

# Healthy Ageing



## What we do

Support innovation and best practice approaches both locally and nationally to improve the health and wellbeing of individuals to age well, live independently at home and live longer healthier lives



## Why are we doing it?

To improve the quality of care of those who are living with frailty and to reduce the health and social care provision required by our ageing population

**In Wessex in 2018, 592,000 people were over 65 years of age. By 2030 this number is predicted to rise to 751,000 Office for National Statistics (ONS 2018).**

We focus on opportunities to slow the onset of and reduce the severity of frailty through innovation and the spread of best practice. Post Covid-19, the need is even greater to impact the lives of individuals living with frailty ensuring they age well and stay independent at home for longer.

**We work collaboratively with our Wessex subject matter experts, our regional and national colleagues to:**

- add value to the local healthy ageing agenda
- support the development, adoption, and spread of healthy ageing best practice approaches
- support systems to transform frailty services
- identify and champion ageing well digital and service innovations both locally and nationally.



Supported the NIHR ARC Wessex NIPP2 application - digital remote monitoring for people living with frailty in the community - achieving funding of **£271,250**



Co-produced and developed **3 frailty toolkits** to support health and care staff working with individuals living with frailty, their families, and carers to deliver optimal care and services



Engaged with **20 organisations** across Wessex to support related innovations enabling transformation of care for people living with frailty



Launched the frailty e-learning module:

- Accessible across all **4 UK nations**
- **8,725 enrolments**
- **21,172 launches**
- **6 (63%) of Wessex trusts** have downloaded into e-learning management system

# Healthy Ageing



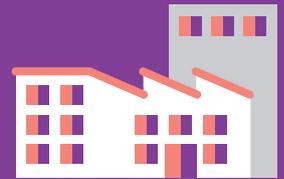
**100%**  
engagement with the  
2021 Wessex Acute  
Frailty Audit  
(7 acute trusts  
covering 9 hospital  
sites and 1 community  
hospital)



Supported **17 healthy  
ageing-related  
innovators** to explore  
potential markets,  
develop their value  
propositions and  
signposting



Engaged with **4  
local organisations**  
in reviewing frailty  
related innovations

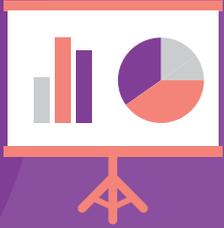


Close working with  
NIHR ARC Wessex  
and local universities  
supporting **5 healthy  
ageing projects**



## What we delivered in 2021-22:

- Successful launch, spread and adoption of the frailty e-learning programme in May 2021
- Scoped, developed and launched three co-produced frailty toolkits
- Promoted the spread and adoption of best practice across Wessex, regional and national networks
  - Multidisciplinary team working
  - Comprehensive Geriatric Assessment
  - Urgent Community Response (UCR) frailty models.
- Continued spread and uptake of the Hydration at Home toolkit
  - **1,009 website views**
  - **2,386 launches** and **4,821 enrolments** from Health Education England's eLearning for Health (e-LFH) online training platform
- Delivered the 2021 Wessex Acute Frailty Audit to all Wessex acute trusts
- Maturing of the Healthy Ageing programme
  - Build national, regional, NHS and social care recognition
  - Grew engagement and collaboration with voluntary sector
  - Chaired the AHSN Healthy Ageing National Network.
- Nutrition Wheel: an interactive tool to identify malnutrition in older people in the community
  - Published case study detailing the development of the nutrition wheel on the Beneficial Change Network forum.



## Plans for 2022-23:

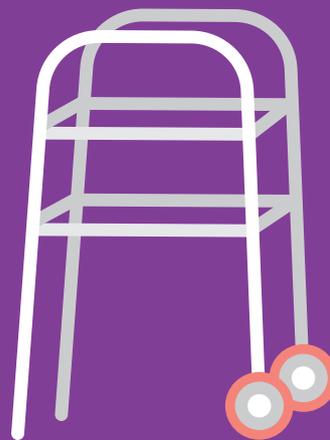
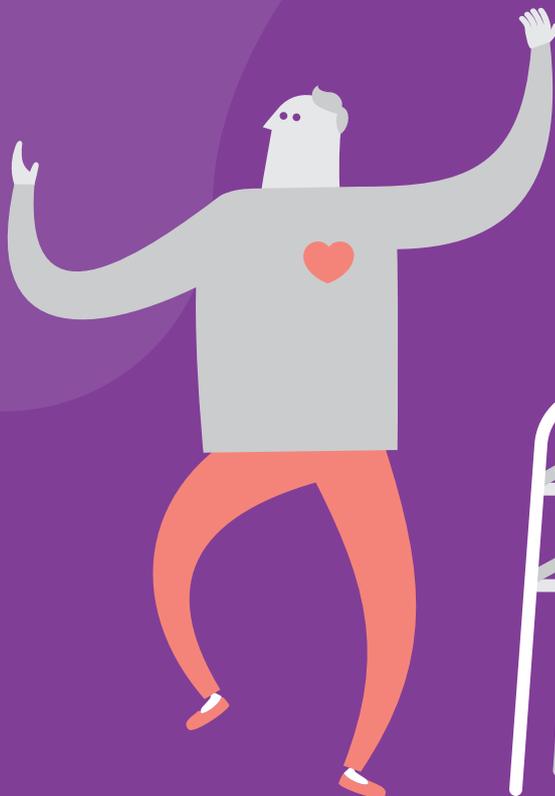
- Scope, develop and deliver a system-wide Wessex anticipatory care audit
- Scope, develop and deliver 1-2 Wessex-wide frailty service improvement projects resulting from the 2021 Wessex Acute Frailty Audit
- Support local systems in the spread and adoption of innovation and emergent best practice e.g frailty virtual wards; applicability and acceptability of digital remote monitoring for people living with frailty in the community
- Implement optimal spread and adoption activities to support the scale up of social entrepreneurs across Wessex
- Work closely with Hampshire County Council lead and stakeholders across Hampshire on the development and spread and adoption of Live Longer Better project outputs from working groups 2021/2022 (particularly around falls and continence and older adults)
- Review emergent Healthy Ageing innovations, supporting implementation where appropriate.

### Want to find out more?

 @WessexAgeing

E: [healthyageing@wessexahsn.net](mailto:healthyageing@wessexahsn.net)

#WessexFrailtyFit



# About the Academic Health Science Network

Wessex Academic Health Science Network (AHSN) is one of **15 AHSNs** across England, established by NHS England in 2013 to spread innovation at pace and scale - improving health and generating economic growth.



The region's life sciences industry employs **9,000** and has a turnover of **£2.5 billion**



**10%** of the workforce in Wessex is employed in the health economy



We've supported over **250 innovations** in 2021-22, including clinicians, academics and commercial innovators



The region's population of **3 million** is served by **2\*** Integrated Care Systems

\*Plus Salisbury and South Wilts

**8** local authorities

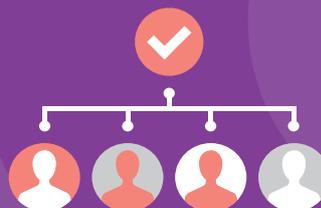
**11** NHS service providers and **7** higher education institutions



Our input has been attributed to the creation or safeguarding of **180.5 jobs** in the last two years



We've directly supported Wessex innovators to achieve over **£56 million** in sales, grants and investment in the last two years



Working with Wessex CRN we have brought together **4 academic/commercial bid teams** for clinical research



Want to find out more?

[@WessexAHSN](https://twitter.com/WessexAHSN)  
[wessexahsn.org.uk](https://www.wessexahsn.org.uk)  
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