

Adult Social Care Strategy 2015-2020

Healthy and Independent Lives – A Sustainable Future

Introduction

Our key aim is to enable and encourage people and communities to live healthier, more active and independent lives and to do this in a way where people get to rely on us less. The number of people needing care and support across Rutland has been increasing over time and for the foreseeable future will continue to do so as the population grows. This Strategy sets out our approach to successfully meet this challenge in the context of increased demand and rising expectations about the quality of care we want for ourselves and our family and the degree of choice and say in how our needs are met. This exceptionally challenging context does require a radical shift in the way in which Rutland County Council delivers Adult Social Care and a refocus of available resources.

Rutland's Changing Population

Rutland is changing. As the population grows older and young people with disabilities live longer, there will be additional challenges to keeping Rutland a healthy place to live.

The changing age structure of the Rutland population will have the biggest impact on the development of services. By 2033 the total population of Rutland is projected to increase to 46.4 thousand, a percentage change of 21.8% from the base in 2008. For Rutland, the greatest projected percentage change is the 65 and over age range which will see its population double. Whilst people aged 65 and over currently make up a small percentage of the population, in the future over a third of the population will be aged 65 and over.

Around 1,700 of the population aged over 75 in Rutland were predicted to live alone in 2010, and this number is predicted to increase to 3,800 by 2030 (120% increase). Furthermore the total number of people aged 65 and over who have a significant health problem is predicted to approximately double between 2010 and 2030, the below table demonstrates this:

Estimated numbers of people with significant health problems in Rutland 2010 – 2030

| Condition | 2010 | 2015 | 2020 | 2025 | 2030 |
|------------------------------------------------------------|-------|-------|-------|-------|-------|
| Limiting long-term illness | 3,144 | 3,818 | 4,382 | 5,097 | 5,777 |
| Dementia | 540 | 681 | 830 | 1,019 | 1,215 |
| Falls | 2,088 | 2,563 | 2,971 | 3,436 | 3,955 |
| Falls resulting in hospital admission | 166 | 202 | 242 | 292 | 330 |
| Bronchitis/emphysema causing longstanding health condition | 133 | 162 | 185 | 209 | 235 |
| Stroke causing longstanding health condition | 181 | 223 | 260 | 296 | 334 |
| Diabetes | 983 | 1,193 | 1,353 | 1,521 | 1,716 |

People First Review

In April 2014, the Rutland People First review was launched to help Rutland County Council plan for:

- The demographic pressures presented by an ageing population with a high incidence of dementia.
- Major changes in national policy with the introduction of the Care Act (2014).
- An unprecedented financial environment in which the Council needs to deliver significant savings.
- The need for a collaborative approach with health partners, to develop more seamless care and support, through the Better Care Fund and Better Care Together programme.

The review recommended a way forward for services that will meet the needs of individuals, families and our communities. Taking into account the views of the public, it set the vision for the future and committed Rutland to:

- Enable individuals and families within our community to achieve their full potential and be safe from harm
- Target services in particular at the most vulnerable and those who need us the most
- Integrate services more closely with the Health and Voluntary, Community and Faith (VCF) Sectors based on care pathways that support independent living
- Be clearer about what individuals, families and our community can expect
- Focus on finding different ways to do things rather than reduce or remove services
- Adopt an early help and prevention approach

Our Shared Vision: Healthy and Independent Lives – A Sustainable Future

As part of the People First Review, you told us that people living in Rutland wanted to live independent, healthy and fulfilling lives.

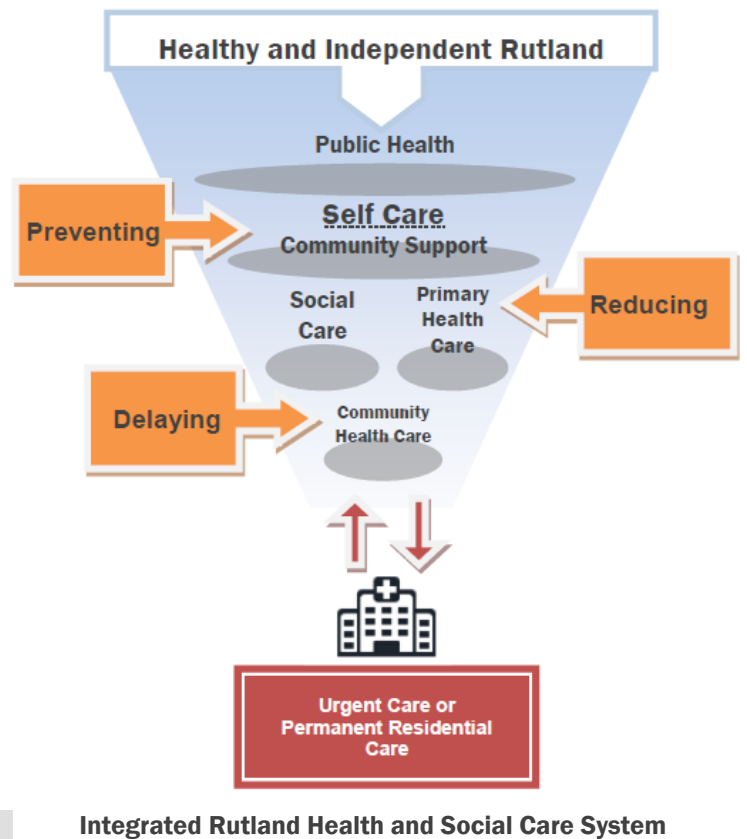
Given this, we want everybody to have the opportunity to have the best health and wellbeing throughout their life, and access the right support and information to help manage, reduce, prevent or delay the need for care and support.

From what you told us, we believe that health and wellbeing is best promoted within people's own homes and from within people's own communities. By empowering people in Rutland to have choice and control over their lives, we aim to maximise their wellbeing and independence in their local community, preventing and postponing the need for care and support.

When care is required our model of care will emphasise the need for preventative and coordinated support focusing on "wellbeing", personalisation, and an integrated whole system approach working across health, housing and social care and any other relevant sectors. Our role will no longer be about just providing; it will be about continuing to understand the needs, wants and aspirations of our residents and communities and commissioning services to meet their needs. Also working with partners to ensure universal services and preventative services are available e.g. reablement service across Rutland.

Safeguarding

While we will seek to help people plan their care and take control over decisions, we will always intervene to keep people safe when we have reasonable cause to believe there is a significant risk of harm or neglect by others, or an individual is unable to protect him or herself.



Vision Themes

1. Healthy Rutland

Healthy lifestyles are important for everyone from those with pre-existing health conditions or disabilities to those without. A healthy lifestyle will help prevent or delay the onset of Long Term Limiting Illnesses. They also prevent the recurrence of problems and reduce further deterioration and the likelihood of intensive or long-term health and social care need. In this respect, supporting people to eat healthily, manage their weight, stop smoking, increase their physical activity and reduce alcohol consumption is particularly important.

Alongside this, good Information, Advice and Guidance means people have the help they need to resolve their concerns at an early stage. The offer of universal advice and information services to all local people is key to promoting their independence and wellbeing. People will then be better able to make choices and decisions that are best for them.

2. Independent Rutland

From what you told us as part of the People First Review, we recognise that an individual's needs sit within a wider network of personal and social relationships in the community. Connecting individuals with family, friends and community support networks is generally extremely important for people's wellbeing and to prevent or postpone the need for funded care and support services. We want to promote personal responsibility and for people to have opportunities to become a greater part of their community through increased opportunities for socialising, gaining personal recognition and building relationships, while remaining in their own homes for as long as possible.

Prevention is increasingly emphasised as a means of tackling progressive illnesses or disabilities and thereby reducing the costs of care and support. By focusing prevention and early intervention services at people who are at risk of losing or reducing their independence we want to avoid or delay the need for long term care. Also by offering people rehabilitation and reablement after illness we want to enable them to return to independent living.

We want people to have more choice and control over the support to meet their social care needs. Each person should be treated as an individual, whether as a person using our services or as a carer. Whilst ensuring that individuals, not institutions, take control of their care, they should be provided with tailored support when they need it.

3. A Sustainable Future

We want more collaborative working with health and other partners to deliver integrated community health and primary care services to improve health and social care for people. Delivering an integrated health and social care system will ensure services are best suited to local needs and circumstances, enabling people to enjoy good health and wellbeing living at home as independently as possible.

We want people's needs to be matched by diverse services, with a broad market of high quality service providers focused on preventing, delaying or reducing the need for care and support. We want to promote competition within care markets to make sure providers are responsive to service users' requirements, and at the same time, ensure that the quality of the service is maintained. We want more services, including traditional health and social care services, to be delivered by community led organisations.

We also want to work in a whole systems way to ensure that we maximise opportunities to reduce waste, reduce duplication, work efficiently and pool resources across organisations to achieve desired outcomes and use tax payers' money wisely.

Realising Our Strategy

1. Healthy Rutland

- **Information, Advice and Guidance** – There is effective, accessible and transparent information available that can support service users and their families

To deliver this we will:

- Develop with our partners a fully integrated information service for the residents of Rutland
- Shift how we use different channels for service user transactions in a planned way over time

- **Public Health** – There is an effective Rutland Public Health offer delivered through and alongside VCF sector and primary healthcare providers

To deliver this we will:

- Review all contracts for public health services
- Commission a new Public Health service for Rutland through and alongside VCF sector and primary healthcare providers

2. Independent Rutland

- **Community Support** – There is effective community based provision for vulnerable people that promotes the role of the whole community in increasing people's potential for independent living

To deliver this we will:

- Review the demand for services and where appropriate how support can be provided in a different way
- Develop a network of community agents in Rutland that we will specify, commission and procure from the Private / Voluntary, Community and Faith Sector (VCF)
- Encourage and enable charities, voluntary organisations, mutuals, social enterprises and user-led organisations to deliver personalised services, building capacity in the VCF sector.

- **Prevention** - Support targets individuals at risk of losing their independence, reducing or delaying their need for long term support

To deliver this we will:

- Encourage use of modern technology and enable people to do more for themselves and remain independent.
- Develop an enhanced Short Term Support (reablement) service

- **Personalisation** - Individuals have a choice and services that are tailored to their specific needs

To deliver this we will:

- Enable and promote the use of personal budgets / direct payments
- Develop a workforce across all organisations which empowers people to live independently, to shape their own lives and the services they receive.

3. A Sustainable Future

- **Integrated care and support** – There are innovative models of delivery in collaboration with health and other partners, to ensure quality services designed around people and local communities

To deliver this we will:

- Integrate with health including shared posts, co-located services, multi-disciplinary teams and shared pathways
- Explore the opportunities that the Rutland Memorial Hospital (RMH) provides for a health and Social Care Hub to support new ways of working in Rutland

- **Commissioning services** – There is reduced demand for institutional care and the need for long term care in the community through jointly commissioned services with health that support independence. Providing cost effective care and support to those in the greatest need.

To deliver this we will:

- Work to develop the market in the private and voluntary, community and faith sectors to introduce competition in the provision of services
- Explore integrating the commissioning of public health, primary health care, community health and Social care services
- Work with health and other partners to pool and align funding streams at the local level to ensure coherent and seamless services.

Realising Our Medium Financial Plan

The overall spend on Adult Social Care in Rutland is £9.2m which is 28% of an overall council budget £32m. Rutland County Council managed to plan and deliver adults services within budget in 2014/15; however this will be an extremely difficult position to maintain.

The Council's five year projections set out in the Medium Term Financial Plan (MTFP) at budget time show that the Council has a significant financial challenge. Whilst the Council plans to save at least £1.1m by 2018/19, the MTFP continues to show that by this time the Council spending plans exceed available resources by £1.5m.

Failure to affect how and when we support people within a growing population would leave the council with a much greater gap to address. If the current allocation of care types and spend were maintained, alongside the estimated growth of the population, especially those with significant health needs, then spend on adult social care would more than double by 2030, becoming two thirds of all the council's spend. It is therefore extremely important for the future of the overall Rutland service offer that this strategy delivers its vision of Healthy and Independent Lives: Through Sustainable Future Support.

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