
Outcome 5 People Live Active, Healthier and Independent Lives Progress Report

1. Recommendations

The Management Committee is asked to note this paper.

2. Successes and key achievements to date for Outcome 5

- Number of enhanced telecare packages continues to exceed target
- Assessments for the requirements for extra care housing in all new build developments have also well exceeded targets
- 100% of carers assessments were completed within 28 days
- The number of extracurricular sports opportunities for schools is now greater than the 200 per academic term target
- 100% of schools are providing 2 hours of physical education per week in schools curriculum
- All new housing benefit and council tax claims have been processed in Q1 within 20 days (target within 23 days)
- 640 households assisted through discretionary housing payments in Q1 (target 800pa)
- The number of staff and volunteers trained to deliver falls prevention awareness now equates to 37 thus exceeding the target. Over 300 people trained as a result
- Repeat homelessness within 12 months maintained at 5% - lower than the target of 6%
- 93% of Counterweight (weight loss programme) participants (84) completed 3 month course in 2014/15. Programmes are considered effective if 60% of participants complete with at least 30% of participants losing at least 5% of their initial weight. The Argyll & Bute programme achieved close to that benchmark at 29% of participants losing up 5% of their initial body weight.

3. Risks

- Rate of emergency admissions per 1000 aged 75+ has decreased by 2% from 2011. Trajectory to 2023 needs to be agreed at review. The A&B current rate = 368 with the Scottish average at 342, the best performance from Grampian at 277 and worst Greater Glasgow & Clyde at 403. This needs to be remitted to the Improving Care programme that has taken over from Reshaping Care for Older People.
- 75 % of older people receiving Care in the Community compared to 80% target.
- 50% of frontline NHS staff trained in suicide and self-harm – 37% achieved. Significant numbers of staff attend the training but not those counted into this target. Choose Life programme being reviewed in the light of work on integration.
- A specific HEAT target for smoking cessation in Argyll & Bute has not been set but the NHS Highland target 2015/16 was changed to 352 (by Scottish Government) from 582. Estimating the A&B proportion as 30% we would be expecting to achieve 106 12 week quits post quit date. We achieved 80 although did achieve our focused work on the most deprived. Nominal target would be 42 and 44 were still stopped smoking at 12 week quit post quit date in the 40% most deprived.
- Number of Alcohol Brief Interventions being delivered across Argyll and Bute is under target. Targets have now been further devolved to localities to help improve ownership of the intervention and improvement on performance.

4. Opportunities

Further opportunities exist with the formation of the Health & Social Care Partnership with regard to emergency admission rates. Models of delivery are being considered for both smoking cessation and alcohol brief interventions.

Background

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| Consultations | Short term outcome leads have been consulted on the data and some aspects of the narrative. |
| Resources | No further financial resource is being considered for the risk areas but how personnel are deployed to meet the needs of the various services are. |
| Prevention | All the indicators discussed in this paper have a large preventative focus inherent in the purpose of the work. |
| Equalities | Many equalities groups benefit from the work undertaken implementing this work. |

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