

Adult Social Care Strategy 2015-20

Healthy and Independent Lives– A Sustainable Future

Introduction

The number of people needing care and support has been increasing over time and for the foreseeable future will continue to do so. In April 2014 the Rutland People First review was launched. The review recommended a way forward for services that will meet the needs of individuals, families and our communities. What follows is the high level adult strategy for achieving this outcome.

The Vision – Healthy and Independent Lives through Sustainable Future Support

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.

Our Model

When care is required, our model of care will emphasise the need for preventative and coordinated care focusing on **Wellbeing**, **Independence** and the **Integration** of care and support around the person.

Vision Themes

1. Healthy Rutland

- **Information, Advice and Guidance** – There is effective, accessible and transparent information available that can support service users and their families
- **Public Health** – There is an effective Rutland Public Health offer delivered through and alongside the Voluntary, Community and Faith (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
- **Prevention** - Support targets individuals at risk of losing their independence, reducing or delaying their need for long term support
- **Personalisation** - Individuals have a choice and services that are tailored to their specific needs

3. Sustainable Future Support

- **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
- **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.

