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| Wellbeing and Prevention |  Cumbria County Council | |
| POSITION STATEMENT | V1.0 | 2015-04-21 |

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1. INTRODUCTION/ BACKGROUND

This document seeks to provide an overview of how the Council intends to fulfill its duties in relation to promoting of wellbeing and also to preventing, reducing and delaying the development of care and support needs. It is aimed at all staff and other stakeholders who may be involved in or concerned with any and all local authority functions, activities and tasks including but not limited to broader, strategic functions, such as planning, which are not in relation to one individual as well as those involved in the delivery of service and support. It should be read in conjunction with:

- [The Care Act 2014 - Part 1](#)
- Chapters 1 and 2 of the [Care and Support Statutory Guidance](#)
- Health and Care Services internal procedures and guidance

The Care Act: Wellbeing

The Care Act defines wellbeing broadly in terms of the following principles which apply equally to adults with care and support needs and to carers with support needs:

- Personal dignity
- Physical and mental health and emotional wellbeing
- Protection from abuse and neglect
- Control by the individual over day to day life
- Participation in work, education, recreation etc.
- Social and Economic wellbeing
- Domestic, family and personal relationships
- Suitability of living accommodation
- Contribution to society

When thinking about the wellbeing of a person, group of people, or the population generally all of these principles **must** be considered – promoting wellbeing involves actively seeking improvements in relation to them

Wellbeing covers an intentionally broad range of the aspects of life and will encompass a wide variety of specific considerations depending on individual.

The Care Act: Prevention

The term “prevention” or “preventative” measures can cover many different types of support, services, facilities or other resources. There is no one definition for what constitutes preventative activity and this can range from wide-scale whole-population measures aimed at promoting health, to more targeted, individual interventions aimed at improving skills or functioning for one person or a particular group or lessening the impact of caring on a carer’s health and wellbeing. “Prevention” is often broken down into three general approaches – primary, secondary and tertiary prevention – which are described in more detail below.

Primary Prevention: Prevent care and support needs, promoting wellbeing

Primary prevention relates to generally universal (i.e. available to all) services, which may include, but are not limited to interventions and advice that:

- provide universal access to good quality information
- support safer neighbourhoods

- promote healthy and active lifestyles (e.g. exercise classes)
- reduce loneliness or isolation
- encourage early discussions in families or groups about potential changes in the future, e.g. planning for potential care and support needs should a family member become ill or disabled

Secondary Prevention: Reduce care and support needs, early intervention

Secondary prevention relates to more targeted interventions aimed at individuals who have an increased risk of developing needs, where the provision of services, resources or facilities may help slow down or reduce any further deterioration or prevent other needs from developing. These type of interventions may be appropriate regardless of whether the person is already in receipt of social care or support and may be relevant to both adults and their carers and could help stop a person's life tipping into crisis.

Early intervention could include:

- falls prevention clinics
- adaptations to housing
- handyman services
- short term provision of wheelchairs
- Telecare or other assistive technology services

In order to identify those individuals most likely to benefit from such targeted interventions screening or case-finding may be undertaken, for example, to identify individuals at risk of developing specific health conditions or experiencing certain events (such as strokes, or falls), or those that have needs for care and support which are not currently met by the local authority.

Tertiary Prevention: Delay care and support needs

Tertiary prevention refers to interventions aimed at minimising the effect of disability or deterioration for people with established or complex health conditions, (including progressive conditions, such as dementia), supporting people to regain skills and manage or reduce need where possible.

These could include:

- rehabilitation of people who are severely sight impaired
- rehabilitation or reablement services,
- community equipment services and adaptations
- the use of joint case-management for people with complex needs
- improving the life of carers by enabling them to have a life of their own alongside caring, for example, respite care, peer support groups like dementia cafés, emotional support or stress management classes

The use of such terms is aimed to illustrate what type of services, facilities and resources could be considered, arranged and provided as part of a prevention service, as well as to whom and when such services could be provided or arranged.

These examples provided are not to be seen as limited to any particular approach to a set of circumstances. Prevention should be seen as an ongoing consideration and not a single activity or intervention. A person may benefit from multiple preventative

activities. For example, person with established or complex needs may benefit from a period of reablement, referral to falls prevention service and provision of information and advice about healthy lifestyle choices concurrently or at different points in time.

Equally a person who has recently taken on a caring role might benefit from access to peer support, information targeted at new carers and universal information about any illness or impairment affecting the person they are caring for.

2. POSITION STATEMENT

Wellbeing and Prevention – The Cumbria Approach

The Council seeks to have a broad approach to promotion of wellbeing and our role in preventing reducing and delaying the needs of our population. It is recognised that these can happen in many ways and will depend on the activity or tasks being carried out, or in relation to individuals, will depend on the circumstances of each case and the needs, goals and wishes of the individual.

We recognise that our responsibilities apply to all adults including:

- people who have no current needs for care and support
- adults with care and support needs, whether these needs are eligible and/or met by the local authority or not
- carers, including those about to take on a caring role or who have no current support needs, and those with support needs not being met by the local authority or another organisation.

The principles of promoting wellbeing, and of prevention, are embedded throughout our procedures, guidance and working practice in terms of the functions we undertake, and are implicit within our approaches to:

- Provision of information and advice – including public health information
- Market shaping
- Commissioning of care and support including preventative services
- Assessing the care and support needs of individuals and carers – regardless of eligibility
- Support planning with individuals and carers
- Prescribing or recommending community equipment
- Provision of support to those in prison or approved establishments
- Transition arrangements (in conjunction with Children's Services)
- Strategic activities such as service and workforce development planning

The Council has a number of specific strategies, forums, initiatives, support or services concerned with the promotion of wellbeing and prevention – these demonstrate our commitment to preventing reducing and delaying the development of care and support needs of our population. Some of the key existing aspects are outlined below:

- Health and Wellbeing Board and Cumbria Joint Health and Wellbeing Strategy 2012-2015
- Better Care Fund work – including Prevention Board
- Extra Care Housing Strategy
- Shaping Our Future For Adult Social Care in Cumbria 2012-2014 (Currently under review)

- Strengthening Practice Programme – learning and development programme for staff
- Health and Wellbeing Hubs
- Neighbourhood Care Independence Programme
- Adult Placement Scheme
- Shared Lives Scheme
- Carers Emergency Card Scheme
- Cumbria Advice and Support Team – including information and advice provision via Ways to Welfare, Active Cumbria, Supporting People and floating support
- Local Area Co-ordinator Role - a specialist targeted prevention workforce, who support vulnerable people to avoid/step down from permanent and sustained contact with multiple statutory services
- Exercise on Referral
- Weight Management
- NHS Health Checks
- Healthy Living Pharmacy
- Stop Smoking Services
- Telecare and other assistive technology
- Reablement Service
- Community Equipment Provision

Proposals are currently being considered which would look to develop a county-wide health and social wellbeing system for the adult population of Cumbria. This system would incorporate universal and targeted prevention services, primary and secondary preventative approaches.

It is proposed the system would comprise of the following elements:

Element 1: Information advice and wellbeing assessment via online resources

Element 2: Community development and face-to-face information and advice and wellbeing assessments via local hubs

Element 3: Structured network of health and social wellbeing volunteers, peer supporter and prevention activities (provided via the voluntary and leisure sector)

Element 4: Health and Wellbeing Coordinators (HAWACs) who would provide targeted 1-1 support to adults classed as having identified health and social wellbeing related needs.

Element 5: Local Area Coordinators (LACs) a specialist targeted prevention workforce, who support vulnerable people to avoid/step down from permanent and sustained contact with multiple statutory services.

Element 6: 'Primary Care Community' based prevention services – e.g. health checks and lifestyle services.

The system would operate alongside existing tertiary approaches to prevention such as reablement, rehabilitation, intermediate care and community equipment services.

DOCUMENT HISTORY

| RELATED DOCUMENTS | |
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| OTHER RELATED DOCUMENTS | <ul style="list-style-type: none"> • Adult Social Care Plans and Strategies |
| LEGISLATION OR OTHER STATUTORY REGULATIONS | <ul style="list-style-type: none"> • The Care Act 2014 - Part 1 Assessing Needs • Care and Support (Assessment) Regulations 2014 • Chapter 6 of the Care and Support Statutory Guidance |
| DOCUMENTS SUPERSEDED BY THIS PROCEDURE | N/A |

| APPROVAL AND REVIEW | |
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