

The Healthy Ageing programme: supporting Wessex to age well, and stay independent

Scoped and planned in 2017-18:

Aiming to add value to the frailty agenda and activities
in Wessex through focus on innovation and spread

The ageing population is one of the biggest challenges for our future in Wessex:



24%

of the population in 2012
over 65 years old



30%

of the population in 2030
over 65 years old amounting
to 600,000 people
(estimated ONS data)



2037

the population of the over 80s
expected to have doubled

'Frailty' is a distinctive health state related to the ageing process, where multiple body systems gradually lose their built-in reserve.

Progression of frailty means an individual has increasingly complex health and social care needs, with increased risk of falls, disability, and need for long term care.

In 2014, it was estimated that...



6.5%

of over 60 year olds



30%

of over 80 year olds



65%

of over 95 year olds

...were living with frailty

(Age and Ageing 2014)

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Projects planned for 2018-19 within three streams of work:

1

Nutrition and Hydration

- Produce and publish nutrition wheel
- Implement Hydrate for Care Homes: phase 1 in 16 HCC Care Homes; Phase 2 HIOW-wide. Launch of phase one in April 18
- Develop / evaluate Hydrate for Domiciliary Care (3 – 5 agencies for pilot). Modify Hydrate in Care Home approach

2

Evaluation

- Weymouth and Portland Community Hub: quantitative evaluation based on Dorset CCG collated Dashboard Data
- Inpatient Carers Hub, UHS
- Ongoing identification and prioritisation of innovations for evaluation
- Evaluation of Red Bag in Care Home roll-out across north and mid Hampshire

3

Spread

- ESCAPE Pain (national AHSN programme and NIA fellow)
- Joint working with NIHR Dissemination Centre to use themed review 'Comprehensive Care: people with frailty in hospitals' to develop an audit looking at care of people with frailty in hospital. Development of audit with Healthy Ageing Programme acute care expert group with plan to pilot across Wessex
- Ongoing identification and prioritisation of best practice for spread
- Development of Healthy Ageing Timeline to showcase and share Wessex-wide and national Healthy Ageing and frailty initiatives

