



CYDWEITHREDFA GWELLA GWASANAETHAU
GOFAL A LLESIANT **GOGLEDD CYMRU**

NORTH WALES SOCIAL CARE AND WELL-BEING
SERVICES IMPROVEMENT COLLABORATIVE

Population assessment update

May 2017 (Issue 6)

Population time bomb?

The population structure of North Wales is changing and in this newsletter we're looking at how the increasing number of older people will increase the need for care and support services. To put these population changes in context, here are some of the benefits:

- Improvements in health mean many people retire when fit, healthy and active and become involved in local communities.
- Older people make up the majority of volunteers and are more likely to join clubs and societies.
- Older people are key in informal social networks, providing childcare, financial, practical and emotional assistance.
- An older workforce tends to be better educated and more highly skilled, which increases productivity overall.
- Societies with a higher proportion of older people tend to be safer with lower crime rates.

Source: North Wales Well-being Assessments produced for the Well-being of Future Generations (Wales) Act 2015.



Spotlight on... older people

New website!

The North Wales Social Care and Well-being Improvement Collaborative has a new website where you can find out all about the regional work taking place to improve social care and well-being. The site includes pages on the population assessment where you can download individual chapters of the report and these newsletters. We'll also be including updates on the population assessment regional plan as it develops.

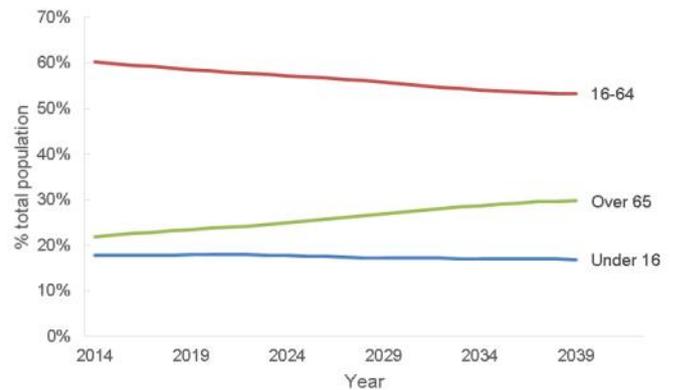
www.northwalescollaborative.wales



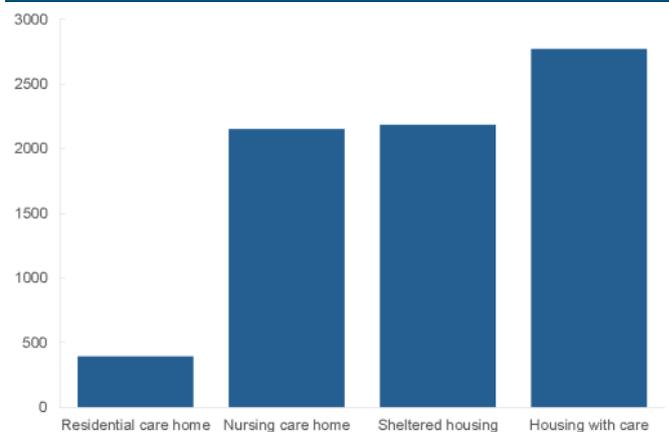
What we found out

- There are **150,000** people aged 65 and over in North Wales. We expect there will be 210,000 by 2039, which will be **30%** of the total population.
- The counties likely to have the highest proportion of people aged 65 and over are Conwy, Anglesey and Denbighshire.
- Around 82,000 people are aged 85 and over in North Wales and we expect there will be more than twice as many by 2039.
- Reducing loneliness and isolation is one of the main challenges identified in our consultation and engagement.
- Continuing to live in their own homes is a priority for many older people. The demand for support to live at home is likely to increase as the number of older people increases. More people are needing more complex support and a higher number of hours care each week.
- Around **11,000** people live with dementia in North Wales. This is likely to increase but not by as much as first thought due to improvements in health.
- We are likely to need more nursing home places, particularly supporting people with mental health conditions and dementia.
- Research suggests living with a long-term condition can be a stronger predictor of the need for care and support than age.

The percentage of people over 65 is projected to increase, North Wales



Predicted shortfall in places, North Wales



"I love the hills where I live...if I ended up stuck in hospital or moved away into some city I would be devastated"

- Citizen's panel participant

Citizen's Panel views on future care and support needs

- The main concerns were about maintaining independence, social and leisure activities. Other concerns were around accessing services, particularly in rural areas; adapting or moving home; money and finances and accessing support in an emergency.
- Around half of the panel had no family or friends who could support them and many of those that did were concerned about asking too much of friends and family.

What we think should happen

- Provide more support to prevent loneliness and isolation.
- Support people to live at home for as long as possible.
- Provide better support for people with dementia including: information and support after diagnosis; training for care workers; new services; enough nurses and residential care; joint working between services.
- Have enough good, safe care homes in each area, including places where people can have short breaks.
- Make the most of support available in local communities from friends, family and volunteers.

More information...

- Each county has an Ageing Well plan which sets out how they plan to address loneliness and isolation, support people with dementia and other ways they will support older people in their communities

<http://www.ageingwellinwales.com/en/localplans>

Care at home

Most people said care workers treated them with dignity, courtesy and respect. Ideas for **improving care at home** were:

- Workers having more time to improve well-being, be more observant of needs and better understand people's needs / wishes.
- Care plans that take account of family carers needs' as well.
- Workers with more health care or hospital care experience.
- Being advised if the worker can't attend on time.
- Keeping to agreed times when supporting with medication.
- Make sure workers have basic life skills, such as cooking and using standard household machines (microwave, washing machines).
- Provide more Welsh speaking workers.

United Nations Principles for Older Persons

The Welsh Government have developed a Declaration of Rights for Older People in Wales to help service commissioners and providers know what is expected and to help older people to know what their rights are. The principles are:

I have the right to be who I am

I have the right to be valued

I have free will and the right to make decisions about my life

I have the right to decide where I live, how I live and with whom I live

I have the right to work, develop, participate and contribute

I have a right to safety, security and justice

For more see: <http://gov.wales/topics/health/publications/health/strategies/rights/?lang=en>

Themes

- Children & young people
- Older people
- Health, physical disabilities & sensory impairment
- Learning disability & autism
- Mental health
- Carers
- Violence against women, domestic abuse & sexual violence
- Homelessness
- Veterans
- People in the secure estate

More information

Population assessment toolkit:

http://www.ssiacymru.org.uk/home.php?page_id=8860

Part 2 Code of Practice:

<http://www.ccwales.org.uk/codes-of-practice-and-statutory-guidance/>

Area plan guidance:

<http://gov.wales/docs/dhss/publications/170206statutory-guidanceen.pdf>

Dewis Cymru (services available to meet the needs identified in the assessment):

<https://www.dewis.wales/>

Contact us

Sarah Bartlett, Project Manager
01824 712432

sarah.bartlett@denbighshire.gov.uk

Background to the population assessment

The population assessment pulls together information about people's care and support needs and the support needs of carers in North Wales. It aims to show how well people's needs are being met and the services we will need to meet them in future. Local authorities in North Wales worked together with Betsi Cadwaladr University Health Board (BCUHB), supported by Public Health Wales, to produce the assessment which is a requirement of the Social Services and Wellbeing (Wales) Act (2014).

The population assessment will be used to make decisions about the services we need to provide in North Wales to meet people's care and support needs and the support needs of carers. It will help us make decisions about where to use our resources, meet other requirements of the act and inform the work of the Regional Partnership Board.

We have used all kinds of evidence to identify what's needed and asked people what they think is important including people who currently use care and support services, the North Wales citizen's panel, and staff who deliver services in the local authorities, health, private and voluntary sectors.

Next, we will write a regional area plan setting out the range and level of services councils and local health boards propose to provide or arrange in response to the population assessment. This has to be finished by 1 April 2018.



GIG
CYMRU
NHS
WALES
Iechyd Cyhoeddus
Cymru
Public Health
Wales



GIG
CYMRU
NHS
WALES
Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board