



## AGE WELL IN KINGSTON 2019-2021

Whilst people are living longer, many older people are also living with a reduced quality of life due to ill health or disability, or experience loneliness and isolation.

Maximise people's independence and resilience to enable them to live well at home where that is their choice	Reduce loneliness and isolation for everyone particularly older people and their carers	Enable people to live the last years of their life well and end well
Action	Action	Action
<ul style="list-style-type: none"> <li>Review the community offer, which includes <b>day centres and voluntary sector activities</b>, so that people have access to information and support that promotes independence and self-help and enables people to access the right services first time</li> <li>Help people to <b>reduce risks in the home</b> such as falls, reducing fuel poverty and increasing the use of assistive technologies (such as alarms)</li> <li>Re-design the pathways for <b>integrated community based urgent care services and integrated home first services</b> for people following discharge from hospital</li> <li>Review the <b>sheltered accommodation provision</b> and housing support for older vulnerable people</li> </ul>	<ul style="list-style-type: none"> <li>Build opportunities for <b>social connections</b> so that people have local places to go that bring together the young, adults and older people by: increasing the range and coverage of befriending groups, promoting dementia friendly public outlets and developing community hubs</li> <li>Evaluate the impact of the <b>Call and Connect pilot</b> with The Royal Mail to assess its effectiveness</li> <li>Work with <b>local care home providers</b> to ensure the mental health and emotional wellbeing of older people is promoted, and actively reduce people experiencing depression/anxiety due to loneliness and isolation</li> </ul>	<ul style="list-style-type: none"> <li>Improve services for people with dementia by implementing the <b>Kingston Dementia Strategy</b> together with developing new dementia care home facilities in the borough</li> <li>Improve end of life care by implementing the Kingston <b>end of life care strategy</b> to ensure that end of life issues are addressed through advance care planning</li> </ul>
<p>We will take action to <b>improve our practice in identifying and recognising carers of all ages</b> so they are linked to appropriate support options, enabling carers to reduce the social, financial and health impacts they face.</p>		
Impact	Impact	Impact
<ul style="list-style-type: none"> <li>The number of people using <b>assisted technology</b> will increase</li> <li>The number of people who require a <b>social care assessment</b> will reduce</li> <li>More people will be at home 91 days after being discharged from hospital into <b>reablement</b></li> <li><b>Unnecessary hospital admissions will reduce</b> by 15% for people with complex health and care needs who have a care plan</li> <li><b>People will be supported to live independently</b> for as long as they are able to</li> </ul>	<ul style="list-style-type: none"> <li>Opportunities for people in Kingston to <b>remain connected to others</b> and improve their health and wellbeing, will increase</li> <li>Care homes will have programmes in place to <b>support the mental wellbeing</b> of their residents</li> </ul>	<ul style="list-style-type: none"> <li>The <b>number of people diagnosed early with dementia</b>, along with access to support, will increase. This will be in line with the national dementia diagnosis standard (66.8%)</li> <li>The <b>coverage of advance care planning</b> and coordinate my care will increase across all settings</li> <li>The number of people who <b>die at their place of choice will increase by 50%</b></li> <li><b>Emergency admissions</b> to hospital in the last year of someone's life will reduce by 50%</li> </ul>