1 in 10 older women drinking enough to harm themselves.
- **Physical Activity** - “is the closest thing we have to a wonder drug”. Our 65+s doing better than nationally, but more to do.
- **Food & Nutrition** - Nutrition needs change, food can bring people together.
- **Sex & Relationships**
  - Media focus on YP, but still beneficial & important for all ages. ↑ in online dating.
- **Social participation, Respect & Social inclusion, Communication & information** – keep connected/ing
- **Mental health & Wellbeing** – June. (Suicide rate in 65+s going down).
- **Employment & Lifelong learning**- Sept.

# Workstreams

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- Older People's **Locality profiles** - see <http://www.bhconnected.org.uk/workshops>
- **Inclusion in wider programmes** – projects that support healthy ageing, & intergenerational work;
- **Healthy Neighbourhood Fund** (Place) x 56/213 over 2 yrs
- **Community Health Fund** (people/interest). 21 projects over 3 yrs.
- **Falls prevention** – needs assessment, workshops, Action Plan, campaigns, training.
- **Oral Health** – Oral health Promotion team to train care homes and relevant services on oral hygiene and tooth care, care of dentures, etc.
- **Digital inclusion** - the impact of IT & innovation on later life.

# Continued....

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- **‘Flu uptake** – getting better but still low.
- **Carers Strategy** - ongoing input
- **Winter Warmth** – links to local service providers – reaching the vulnerable.
- **Care Homes & Home Care Forums** – presentations on Public Health issues and topics.
- **Arts, Culture & Older people group** – accessing different groups of people?
- **Older Peoples Day** celebrating age & addressing stigma.
- **Public Health Annual Reports** - making sure older people are included.  
See; <https://www.brighton-hove.gov.uk/content/health>





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# How can you help?



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# **Prevention of Falls – everyone's business**



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# Falls Prevention Needs Assessment

<http://www.bhconnected.org.uk/content/needs-assessments>

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- 30% people 65+ will fall / year.
- 50% people 80+ will fall /year.
- Increasing by 2% / year as the population ages (80+ will double by 2025).
- 10% of those who fall 3+ times die.
- 20% of those with hip fractures die.
- 50% result in permanent disabilities.

Nationally - £2.3 billion /year.

Locally - £3.5m /year (£300,000 / month)

Each fall costs @ £5000 – Plus emotional & psychological cost !

# Brighton & Hove – an outlier in a bad way

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## Higher rate of emergency admissions for falls in people 65+ compared to England and South East

- Each year, 10,900 people will fall - 4,700 will fall twice or more
- 1,500 fallers will attend A&E
- A similar number will call the ambulance (1/3 ambulance calls for falls)
- 800 people will sustain a fracture, 250 to the hip.
- We have higher rates on all 3 Public Health Outcomes Framework 'indicators' of all falls, injuries from falls and emergency admissions.

# Risk factors

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- Medicines e.g. anti-epileptic, psychotropic & hypertension
- Polypharmacy > 4 medicines
- Hypotension
- Women
- Age
- History of falls
- Gait problems, including due to alcohol & drug misuse
- Use of walking aids, wheelchairs
- Vertigo
- Parkinson's disease
- Osteoporosis
- Sensory impairment eg cataracts
- Decreased physical agility, strength & balance
- Loss of confidence
- Walking surfaces
- Lighting
- Home – furniture, rugs, pets,
- Footwear
- Low hydration
- Poor nutrition.
- Living in the most deprived 20% of areas in the city
- Living alone
- Cold homes

# Falls Prevention Action Plan – building on our assets

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- **Falls is everyone's business** – get the message right - agree key messages, share info, campaigns, leaflets.
- **Develop skills** – via a range of falls prevention training packages.
- **Assessment** – simple screening tools for community use, self-assessments, ones for those at higher risk.
- **Develop clear referral pathways** – between community & clinical services.
- **Service developments** - integrate falls prevention into what we have already.
- **Strategic issues** - A Citywide approach.



# Building on the City's assets

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- Awareness and contributions to the NA and Action Plan from all key orgs. with local commitments to address this issue.
- Increasing information about the falls that do happen in the city.
- Wide range of interest/activity groups, community initiatives and services for older people.
- Wide range of physical activities practitioners working with older people e.g. dance, zumba, healthwalks, pilates, yoga, chair based exercise.
- OPC – link to older residents

[www.itslocalactually.org.uk](http://www.itslocalactually.org.uk)

<https://www.brighton-hove.gov>



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# Key messages

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- Keep active – strength & balance is ever more important.
- Review the environment - your home and when out – slips trips etc.
- Keep up checks for vision, hearing etc.
- Look after feet & shoes & slippers!
- Know your medicines and their effects
- A healthy diet is important – esp. calcium for bones.
- Take advantage of what the city has to offer - get out and about - Vit D (for bones) is in sunlight.
- Don't let cautiousness limit you – nor fear of falling isolate you, or those you care about !
- There is no stigma in asking for support – know who to speak to if you are concerned.
- Know how to get up, or how to help people up from a fall.



# What role can the OPC play ?

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- Use any **opportunistic** 'teaching' moments to emphasis the importance of health behaviour changes - keeping active, nutrition, hydration, alcohol intake. See NHS choices for most up to date info
- **Share/promote** slips, trips, and home safety info.
- **Notice** your regulars, notice their balance.
- Suggest/contact the persons **GP** if you are concerned about them.
- **Carers** – keep the Carers informed too.
- Support the **Campaign** this autumn.



# Preventing falls – who to contact?

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- AgeUK

01273 720603

[info@ageuk-bh.org.uk](mailto:info@ageuk-bh.org.uk)

- Falls & Osteoporosis service - **only for those who have fallen.**

Assessment & referral criteria see

<http://>

[www.sussexcommunity.nhs.uk/services/servicedetails.htm?direct](http://www.sussexcommunity.nhs.uk/services/servicedetails.htm?direct)

- Healthwalks – 01273 292564


[healthwalks@brighton-hove.gov.uk](mailto:healthwalks@brighton-hove.gov.uk)

- Active Forever - 01273 292724

<mailto:sports.info@brighton-hove.gov.uk>



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**If I tell anyone  
I've fallen I'll lose  
my independence.**

**Don't worry!  
I fell too, but after  
my fall:**

- **I had a check up  
to make sure I  
was well**
- **Some of my  
medicines were  
changed**
- **I was given  
advice on how to  
make my home  
safer**
- **I was given  
information  
about suitable  
exercise classes**