

**COUNCIL: 28 MARCH 2019**

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## **SOCIAL CARE, HEALTH & WELL-BEING STATEMENT**

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### **Get Me Home**

On 3<sup>rd</sup> December 2018, Independent Living Services went live with the 'Get Me Home' project. This provides a single point of contact for council and community services that supports discharge from hospital. The focus of the team is to take a person-centred approach with well-being at its core. By working collaboratively with Health and the Third Sector, the team's role is to help people remain independent on return home, thus reducing re-admissions.

Since the project commenced, the Get Me Home team has supported 166 patients and delivered 265 outcomes that have assisted discharge or helped independent living once patients return home, as well as being an effective conduit for information sharing between Health and the community. Given the success of the project so far, Quarter 1 of 2019/20 will see an expansion of the service to more wards at the University Hospital of Wales. Additional recruitment and training is underway in preparation.

### **Independent Living Services**

In 2018/19, Independent Living Services (ILS) continued to deliver on our commitment to the Social Services & Wellbeing Act and the Preventative Agenda. Driven by its person centred approach to providing outcomes tailored to the citizen, ILS have supported individuals by finding holistic solutions to help support their well-being, which has helped to reduce demands on social care.

By the end of Quarter 3 in 2018/19, ILS achieved:

- 76% of calls resolved without onward referral to Adult Social Care
- 3,326 home visits
- Identified £2.9 million in unclaimed benefits
- 1,338 outcomes improving quality of life
- 1,052 outcomes preventing slips, trips and falls
- 400 people supported to reduce social isolation
- 99% of clients felt able to remain living independently in their homes

## **Active Body / Healthy Mind Event**

On 28<sup>th</sup> March, an Active Body/Healthy Mind event is being held at St Mellons Hub. This event is aimed at people of all ages who are invited to observe, or participate in, activities intended to assist in preventing slips, trips and falls, while reducing social isolation. We hope to encourage people to take up an activity and introduce exercise into their lifestyle. The activities on offer:

### Main Sports Hall

- Walking Multi-Sports led by Lorraine Rye from Sport Cardiff
- Rubicon Dance : Over 60's performance led by two tutors
- Elderfit session led by Tom Scaife

### Café/Library

- Goldies Sing & Smile led by Rachel Parry
- Library e-resources Introduction
- Reminiscence Session with Older People/Grandparents

Also, there will be information stalls on a range of council services aimed at supporting older people (Occupational Therapy, Telecare, Meals on Wheels, and the Alarm Receiving Centre). Hub and ILS staff will be on hand throughout the day supporting individuals and to help complete feedback forms, as necessary.

## **Health Care Planning**

On 14<sup>th</sup> March, I was pleased to chair a Welsh Government Health and Social Services Programme for Learning event, which brought together colleagues working across Health Boards, Regional Partnership Boards, local authorities and the Third Sector, as well as representatives from the Office of the Future Generations Commissioner for Wales, to consider long term planning for health and social care in Wales.

The Welsh Government has identified the need to further develop skills for effective long term planning in health and social care in Wales, and to fill the current gap in the provision of health planning courses in Wales. Improving planning capacity and capability throughout the NHS in Wales is essential to ensuring that plans are sustainable, deliverable and implemented.

The Programme for Learning will strengthen long term planning skills within NHS Wales and professionalise health care planning as a career choice. It comprises a number of elements, including a postgraduate diploma in health care planning; master classes on specific topics such as long term planning, commissioning and innovation, and workshops to support modelling skills around demand and capacity.

## **Day Service for Adults with Learning Disabilities**

Over the last year, the complex day service for adults with learning disabilities has undergone significant refurbishment through capital and Integrated Care Fund (ICF) funding. A recent ICF slippage bid has enabled further work, and we have been able to add new toilets, doors, windows and soft furnishings. People using the building, families and staff are delighted with the changes. Additionally, we have been able to purchase assistive technology, including sound beams, tablets and smart screens to

support people with profound disabilities make choices. Staff are reporting tangible improvements in communication outcomes for people. Recent feedback from individuals and families has been excellent. The service is able to evidence high quality outcomes for people with very complex needs.

The Learning Disability Service is working hard to enhance how we give people and their carers information on support for young people who are transitioning to adult services. As part of this, staff attended a fun day at Ty Gwyn School this month, manning stalls on transition, support planning, day service and supported living. The service has commissioned two accessible films illustrating support planning and supported living which will help inform people about council services.

The Council's Internal Supported Living Service, which supports 27 people to live in their own homes across Cardiff, is working hard to register all support staff with Social Care Wales. This is a new regulatory requirement, and we are working to make this staff group one of the first teams in Wales to be fully registered.

### **Grand Avenue Integrated Dementia Day Service**

On Monday 18<sup>th</sup> March, the newly established integrated dementia day service – provided by Cardiff Council and Cardiff & Vale University Health Board (UHB) – was officially opened, with the service having commenced on 29<sup>th</sup> October 2018. The workforce at the centre is drawn from Social Services and the UHB. People attending the day centre had previously attended either a NHS day hospital or social care day centres. Staff from both organisations work with people regardless of the pathway by which they came into the service. The staff provide high levels of care and social activities within a dementia friendly environment, supporting people living with dementia to have the very best experience.

This is a Cardiff-wide service with capacity for 25 people to attend daily. It has been designed to support people with moderate to high levels of dementia who require specialist integrated services. The service is also focused on supporting carers and offers valuable periods of respite care.

The service was redesigned and refurbished by the Council's Neighbourhood Regeneration and Project Design & Development teams, in conjunction with Social Services and Health staff. Award-winning dementia friendly building designs and furnishings are of the highest standard, and has produced differing areas within the centre: including a cinema, memory lane and beautiful garden area, all of which provide a calm and relaxing environment.

The integrated dementia day service has been developed as part of a wider strategy for day provision for people living with dementia. Grand Avenue is strongly linked with the other two day centres based in Llanrumney and Fairwater. All three day centres have been given the opportunity for refurbishment and redesign. This is supporting the ability to deliver high levels of care, support and occupation within person-centred and thoughtfully created environments.

## **Alzheimer's Society Cymru Conference 2019**

Recently, the Dementia Friendly City project was invited to the first Alzheimer's Society Cymru Conference held at City Hall. This was our opportunity to showcase what we're doing as we work towards a dementia friendly city. This year's theme was 'Codi llais ar weithredu / Turning up the Volume on Action' and it was an honour to form part of a packed programme, which included presentations from the First Minister, the Older People's Commissioner and the Welsh Language Commissioner.

The common theme of the conference was the importance of creating supportive environments to help people living with the diagnosis live well, alongside considering the needs of carers and their well-being. Cardiff was chosen as an example of a city exemplifying best practice in our commitment for us all to work together within the city to help people feel supported and able to live their lives. There was also lots of opportunity to network with key partners and stakeholders, which will certainly help us to drive this work forward.

### **Re-Live; Memoria**

I am pleased to announce a very special event taking place on 4<sup>th</sup> April that we are supporting in cooperation with Re-Live:- Memoria. 'A Memory Shared is Never Lost' will take place at the Atrium, University of South Wales, presented by people living with dementia, family members and carers who will share their experiences live on stage. As we work to become a Dementia Friendly City it is so important that we gain a better understanding of the challenges faced by those living with dementia. Re-Live's work began when its co-founders, Karin Dimond and Alison O'Connor, created their first theatre performance with a group of seven older people from Cardiff in 2006. They have continued to work with people living with dementia over time, and the play being reprised at the Atrium has been performed several times to rave reviews. I am looking forward to the insights that this creative endeavour will provide us in understanding the challenges faced by those living with dementia, and their carers, and would strongly encourage colleagues to come too. Should you wish to attend, please submit an expression of interest to: [dementiafriendly@cardiff.gov.uk](mailto:dementiafriendly@cardiff.gov.uk)

### **Acting Today For A Better Tomorrow Award**

I would like to take this opportunity to congratulate Dr Tom Porter, who recently won the 'Acting Today for a Better Tomorrow' UHB Staff Recognition Award for his fundamental contribution towards Active Travel. I wish to extend my heartfelt thanks to Dr Porter for his invaluable work and the positive impact it is having on public health. I am pleased to say that he is currently seconded to the Council one day per week to support our work in this area.

**Councillor Susan Elsmore**  
**Cabinet Member for Social Care, Health & Well-being**  
**22 March 2019**