

Living Well

Care and Independence Scrutiny 22 June

Living Well background

The Living Well Team was established as a key component of a targeted prevention approach across Adult Social Care and Public Health. With an overall aim to prevent, reduce or delay the need for social care; the service has grown in size and reputation since then and is now a well-established part of the Adult Social Care pathway.

Since the service went live in 2015, there have been 15,290 referrals, with an increase year on year reaching a total of 3781 for the year 2019/20 – until numbers showed a dip from March 2020 due to the pandemic, dropping down to 2916 for the year 2020/21.

The last year April 22 to April 23 has seen annual referrals increase to 3930, increasing beyond activity levels pre Covid

Living Well

Performance, outcomes and key developments

Living Well Team

From 18 to 49 LWCs
Social Prescribing
New ways of working, training and development



Partnerships

Public Health, Stronger Communities,
NHS, Job Centre, Trading Standards,
NYFS, VCSEs, NY Sport, Citizens Online,
National Autistic Society, Carers
Resource, Communities.



"Words cannot describe the impact you have all had to unreservedly bring a lost soul back to believing himself again with a new perspective on the future with a view to now turning my life skills to helping those who may be in a similar situation."

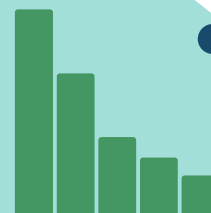
15,290

Since October 2015, there have been 15,290 referrals into Living Well, >3500 per year. 60% female, age demographic changing



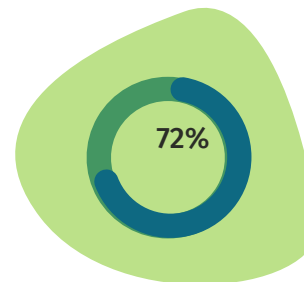
Outcomes

IAG, accessing community, building confidence, practical skills, volunteering, emotional support, healthy lifestyles



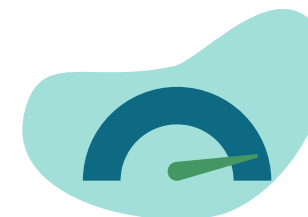
Wellbeing

72% of people supported have seen a meaningful increase in wellbeing (8+)



Survey

91% of people surveyed said the support they received had been successful



Referrals & Outcomes

Referral sources:

The team receives referrals from a wide range of sources including partners from the NHS, the voluntary sector and self referrals.

The highest referral source over the last 12 months has been from GP's followed by self referrals then Mental Health professionals.

The team has seen a move to supporting more people under the age of 65.

61% of people supported during the last months have been aged under 65.

Key Outcomes:

Over the last 12 months, the top 4 outcomes achieved are:

Support with practical advice / skills 28%

Support with a loss of confidence 25%

Accessing the community 23%

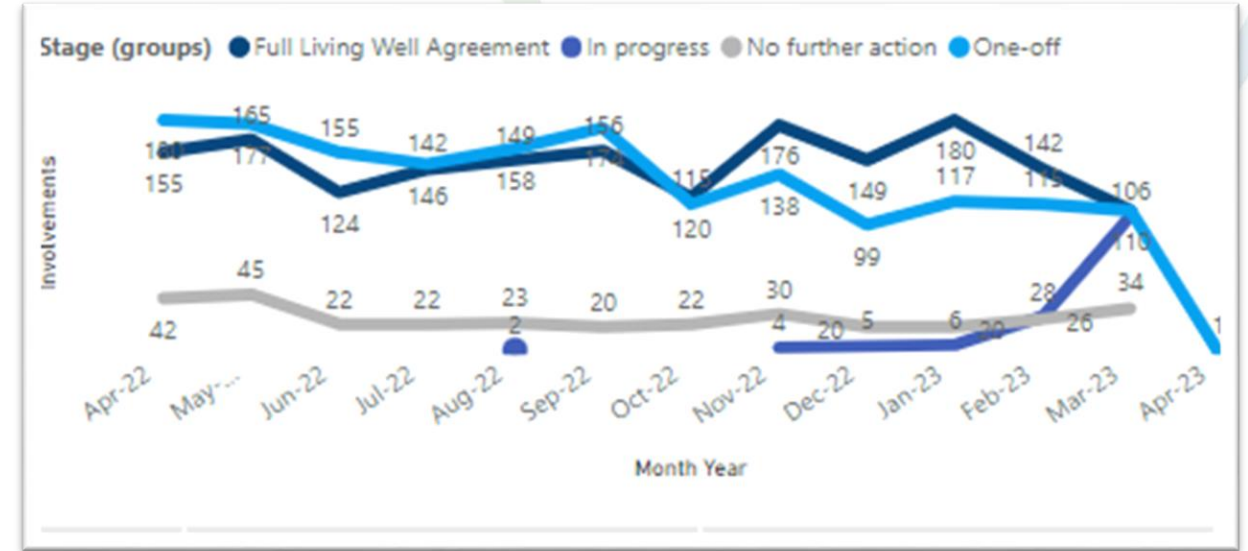
Help with finances 20%



Summary of activity

During the last 12 months we have seen an increase in supporting people for a longer period of time, (still remaining within 12 weeks), recovering from the pandemic where more support was provided as a one off Intervention

The last year April 22 to April 23 has seen annual referrals increase to 3930, increasing beyond activity levels pre Covid



Social prescribing

Social prescribing enables GPs, nurses and other primary care professionals to refer people to a Social prescribing Link worker based in the GP surgery, who can support the person with non-clinical services to support their health and wellbeing.

Living Well continues to deliver social prescribing to Selby Town PCN and the four Harrogate PCNs.

Selby spotlighted in recent Social prescribing news

Social Prescribing done differently in Selby

A new project in Selby, North Yorkshire has taken an innovative approach to social prescribing and significantly increased the support available in one community. The approach is known as 'Assertive Social Prescribing' and takes influence from the Brazilian model of community health care, where a link worker is assigned to a household to provide support and signposting for all of the household members.



North Yorkshire HFU Scheme

- Living Well providing ongoing support with the Home for Ukraine scheme, commenced March 2022
- Collaborative working with CYPS (Early help team) and NY Housing partners
- 1287 total arrivals since March 2022

Living Well visits completed:

Number of Welfare Visits

Craven	Hambleton	Harrogate	Richmond	Ryedale	Scarborough	Selby	Total
30	55	130	24	19	64	44	366

Number of Welcome Visits

Craven	Hambleton	Harrogate	Richmond	Ryedale	Scarborough	Selby	Total
20	46	100	19	14	47	33	279

Number of 5-Month Visits

Craven	Hambleton	Harrogate	Richmond	Ryedale	Scarborough	Selby	Total
14	25	60	12	8	24	18	161

Case Study... Paul & Samantha

Paul was in his 70's and had been living with his daughter Samantha and her 4 children since his wife died. The house was overcrowded and very active, his family were really important to Paul. Paul was concerned about being able to live independently again and lost his omnificence. Samantha his daughter was low in mood and desperate at their situation as a family

Living Well coordinator supported:

- ✓ The family with a housing application and signposted Paul and Samantha to Housing Options
- ✓ A referral to the Income Maximisation Team for a benefit check
- ✓ Budget planning for the move and independent living
- ✓ An application to the North Yorkshire Local Assistance Fund
- ✓ A referral for adaptations & assistive technology - Walk-in shower, access for mobility scooter & grab rails
- ✓ Signposted to carers support organisations and provided carers support to Paul's daughter
- ✓ Referral to Revival for social activities and support in the community



Outcome & Feedback.....

Paul was allocated a bungalow near his daughter and is living independently and is connected with his local community, carers stress reduced

Samantha

“Living well were amazing they helped me and my dad when we were at our most vulnerable and mentally drained.

“My dad was sleeping and living in my living room for 7 years. We were all stuck in our rooms it was like I was a child again.”

“I was overwhelmed and struggling mentally to the point I was in despair.”

“They have been absolutely amazing. So supportive and helpful without one ounce of judgement. “

“They gave my dad his independence back, he looks so much happier and is doing more for himself. His confidence is coming back again.”



Paul

“At the age of 73 years I am to begin life living alone in my own home. This would of been impossible without the help and support of my daughter, family friends and from Living Well.”

“I have worked all my life and never received any help, it was a big thing for me to actually admit I need it.”

“The support really helped ease all my worries about moving and with all the help I have now become more independent and confident. “

“I would advise anyone who needs help and support to contact living well, they really do care. “

Next 12 months

Domestic abuse - Roll out of IDAS DASH training for all LWC's and new process for LWC's where DA disclosures are made

Falls - Recent falls conference in York – to strengthen and focus LW practice in falls prevention & assessment

Community collaboration – Esk Valley Revival pilot, commence Esk Valley MDT's and Social / community hubs

Autism Accreditation – Ongoing work to support the reaccreditation process from NAS- quality assurance programme of support and development for the team and our approach to supporting autistic people.