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CARDIFF AND VALE JOINT AREA PLAN 2023-2028 – Development Update

For consideration today

- Quick overview of the Area Plan;
- Development and Engagement so far
- Introduction to emerging commitments;
- Questions for discussion
- Next Steps

Area Plan 2023-28: headlines

- Published 1st April 2023
- Five year strategic plan for the RPB
- Annual delivery plans
- Informed by:
 - Population Needs Assessment and Wellbeing Assessments
 - Market Stability Report
 - Local knowledge and insight
- Draws on and aligns with:
 - National policy
 - Organisational plans
 - PSB wellbeing plans
 - RPB 5-10 year strategic capital plan
 - Pan-cluster planning group assessments and plans
- Development of RPB itself: partnership development plan

Comprises 2 documents:



Area Plan with high level commitments for each priority area.



Accompanying Delivery Plan

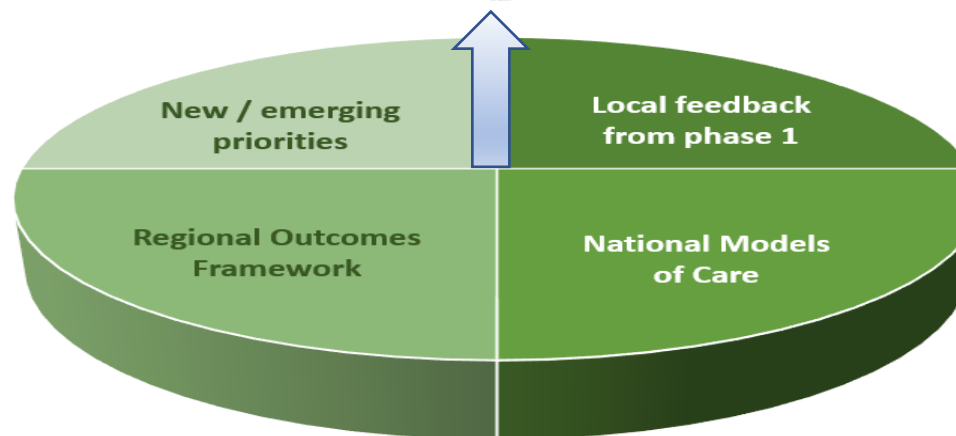
Area Plan 2023 – 2028 Roadmap

Phase 3: Delivery planning
March to May 2023



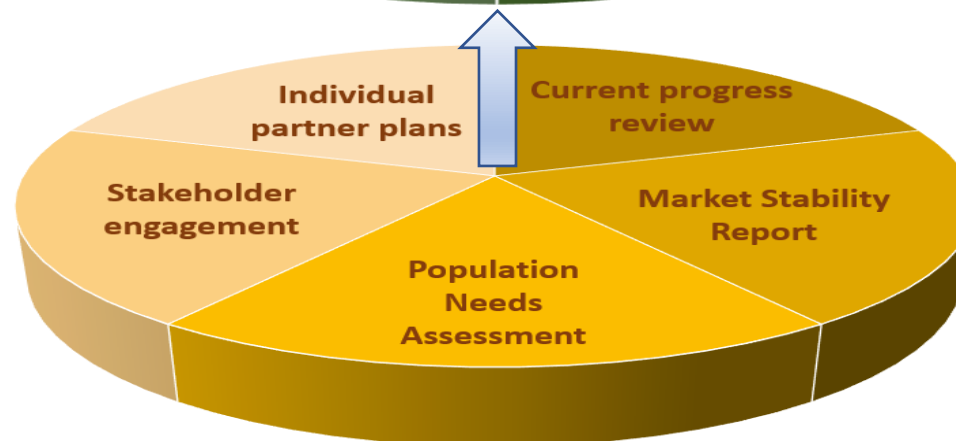
Delivery: agreeing what we need to do over a 5 year timeline, together with identifying the best mechanism to lead each component.

Phase 2: Strategic Prioritisation
January – March 2023



Considering national drivers alongside local need to agree a shortlist of key, outcome-focused priorities that will make the biggest difference for our community.

Phase 1: Looking Back and casting forward
October – December 2022



Local Perspective: what have we achieved – where do we think we should go next?

Engagement

Workshops:

- 10 November 2022
- 1 December 2022 (Learning Disability Partnership Group)
- 27 Feb 2023
- 9 March 2023 (Mental Health)

Meetings with Stakeholders

So far, we have worked with over 150 people (councillors, staff and service users) and held over 250 conversations to develop our Area Plan.

Public Ideas Boards:

- [Children and Young People](#)
- [People with Dementia](#)



Strategic direction as a partnership and interpretation of national policy. The Board sets out its work in the Joint Area Plan and accomplishes it through the arrangements below.

Partnership governance

Public Service Boards



Statutory partners governance:
duties, plans and decision-making

Creates conditions for programmes to deliver.
Interprets and operationalises RPB direction.
Provides assurance to the RPB (and PSBs as relevant) in the delivery of RPB priorities.

STRATEGIC LEADERSHIP GROUP

Themes based on life-stages



Programmes and strategic enablers with programme board arrangements as required to support delivery

emPOWER

(children and young people's emotional wellbeing and mental health)

Complex health and disabilities

Early Years Pathfinder

Learning disabilities

Unpaid carers

Neuro-divergence

Mental health

Physical disabilities

Sensory impairment

VAWDASV

reports to the Community Safety Partnership

@home

Dementia

Digital Care Region

Capital programme

Joint Commissioning

Workforce and OD

Regional Innovation Coordination Hub

Over the next five years we will:



- Enable safe and supportive communities that keep our infants, children and young people safe from harm
- Deliver a Nurturing, Empowering, Safe and Trusted approach to emotional wellbeing and mental health
- Improve the support offer for infants, children and young people with co-occurring complex needs



- Develop integrated support services that deliver outcomes that matter, enabling people with learning disabilities to live as independently as possible in their local community
- Insert Violence Against Women, Domestic Abuse and Sexual Violence
- Ensure that people who live, work, study in and visit Cardiff and the Vale of Glamorgan have the opportunity to live positive, independent lives without being affected by violence and abuse.
- Work with stakeholders and people with mental health needs to find out more about their experiences and priorities, then develop and deliver services that support people to have good mental health
- Identify and recognise unpaid carers for the vital contribution they make to the community and the people they care for, and in doing so enable unpaid carers to have a life alongside caring
- Work with stakeholders and people with physical and sensory disabilities to find out more about their needs, experiences and priorities, developing and delivering changes that enable people to do the things that matter most to them



- Establish integrated, locality-based, health & care services focused on meeting and improving the health and wellbeing of the local population, based on the ambitions of A Healthier Wales
- Raise awareness of Dementia and its determinants whilst working to develop community-based services that enable equitable and timely access to diagnosis and person-centred care

Our Commitment to Infants, Children and Young People

Over the next 5 years we will:

- Work together to keep our infants, children and young people safe from harm
- Deliver a Nurturing, Empowering, Safe and Trusted approach to emotional wellbeing and mental health
- Improve the support offer for infants, children and young people with co-occurring complex needs

This is important because:

- Approximately 740,000 people (13%) of our population are young people aged under 18.
- The 2011 Census identified 1,579 young carers in Cardiff and the Vale of Glamorgan, but this is known to be an underestimation
- The pandemic response has had a significant negative impact on children and young people in Wales on mental health and well-being.
- Regionally, we see increased attendances to the Paediatric Emergency Department for mental health disorders and strain on specialist services such as Child and Adolescent Mental Health Services (CAMHS) crisis teams.
- The early years are a crucial period of development, and Adverse Childhood Experiences (ACEs) have a detrimental effect on adult mental health. Addressing these issues is crucial in reducing likely demand for services in the long term

Policy links:

- [The NEST Framework - NHS Wales Health Collaborative](#)
- [No Wrong Door: bringing services together to meet children's needs - Children's Commissioner for Wales](#)
- [Review of Neurodevelopmental Services](#)
- [Programme Board policy statement: Removing profit from the care of looked after children](#)
- National Trauma Framework for Wales
- [Healthy Child Wales programme 2020](#)

Individual Stakeholder Priorities links:

- [Cardiff and Vale UHB IMTP 2019-2022](#)
- [Cardiff & Vale Regional Safeguarding Boards: Tackling Exploitation Strategy](#)
- [Cardiff Local Authority Children's Services Directorate Delivery Plans](#)
- [Vale Local Authority Delivery Plan for Children's Services](#)
- [Cardiff Children's Services Strategy](#)
- [Vale Children's Services Strategy](#)

We will deliver:

Ongoing:

- Preventative strategies in delivering education, health and support
- Adopt the NEST Framework
- Deliver the priorities set out in 'No Wrong Door'
- Strengthen actions to ensure information is accessible to children and young people
- Strengthen actions to ensure children and young people and families are invited to co-produce services that are person-centred

New:

- Deliver a Nurturing, Empowering, Safe and Trusted approach to emotional wellbeing and mental health
- Improved transition arrangements
- An improved and integrated support offer for co-occurring complex needs
- A strengthened workforce to support delivery of our commitments
- Joint approaches to commissioning and funding for complex care
- Services and accommodation to support families to stay together safely and therapeutic support for care experienced children
- Strengthen and build on existing work around the first 1000 days of life

Models of Care:



- Improved coproduction through effective engagement with children and young people, particularly with less engaged groups *
- Infants, children and young people will receive the support they need at the time they need it*
- Early responses that are needs led, not diagnosis dependent
- An integrated model of care will support services to work better together
- Equitable access to support for all infants, children and young people*
- Early intervention and prevention across a child's journey starting within the first 1000 days into adulthood*
- Strengthen data and information that supports better partnership planning

This will mean

- Increased involvement of young people in service development
- Reduced waiting times for assessment
- Reduced length of hospital stay
- Increased local placements
- Joint service delivery
- Increase access to community support

Our Commitment to People with Learning Disabilities

Over the next 5 years we will:

Develop integrated support services that deliver outcomes that matter, enabling them to live as independently as possible in their local community

This links with our shared outcomes:

Increasing time for people to live their lives; Increased living well in their own home and community; Improved environment that enables people's choices; More empowered workforce; Better start for children and young people; People get a safe response when in urgent need; Decreased avoidable harm or mortality; Reduced wasted system resource

This is important because:

In 2017, there were 7,081 adults in Cardiff estimated to have a learning disability, of whom 1,175 received support from the Learning Disability Services (equal to 78% of people with a moderate or severe learning disability).

For the Vale of Glamorgan 2,400 adults were estimated to have a learning disability, of whom 448 106 received support from Learning Disability Services. This represents 90% of those with a moderate or severe learning disability.

People with learning disability are more likely to have or develop other co-morbidities and greater health inequalities.

These people are also more likely to have been dis-advantaged by COVID-19 and the cost of living crisis.

Policy:

- [Social Services and Well-being \(Wales\) Act 2014](#)
- [Well-being of Future Generations \(Wales\) Act 2015](#)
- [Learning Disability - Improving Lives Programme \(2018\)](#)
- [Additional Learning Needs and Education Tribunal \(Wales\) Act 2018](#)

Partner Priorities:

- [Cardiff and Vale of Glamorgan Joint Commissioning Strategy for Learning Disabilities 2019-2024](#)
- [Cardiff Local Authority Adults Housing and Communities Directorate Delivery Plan](#)
- [Vale Local Authority Adult Services Plan](#)
- [Cardiff and Vale UHB IMTP 2019-2022](#)
- [Cardiff Local Authority Children's Services Directorate Delivery Plans](#)
- [Vale Local Authority Delivery Plan for Children's Services](#)

We will deliver:

Ongoing:

- Increased access to annual health checks
- Social media, technology and offline information alternatives to help share information
- Strengthened engagement and co-production
- Improved services for people to live closer to home with the right support and maximise their independence
- Increased access to work, activities and volunteering.
- Better information to young people and carers on moving from child to adult services
- Increased number of Adult Placement Carers
- Increased technology support for independent living
- Good practice to support people in assisted living where relationships between residents come under stress

New:

- Mitigate the long term impact of COVID 19
- Contribute to data development to inform future planning
- Enable choice in planning for supported living
- Ensure equitable access to ongoing support e.g. dentist, podiatry, eye checks, healthy living, smear checks, sexual health and relationships.
- Ensure people with Down Syndrome have equitable access dementia screening
- Mitigate the impact of cost of living and transport on accessing the right support/right time.
- Develop outcome-based joint commissioning
- Review and refresh our strategic intentions for 2025 onwards in line with Area Plan requirements

With the following results:

People with learning disabilities will:

- Improved engagement and co-production
- Receive the support they need at the time they need it
- Have equitable access to health care and support
- Be able to live closer to home
- Have access to information and technology to support their independence
- Have access to work, volunteering and day opportunities

Increased people accessing GP Check (Health checks)

Models of Care:



Our Commitment to Unpaid Carers

Over the next 5 years we will:

Identify and recognise unpaid carers for the vital contribution they make to the community and the people they care for, and in doing so enable unpaid carers to have a life alongside caring.

This links with our shared outcomes:

- Increasing time for people to live their lives
- Increased living well in their own home and community
- Improved environment that enables people's choices
- More empowered workforce
- Reduced wasted system resource

This is important because:

Unpaid carers play a vital role in our communities by providing care and support to people who would otherwise require health or social care intervention.

The economic value of the contribution made by unpaid carers in Wales is estimated at £8.1 billion a year. It is estimated that there are over 50,000 unpaid carers across Cardiff and the Vale of Glamorgan.

This programme of work aims to:

- Increase awareness of the role of unpaid carers
- Increase identification of unpaid carers
- Improve services and access to support for unpaid carers
- Improve the wellbeing of unpaid carers and therefore reduce the need for crisis or long-term intervention.

This work supports the region to deliver against the priorities of the National Strategy for Unpaid Carers in Wales of:

- Identifying and valuing unpaid carers
- Providing information, advice and assistance
- Supporting life alongside caring
- Supporting unpaid carers in education and the workplace

We will deliver:

Policy:

- [Social Services and Well-being \(Wales\) Act 2014](#)
- [Well-being of Future Generations \(Wales\) Act 2015](#)
- [National Strategy for Unpaid Carers: Delivery Plan](#)
- [Dementia Pathway of Standards \(link with the dementia programme\)](#)

Partner Priorities:

- [Unpaid Carers Charter](#)
- [Cardiff Local Authority Adults Housing and Communities Directorate Delivery Plan](#)
- [Vale Local Authority Adult Services Plan](#)
- [Cardiff and Vale UHB IMTP 2019-2022](#)
- [Cardiff and Vale UHB IMTP 2019-2022](#)
- [Cardiff Local Authority Children's Services Directorate Delivery Plans](#)
- [Vale Local Authority Delivery Plan for Children's Services](#)

Ongoing:

- **Delivering the Unpaid Carers Charter** – a set of regional commitments to support identification, awareness and development of services for unpaid carers over the next 5-10 years
- **Continuing delivery of the Carers Gateway** – providing a single point of access for information advice and support for unpaid carers
- **Providing specific support for Young Carers** – providing information, advice and support services specifically to young carers
- **Strengthening the role of carers in discharge planning** – support for unpaid carers when the person they care for is admitted and discharged from hospital
- **Carers Assessment** – support development of the Carers Needs Assessment process and strengthen clear pathways for carers assessments within local authorities following a “what matters” conversation

New:

- Review the pathway for **mental health and wellbeing support** to unpaid carers. This would include physical and emotional support for young carers to reduce the risk of adverse childhood experience (ACE), as well as reduce waiting time for specialist services through the provision of early access to the right advice and support.
- Inform the development of **person-centred flexible respite** for unpaid carers inclusive of young carers including emergency and pre-planned respite.
- Supporting working age carers with **employment alongside and after caring**, through opportunities to develop skills and experience to support unpaid carers back to work, as well as supporting employers to understand the role of unpaid carers and ensure they are supported and maintained in employment.
- Review the need for an **updated carers directory**, which is updated regularly and available digitally, and publicise widely.

Models of Care:



With the following results:

Carers will:

- Be recognised for the vital role they play in providing care and support.
- Understand their rights
- Have access to support that enables them to carry out their role
- Have access to breaks and respite
- Be supported to have fulfilling lives that work alongside their caring role
- Play a fundamental role in planning care and support for the person they look after.

This will mean:

- Increased numbers of carers assessments
- Increased number of recognised unpaid carers
- Increased numbers of unpaid carers accessing information and support

Our Commitment to reducing Violence Against Women, Domestic Abuse and Sexual Violence

Over the next 5 years we will:

Ensure that people who live, work, study in and visit Cardiff and the Vale of Glamorgan have the opportunity to live positive, independent lives without being affected by violence and abuse.

This links with our shared outcomes:

Increasing time for people to live their lives; Increased living well in their own home and community; Improved environment that enables people's choices; More empowered workforce; Better start for children and young people; People get a safe response when in urgent need; Decreased avoidable harm or mortality; Reduced wasted system resource

This is important because:

Violence against women, domestic abuse and sexual violence (VAWDASV) has far-reaching consequences for families, children, communities and society as a whole. Whilst anyone (women, men, children and young people) can experience VAWDASV, it is women and girls who are disproportionately affected by domestic abuse, rape and sexual violence, sexual exploitation (including through the sex industry), modern day slavery, forced marriage, honour-based abuse, female genital mutilation, child sexual exploitation and abuse, stalking and sexual harassment. This can happen in any relationship regardless of sex, age, ethnicity, gender, sexuality, disability, religion or belief, income, class, geography or lifestyle.

Individual Stakeholder Priorities links:

- [Tackling Violence Against Women and Girls: a Joint Strategy 2019-2024 \(South Wales Police and Crime Commissioner\)](#)
- Public Service Board Well-being Plan 2023-2028 ([Cardiff/Vale](#))

Policy links:

- [VAWDASV \(Wales\) Act 2015](#)
- [Wellbeing of Future Generations \(Wales\) Act 2015](#)
- [Social Services and Well-being \(Wales\) Act 2014](#)
- [Housing \(Wales\) Act 2014](#)
- [Renting Homes \(Wales\) Act 2016](#)
- [Domestic Abuse Act \(2021\)](#)
- [Council of Europe Convention on preventing and combating violence against women and domestic abuse \(ratified 2022\)](#)
- [VAWDASV: Strategy 2022-2026 \(Wales\)](#)
- [Cardiff and Vale of Glamorgan Regional VAWDASV Strategy 2023-2028](#)
- [Regional Safeguarding Board Annual Plans](#)
- Single Unified Safeguarding Review process (Wales)

We will deliver:

Ongoing:

- Improve awareness amongst survivors, bystanders, and service providers of the recognition and management of VAWDASV.
- Deliver the required elements of the National Training Framework to all relevant staff.
- Improve multi-agency responses by increasing understanding of risk factors & lived experiences.
- Monitor evolving trends in all forms of abuse & ensure services anticipate changes in demand.
- Continued investment in specialist support services and strengthen availability of provision.
- Increase practitioners' understanding of perpetrator behaviour.

New:

- Ensure the lived experiences of survivors informs ongoing service development and delivery.
- Maintain and extend a range of interventions to target known and potential perpetrators of abuse.
- Challenge victim blaming attitudes to restore survivors' confidence & ability to access services.
- Prioritise intervention for children & young people to prevent issues from arising or escalating.

With the following results:

- Partnership working in the region is strengthened to deliver timely and effective victim-centred service responses.
- Accountability for abusive behaviour remains with the perpetrator(s).
- A range of opportunities to break the cycle of all forms of victimisation are available to perpetrators through education, early intervention and behaviour changing programmes.
- Children and young people are informed and understand the importance of consent and healthy relationships.
- Communities are supported to understand the nature of VAWDASV and the action(s) that they can take to challenge it.
- Specialist high quality, needs-led, strength-based, trauma-informed and person-centred services are available to survivors of VAWDASV in the region.
- Survivors are able to access therapeutic support to rebuild their lives free from abuse.

Our Commitment to People with Physical and Sensory Impairment

Over the next 5 years we will:

Work with stakeholders and people with physical and sensory disabilities to find out more about their needs, experiences and priorities, developing and delivering changes that enable people to do the things that matter most to them.

This links with our shared outcomes:

- Increased living well in their own home and community
- Improved environment that enables people's choices
- Increasing time for people to live their lives
- Reduced wasted system resource

This is important because:

Around 1 in 5 people in Cardiff and the Vale of Glamorgan have a disability. We recognise the importance of coproducing our regional plans to ensure they reflect the priorities and experiences of disabled people.

The Welsh Government published its 'Action on Disability: The Right to Independent Living Framework and Action Plan' in 2019 stating their commitment to disabled people fulfilling their potential and achieving their ambitions and dreams in line with the 'Social Model of Disability' and recognises the persistence of poverty and exclusion.

Policy links:

- [Social Services and Wellbeing Act \(Wales\) 2014](#)
- [Equality Act 2010](#)
- [Welsh Government 'Action on Disability: The Right to Independent Living Framework and Action Plan'](#)
- [Welsh Government: Locked out: liberating disabled people's lives and rights in Wales beyond COVID-19](#)
- [National Health Service \(Wales\) Act 2006](#)
- [Welsh Government Health and Care Standards including 'Communicating Effectively'](#)
- [British Sign Language Act 2022](#)
- [UK Government 'Inclusive Communication Guidance'](#)
- [Cardiff and Vale UHB: Interpretation Policy](#)

Individual Stakeholder Priorities links:

- [Cardiff Council: Equality & Inclusion Strategy 2020 - 2024](#)
- [Vale of Glamorgan Council Disability Equality Scheme](#)
- [Cardiff and Vale UHB: Strategic Equality Plan: Caring about Inclusion 2020-24](#)
- [Cardiff Council: Wellbeing Report](#)
- [Vale of Glamorgan Council: Service Plans](#)
- [Cardiff and Vale UHB: Interpretation and Translation Services Policy](#)

We will deliver:

Our joint priorities are:

- A co-produced strategy which will define a future integrated delivery model for people with physical and / or sensory impairment.

We are committed to:

- Focusing on 'what matters' most to people.
- The social model of disability
- Ensuring support is age and need appropriate.
- Developing peer support and advocacy.
- Ensuring co-ordinated and easy access to services.
- Prevention and early intervention and support
- Optimising access to the right accommodation, assistive technology and support that enables independence.
- Ensuring communication, support and services are accessible

Models of Care:



With the following results:

A co-produced plan with stakeholders and people with physical and sensory impairment setting out how we will work together to enable people to do the things that matter most to them.

Our Commitment to People with Neurodiversity

Over the next 5 years we will:

Strengthen provision of Neuro-diversity services with a focus on providing the right support at the right time.

This links with our shared outcomes:

- Increasing time for people to live their lives
- More empowered workforce
- Better start for children and young people
- People and their needs at the centre
- Value everyone's time

This is important because:

There are over 6,000 people with a diagnosis of Autism within the region. Not all autistic people will have been diagnosed.

The number of people aged 18-64 with an autism spectrum disorder is expected to increase by about 13% (425 people) between 2017 and 2035, with the largest increases being seen in people aged 35-44 those aged 75+.

Across Wales, negative mental health impacts were particularly significant for autistic people during the pandemic, specifically depression and anxiety.

Welsh Government is expanding the RPB's focus from Autism to include all Neurodiversity issues.

Policy links:

- [Welsh Government Review of the Demand, Capacity and Design of Neurodevelopmental Services](#)
- [NICE guidelines](#)
- Social Services Annual Report: [Cardiff Council](#) / [Vale Council](#)
- [Autism Code of Practice](#)

Individual Stakeholder Priorities links:

- [Cardiff and Vale of Glamorgan Joint Commissioning Strategy for Learning Disabilities 2019-2024](#)
- [Cardiff Local Authority Adults Housing and Communities Directorate Delivery Plan](#)
- [Vale Local Authority Adult Services Plan](#)
- [Cardiff and Vale UHB IMTP 2019-2022](#)
- [Cardiff Local Authority Children's Services Directorate Delivery Plans](#)
- [Vale Local Authority Delivery Plan for Children's Services](#)

We will deliver:

Ongoing

A continued Integrated Autism Service

New:

- Strengthened support on a needs led basis to ensure the right support is available at the right time.
- Improvements in ADHD service provision.
- Transitional arrangements which enable a seamless journey for young people into adult hood.
- The new national guidance on neurodiversity requirements.
- Improved timeliness and access to assessment and diagnosis.
- The Code of Practice.

Models of Care:



With the following results:

People with ND will have:

- Timely access to assessment, diagnosis, care and support.
- Services that work better together.
- A skilled, multi-agency workforce trained to address people's needs.
- Stronger links with Children and Young People's provision to maximise prevention and early intervention opportunities and promote better transitions into adult life.

This will mean

- Reduced waiting times for access to assessment
- Increased access to support
- Increased practitioner awareness
- Increased well-being of adults

Our Commitment to People with Mental Health Needs

Over the next 5 years we will:

Work with stakeholders and people with mental health needs to find out more about their experiences and priorities, then develop and deliver services that support people to have good mental health.

This links with our shared outcomes:

- Increased living well in their own home and community
- Improved environment that enables people's choices
- Increasing time for people to live their lives
- Reduced wasted system resource

This is important because:

A recent ONS survey recorded that 9% of our regional population had a self-reported mental disorder.

This is likely to have increased in the aftermath of COVID-19.

Welsh Governments cornerstone strategies for mental health – *Talk to Me 2* and *Together for Mental Health* have reached their conclusion and new strategies are under development.

Locally, we recognise specific concerns relating to: the impact of increases in the cost of living, homelessness, social isolation along with the needs of a range of people recognised as priority groups within other sections of this Area Plan.

We need to ensure that enabling good mental health is a key priority for all priority groups.

Policy links:

- [Social Services and Wellbeing Act \(Wales\) 2014](#)
- [Equality Act 2010](#)
- [Together for Mental Health](#)
- [Talk to Me 2](#)
- [6 Goals for Urgent and Emergency Care](#)
- [Beyond the Call](#)
- [Crisis Care Concordat](#)
- [No Decision About Me Without Me](#)
- [PHW Promoting Individual and Community Well-being](#)

Individual Stakeholder Priorities links:

- [Cardiff Local Authority Adults Housing and Communities Directorate Delivery Plan](#)
- [Vale Local Authority Adult Services Plan](#)
- [Cardiff and Vale UHB IMTP 2019-2022](#)
- [Cardiff Local Authority Children's Services Directorate Delivery Plans](#)
- [Vale Local Authority Delivery Plan for Children's Services](#)

We will deliver:

A joint review of our previous strategies and action plans, working with service users to identify and deliver key priorities for development over the next 5 years.

This is likely to include:

- Identifying new ways of building and retaining our workforce;
- Delivery of the psychological support wherever it is required;
- Delivering trauma informed care in all our mental health provision;
- Making best use of technology and social prescribing;
- Pathways for people with emotionally unstable personality disorders;
- Development in adult fostering as an alternative to hospital and placement;
- Developing effective links with groups across our community with a high prevalence of mental health disorders
- Include needs-based mental health support within integrated cluster-based services
- Effective transition arrangements for young people with a mental health need/serious emotional distress when entering adult services (18+)

Models of Care:



With the following results:

A co-produced plan with stakeholders and people with mental health needs setting out how we will work together to enable people to do the things that matter most to them.

Our Commitment to Ageing Well @Home

Models of Care:



Over the next 5 years we will:

Establish integrated, locality-based, health & care services focused on meeting and improving the health and wellbeing of the local population, based on the ambitions of A Healthier Wales

This links with our shared outcomes:

Increasing time for people to live their lives
Increased living well in their own home and community
Improved environment that enables people's choices

More empowered workforce
People get a safe response when in urgent need
Decreased avoidable harm or mortality
Reduced wasted system resource

This is important because:

The number of people aged 65 to 84 years is expected to increase from c. 70,000 people to c. 93,000 people between 2019 and 2039 - a rise from 14% to 16.2% of the total population.

Life expectancy is known to be associated with socio-economic status: in 2017, there was a life expectancy gap of 8.6 years for males and 6.6 years for females, between the most and least disadvantaged areas in Cardiff and the Vale of Glamorgan (PNA 2022).

'A Healthier Wales: our Plan for Health and Social Care' sets out a clear vision for a 'whole system approach to health and social care' focusing on supporting health and wellbeing and preventing illness.

The @Home programme will deliver:

- a new model of place-based, joined-up care and support across NHS, councils, third sector services and local community networks.
- designed around the person and their family/support network.
- independence through care and support delivered at home or closer to home.

Policy links:

- [A Healthier Wales](#)
- [Age Friendly Wales](#)
- [National Strategic Programme for Primary Care](#)
- [6 Goals for Urgent and Emergency Care](#)
- Further Faster Integrated Community Care Services for Wales (no link available)

Individual Stakeholder Priorities links:

- [Cardiff Ageing Well Strategy](#)
- [Shaping Our Future Wellbeing](#)
- [Cardiff Local Authority Adults Housing and Communities Directorate Delivery Plan](#)
- [Vale Local Authority Adult Services Plan](#)
- [Cardiff and Vale UHB IMTP 2019-2022](#)

The @Home Programme will deliver:

An Integrated Community Care Service including:

- **Coordinated access to community services** – improve and streamline community referral routes through a single point of access
- **Intermediate care** – rightsized and consistent target operating model for step-up and step-down reablement
- **Locality model/MDT clusters** – roll-out of the learning and development of the South West Cardiff Cluster model together with a co-produced new locality operating model
- **Health and Wellbeing Centres** – delivery of the capital assets which support joined up community services
- **Key enablers** – delivering alongside the programme focussed on integrated workforce, integrated care records (Digital Care Region), integrated Business Intelligence.

New:

- **Supporting Mental Health** with a focus on increased prevention and support for people who may have delirium, dementia and/or depression
- **End of life** - Improve services to support planning that empowers choice and reduces avoidable, multiple hospital admissions.
- **Cost of living** - provision of effective information and support to help address the impact of rising food, energy and travel costs
- **Loneliness and isolation** - increasing identification of those at risk and improving access to services which can support them.
- **Alcohol use** - Reduce harms from substance use, focussing on prevention and early identification of harmful alcohol use.
- **Falls prevention:** Extend the reach of community services to reduce risk of falls.

With the following results:

Ageing Well @home will ensure:

- Access to a range of services which help long term wellbeing and prevent reliance upon long term health and social care.
- Opportunities for home-based re-ablement instead of a hospital stay.
- Those at greatest risk of an emergency hospital attendance will have specific plans in place to reduce that need.
- Advance care plan support is in place.
- Optimised access to the right accommodation, assistive technology and support to enable independence.

This will mean:

- Reduced unplanned admissions to hospital and long term care
- Reduced attendances at EU and crisis-led packages of social care
- Reduced hospital length of stay
- More healthy days at home
- Reduced attendances at EU and unplanned admissions as a result of falls

Our Commitment to People with Dementia

Over the next 5 years we will

Raise awareness of Dementia and its determinants whilst working to develop community-based services that enable equitable and timely access to diagnosis and person-centred care.

This is important because:

There are approximately 7,000 people living with dementia assumed to be living in our region. However 47% of these people are currently un-diagnosed.

It is anticipated that these numbers will increase by c.25% over the next 5 years

One third of this population live in care homes whilst the others live within the community.

The condition brings with it a number of co-morbidities and complications including delirium and increased infection risk.

Our local plan is already in place that focuses on bringing dementia management closer to home.

Policy links

- [Dementia Action Plan](#)
- [Social Services and Well-being \(Wales\) Act 2014](#)
- [Well-being of Future Generations \(Wales\) Act 2015](#)
- [National Strategy for Unpaid Carers: Delivery Plan](#)
- [Dementia Pathway of Standards](#) (link with the dementia programme)

Individual Stakeholder Priorities links:

- [Cardiff and Vale Dementia Strategy 2018-28](#)
- [Cardiff Ageing Well Strategy](#)
- [Shaping Our Future Wellbeing](#)
- [Cardiff Local Authority Adults Housing and Communities Directorate Delivery Plan](#)
- [Vale Local Authority Adult Services Plan](#)
- [Cardiff and Vale UHB IMTP 2019-2022](#)

We will deliver:

Ongoing:

- Develop **compassionate communities** who are aware of their risk factors through a coordinated campaign of raising awareness and an increased number of 'dementia friendly' communities.
- Improve **community-based care and support** through increasing advocacy in the design of person-centred care plans and service developments.
- Create clear community-based pathways for **timely assessment and diagnosis**.
- Deliver on the commitments of the **Dementia Friendly Hospital Charter**.
- Develop a regional approach to dementia care **learning and development**.

New:

- Needs-focused accommodation solutions.
- Innovative research including 'technology enabled care' to support strength-based approaches in care for all ages and stages.
- Pathways for people with learning disabilities who are at higher risk of developing dementia.
- Improved awareness and access to Advance Care Planning.
- Hospital-based Liaison Support to create a "dementia friendly" journey through hospital.
- Innovative and flexible support for unpaid carers, including responsive respite options for different needs.

Models of Care:



This links with our shared outcomes:

Increasing time for people to live their lives
Increased living well in their own home and community
Improved environment that enables people's choices

More empowered workforce
People get a safe response when in urgent need
Decreased avoidable harm or mortality
Reduced wasted system resource

With the following results:

People experiencing Dementia will:

- Know how to actively reduce their risk factors.
- Live in local communities who are empowered to be safer places for people with Dementia.
- Receive an earlier diagnosis, especially in those population groups where dementia is likely to be most prevalent.
- Have specific plans in place to reduce the need for an emergency hospital attendance / admission.
- Have plans in place to support their needs when a hospital visit is necessary.
- Receive support to develop advance care plans where appropriate.
- Receive optimised access to the right accommodation, assistive technology and support to enable independence.
- Unpaid carers will have access to a wide range of help and support.

This will mean:

- Reduced waiting times for assessment and diagnosis.
- Increased numbers of dementia friendly businesses and communities.
- Reduced attendances at EU and unplanned admissions due to lack of support for unpaid carers.
- Increased numbers of workforce trained through the Good Work Framework for dementia.

Questions for today (and next steps)

Consider the emerging commitments for Starting Well, Living Well and Ageing Well

- Have we got them right – are we missing anything?
- Consider where we might work together to support delivery
- How do we ensure we're making the right connections between our work plans?
- How would you like to hear about our progress?

Next Steps:

- Ongoing engagement and assurance until end March 2023
- Consideration and approval by RPB on 25th April 2023
- Share with all partners for information by end May 2023.
- Delivery planning and implementation – end March 2023 onwards.

Achievements so far....

