



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 and end the last years of their life well
<p style="text-align: center;">Action</p> <ul style="list-style-type: none"> Review the community offer, which includes day centres and voluntary sector activities, 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 by March 2020 Help people to reduce risks in the home such as falls, reducing fuel poverty and increasing the use of assistive technologies (such as alarms) Re-design the pathways for integrated community based urgent care services and home first services for people following discharge from hospital by March 2020 Identify and proactively support older people with complex health and care needs by bringing health and care professionals together around the individual – through primary care networks, across the borough by March 2020 Explore opportunities to improve local sheltered accommodation provision and housing support for older vulnerable people 	<p style="text-align: center;">Action</p> <ul style="list-style-type: none"> Create opportunities for social connections 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 communities and public places, and developing community hubs Promote wellbeing and healthy lifestyles and activities for all older people through les social prescribing and Making Every Contact Count Work with local care home providers 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 	<p style="text-align: center;">Action</p> <ul style="list-style-type: none"> Improve services and support for people with dementia by implementing the Kingston Dementia Strategy together, and developing new dementia care home facilities in the borough Support people to plan for their old age and train staff to have compassionate conversations, including about death and dying Improve end of life care by developing a compassionate approach, to include progressing delivery of Kingston's end of life care strategy, and improved advanced care planning
<p>We will take action to improve our practice in identifying and recognising carers of all ages so they are linked to appropriate support options, enabling carers to reduce the social, financial and health impacts they face.</p>		
<p style="text-align: center;">Impact</p> <ul style="list-style-type: none"> People will be supported to live independently and in their own home for as long as they are able to The number of people using assistive technology will increase The number of people who require a social care assessment will reduce More people will still be at home 91 days after being discharged from hospital into reablement Unnecessary hospital admissions will reduce by 15% for people with complex health and care needs who have a care plan 	<p style="text-align: center;">Impact</p> <ul style="list-style-type: none"> Opportunities for people in Kingston to remain connected to others and improve their health and wellbeing, will increase Social prescribing will be available for local people across the borough Reduction in people who report feel lonely and isolated Care homes will have programmes in place to support the mental wellbeing of their residents 	<p style="text-align: center;">Impact</p> <ul style="list-style-type: none"> The number of people diagnosed early with dementia and have access to support, will increase. This will be at least in line with the national dementia diagnosis standard (66.8%) The coverage of advance care planning and use of Coordinate My Care will increase across all settings The number of people who die in their place of choice will increase by 50% Emergency admissions to hospital and A&E attendance in the last year of someone's life will reduce by 50%