

# THEME 2: Enabling our older population to live independently and well

## Appendix A

### 1) CURRENT STATE

- 243 residents supported (556.1 admissions per 100,000) (2017/18)
- 347 discharged into reablement or rehabilitation services (5.4% of older people (aged 65 and over) offered rehabilitation following discharge from acute or community hospital) (2017/18)
- 235 who received reablement or rehabilitation services at home after 91 days post discharge from hospital (67.7%) (2017/18)
- 797 falls admissions (1,952.8 per 100,000) (2017/18)
- 258 admissions for fractured neck of femur (640.8 per 100,000) (2017/18)
- 55.9% of people with dementia have been diagnosed (2018)

### 2) BACKGROUND

- Over the next five years the number of people aged over 65 years will increase by over four thousand (10%) and the number aged over 85 years will increase by 900 (18%)
- This ageing of the population is likely to result in a substantial increase in costs to the health and social care system. Primary and secondary prevention of conditions such as diabetes, chronic obstructive pulmonary disease (COPD) and heart disease, combined with improved care for people with conditions such as dementia, is essential to reduce or limit the numbers of high-intensity users of services and reduce the costs to the health and social care system
- While not limited to older people, addressing social isolation is one important aspect of improving health and wellbeing
- Many older people prefer to stay in their own home for as long as they can and to do so they may need additional support. Increasing numbers of older people need specialist accommodation that combines support, care and housing provision.
- Carers play an essential role in supporting older people and their role will become increasingly important as the older population increases.

### 3) FUTURE STATE

- Older people in Medway are able to access well-integrated health and social care support when they need it, meaning that:
  - Those who are socially isolated have been identified and supported
  - Local care has been developed and is coordinated with adult social care
  - We work in partnership with carers, making sure carers of all ages from all parts of the community are identified, valued and supported to have a quality life of their own.

### 4) How will we collaborate to create this future state, in the context of the Integrated Care System, Integrated Care Partnership (Medway and Swale) and Primary Care Networks?