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NORTH WALES SOCIAL CARE AND WELL-BEING
SERVICES IMPROVEMENT COLLABORATIVE

Population assessment update

June 2017 (Issue 7)

What works?

The population assessment tells us what's needed, but how do we know what will help? As part of the assessment, Public Health Wales carried out a review of the evidence available for early intervention and prevention services, which is available here: www.publichealthwalesobservatory.wales.nhs.uk

More information about the evidence base for services is available from the UK What Works centres in social policy. Links to the centres and guidance on how to use research evidence in practice are available here: www.alliance4usefulevidence.org

There's also much more information available about what's needed than we were able to include in the population assessment. If you want to know more about the issues discussed in this chapter please see the Public Health Wales website or contact us.

Spotlight on…

Health, physical disability and sensory impairment

What we've learnt...

Thanks to everyone who has sent us feedback on the population assessment. We're collating it all into a report which we'll use in the regional plan and the population assessment review. It's great to hear how the report is being used, what works and how we can improve it for next time. If you have any more feedback, we'd love to hear from you.

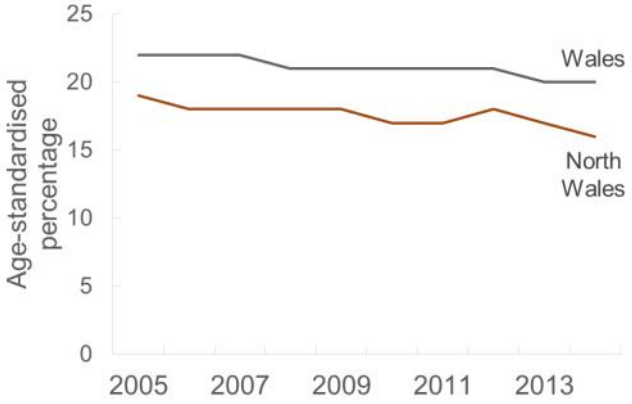
What we found out

- Around 80% of people in North Wales say they are in good health. This is better than the Welsh average.
- People who live in more deprived areas in North Wales tend to have poorer health than people living in less deprived areas.
- Around one third of people in North Wales are living with a chronic condition such as high blood pressure, asthma or diabetes.
- The number of people who have visual or hearing impairments is expected to increase as people live longer.
- The number of people living with a limiting long-term illness is predicted to increase by around 20% by 2035 due to people living longer.
- Lifestyle issues affecting health include smoking, obesity, physical activity and alcohol.

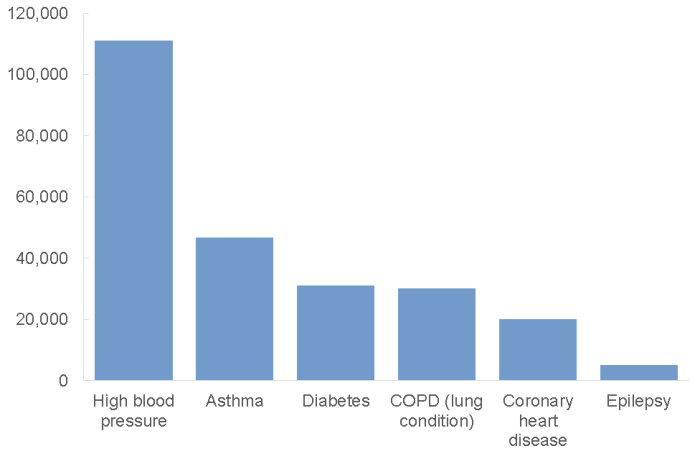
"I think all people who work in public transport should have disability awareness training and have basic sign language"

- Consultation participant

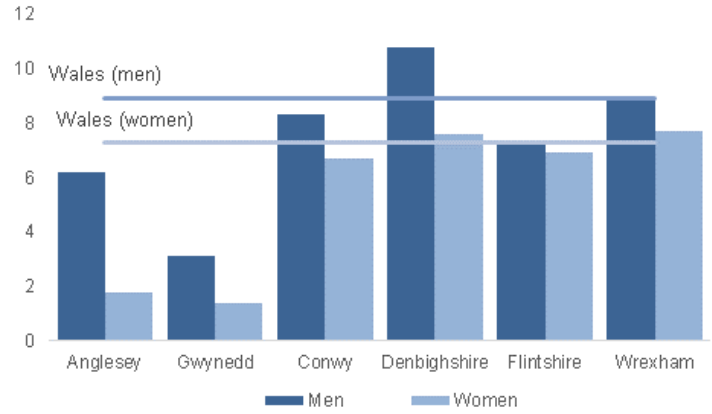
Percentage of adults who say their health is fair or poor



Number of people with chronic conditions, North Wales



Inequality gap in life expectancy in years, North Wales



The problem with data...

The population assessment is only as good as the data we have. Often, when we looked closely at the numbers we found problems. Take the number of people with sensory impairments for example. Local authorities hold registers which tend to undercount as they are based on self-referral. We also know the number of people newly diagnosed and how many people use sign language. But no measure gives a complete picture of the number of people who need support.

To help, we checked the numbers against other data, called *triangulation*. We looked at research reports and asked staff, service providers and service users what they thought. There are still gaps where better data would be helpful, which we have shared with Data Unit Wales.

What we think should happen

- Focus on ‘what matters’ to individuals and work in partnership to provide it.
- Help people make best use of informal support networks.
- Develop use of telecare and other technology.
- Support people to live independently and be active members of their communities.
- Provide people with the tools and resources they need to look after their own health and well-being.
- Focus on early intervention and prevention.
- Implement and embed the Making Every Contact Count (MECC) programme.
- Explore social prescribing models.
- Review specialised health services and provide care closer to home where possible.
- Continue to strengthen the social model of disability in all that we do.

What people told us

- Places, services and public transport need to be more accessible to disabled people.
- There can be a lack of understanding and prejudice towards disabled people.
- Public services need to listen more and involve disabled people in developing services.
- Financial pressures mean criteria for services are getting tighter, waiting lists are long and people are worried about services being lost.
- There are no Deaf specialist care homes and some don’t have staff trained in British Sign Language so Deaf people can’t communicate.
- Disabled people don’t always feel safe in our communities.

Social prescribing

Social prescribing is where primary care services refer patients with social, emotional or practical needs to a range of local non-clinical services. The services are often provided by the voluntary and community sector and can include promoting health and well-being through leisure, welfare, education, culture, employment and the environment. Examples include providing information or advice; bibliotherapy (books on prescription); eco-therapy or green prescriptions, such as gardening projects or walks in a park; arts or learning on prescription; exercise referral schemes; and volunteering programmes. It’s a developing area and any new initiatives should be evaluated well to help build an evidence base.

Themes

- Children & young people
- Older people
- Health, physical disabilities & sensory impairment
- Learning disability & autism
- Mental health
- Carers
- Violence against women, domestic abuse & sexual violence
- Homelessness
- Veterans
- People in the secure estate

More information

Population assessment and area plan toolkits:
www.socialcare.wales/hub/hub-resource-sub-categories/planning-and-promoting

Part 2 Code of Practice:
www.socialcare.wales/hub/sswbact-codes

Area plan guidance:
http://gov.wales/docs/dhss/publications/170206statutory-guidanceen.pdf

Dewis Cymru (services available to meet the needs identified in the assessment)**:**
https://www.dewis.wales/

Contact us

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Background to the population assessment

The population assessment pulls together information about people's care and support needs and the support needs of carers in North Wales. It aims to show how well people's needs are being met and the services we will need to meet them in future. Local authorities in North Wales worked together with Betsi Cadwaladr University Health Board (BCUHB), supported by Public Health Wales, to produce the assessment which is a requirement of the Social Services and Wellbeing (Wales) Act (2014).

The population assessment will be used to make decisions about the services we need to provide in North Wales to meet people's care and support needs and the support needs of carers. It will help us make decisions about where to use our resources, meet other requirements of the act and inform the work of the Regional Partnership Board.

We have used all kinds of evidence to identify what's needed and asked people what they think is important including people who currently use care and support services, the North Wales citizen's panel, and staff who deliver services in the local authorities, health, private and voluntary sectors.

Next, we will write a regional area plan setting out the range and level of services councils and local health boards propose to provide or arrange in response to the population assessment. This has to be finished by 1 April 2018.