

Carmarthenshire's Framework of Prevention

Introduction

The case for prevention has become increasingly prominent across health and social care. The Welsh Government has made it clear that effective preventative action needs to be at the heart of sustainable services and is the cornerstone of its plan for health and social care described in *A Healthier Wales*¹.

Evidence shows that preventative activities have a significant positive impact on health and wellbeing, which in turn reduces pressure on formal services. Alternative models of health and social care that are preventative in nature focus on autonomy and networked relationships and fit into a view which focuses on the broader social-determinants of health. The Health Foundation has estimated that only 10% of our health and wellbeing is linked to formal health and care services² and the rest is determined by other factors. For example we are now aware of the negative impact of loneliness and isolation with the most widely reported statistic being that loneliness is as bad for our health as smoking 15 cigarettes a day³.

It's clear that effective preventative action cannot be delivered by health and social care alone. It is a system wide imperative, effective models must be delivered in partnership with the wider community and individuals.

There is no agreed and consistent model of prevention across health and social care services. The Kings Fund has found that there is patchy evidence of a robust integrated delivery model of prevention and associated evidence of impact⁴.

To support in part with the development of this model and to deliver the change outlined in *A Healthier Wales* Welsh Government has provided a new £100m fund aimed at transforming the way health and social services are delivered in Wales.

¹ <https://gov.wales/topics/health/publications/healthier-wales>

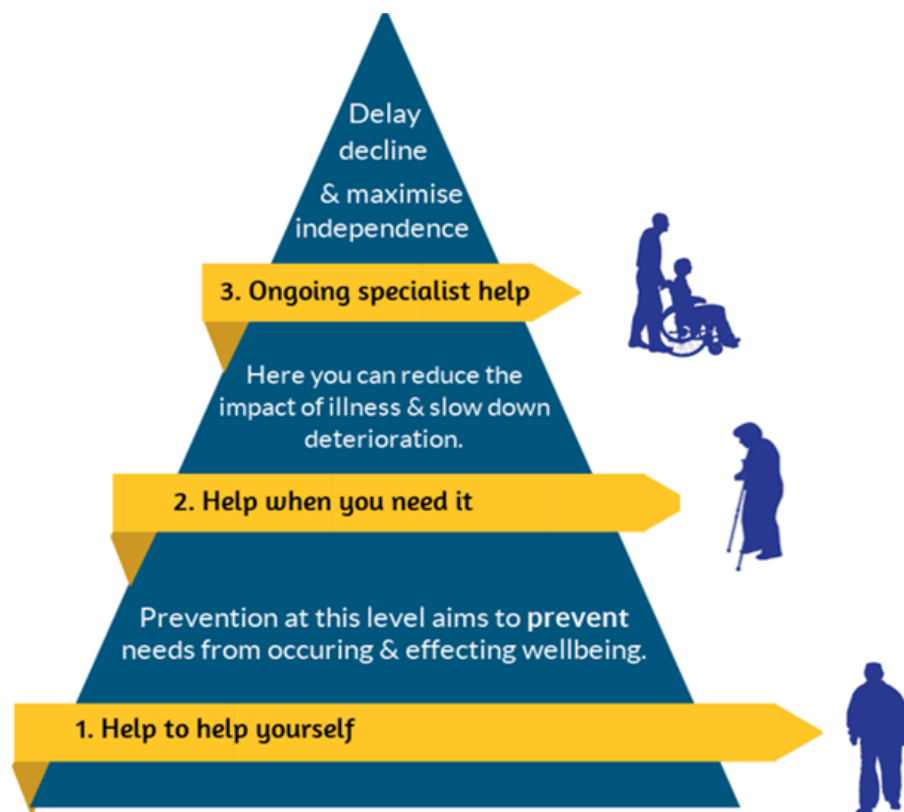
² <https://www.health.org.uk/collection/social-determinants-health>

³ Holt-Lunstad, 2010

⁴ <https://www.kingsfund.org.uk/.../preventive-social-care-wanless-background-paper>

Our action

In Carmarthenshire we have developed an innovative framework of prevention to support delivery of a social model of health and wellbeing outside of traditional structures. We have translated national strategic objectives to meet local needs and sets out a framework which offers three levels of service in the region in our Vision for Sustainable Services for Older People:

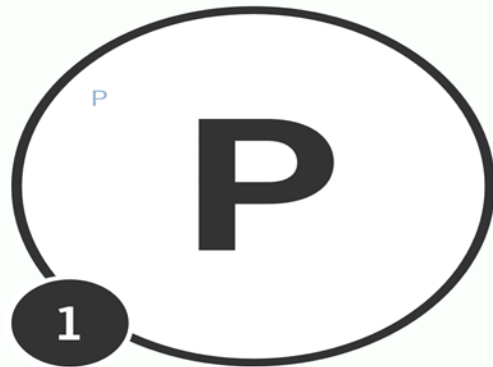


1. **Help to help yourself:** which are community and universal services that focus on promoting wellbeing for anyone who wants to be as well as they can be.
2. **Help when you need it:** which focus on early Intervention, reablement & intermediate care which aim to reduce the impact of frailty or ill health, to slow down deterioration and regain independence.
3. **Ongoing specialist help:** which are long-term and specialist care services that promote independence and wellbeing.

Each tier of our offer to the community embeds a preventative objective:

1. **Prevention:**
2. **Early intervention**
3. **Promoting Independent Living**

3 Ways of Working



Prevention, for help to help yourself.



This work focuses promoting well-being, for anyone who wants to be as well as they can be and aims to prevent ill health and disability, as well as supporting all other levels of prevention.



Early Intervention, for help when you need it.



This work looks at activities that support people at risk because of particular issues, where this help aims to reduce the impact of disability and ill health, prevent needs from developing further, to slow down deterioration and regain independence.

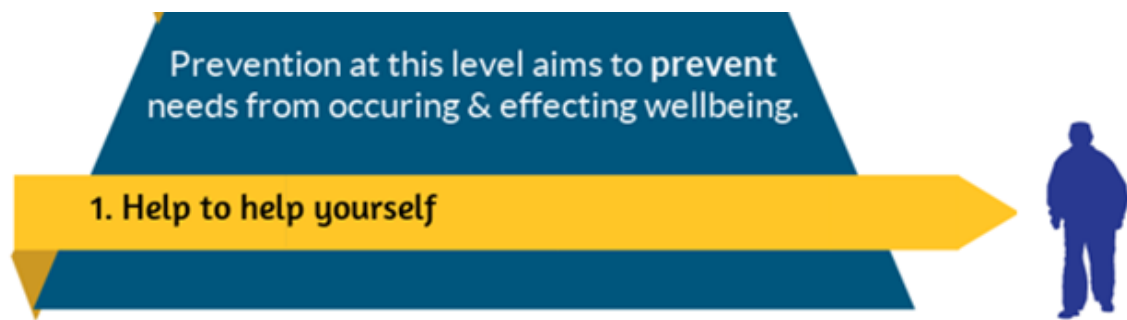


Promoting Independent Living, for ongoing specialist help.



This work aims to ensure that wellbeing and independence is maximised, managing the effect of disability or deterioration for people with established health conditions and/or complex care and support needs, to delay dependency for as long as possible.

What we are doing at each level of prevention:



We want to:

- Encourage and support kindness, connections addressing loneliness and isolation
- Promote community and individual strengths and assets
- Ensure that communities are age, disability and dementia friendly
- Encourage active community engagement

How we are doing this:

Carmarthenshire is Kind

This is a programme of work based on an information session that raises awareness about the importance and benefits of kindness. It shares 5 key messages and gives evidence about the positive effects of kindness for health and wellbeing. We are recruiting Carmarthenshire Friends as part of this initiative who will be champions of kindness and connectivity in their communities.

Dementia and age friendly communities

We support and recruit dementia friends as well as work with communities and third sector to promote DFC. We promote the 8 domains that promote age friendly communities and link this work with dementia friendly communities and the Ageing Well Plan.

Community Resilience Co-ordinators

We have designated workers in Carmarthenshire that directly support community connection; ensuring that there is a good mix of provision to give people opportunities to join in and contribute, to deliver practical support to maximise community networks.

Time Banking

Time Credits work very simply: for every hour that an individual contributes to their community or service, they earn one Time Credit. This Time Credit can be spent accessing an hour of activity provided by corporate and community partners, or gifted to others.



We want to:

- Make sure that we offer the right help at the right time
- Work with the voluntary sector and communities to offer the right advice and support to remain independent for as long as possible.
- Deliver the right type of support so that we do not encourage dependency at the expense of resilience.
- Everyone has easy up to date information about community assets and resources.

How we are doing this:

Delta Wellbeing – Information, Advice and Assistance

This is a gateway provision and first point of contact in Carmarthenshire. It provides a flexible, comprehensive, and responsive service that deals with enquiries directly from individuals and professionals. It provides information to help people understand how the care and support system operates and the type of support available. It helps to identify what they want to achieve (in terms of their wellbeing and presents options and advice on a range of preventative services available in the community.

CUSP Carmarthenshire's United Support Project

Carmarthenshire United Support Project (CUSP) is a collaborative based commissioning project in the third sector. It aims to provide support to people who are 'on the cusp' of needing statutory care and provide a co-ordinated community response to keep people well and independent. It includes 2 elements: Home **from** hospital and Home **not** hospital. The coordinating partner is the British Red Cross and it provides individuals with emotional and practical support as well as support from other community and third sector agencies for ongoing practical support.

Social Prescription

We have worked with GPs and Tempo (Time Banking) to deliver an innovative Time Credits social prescription programme. Social Prescribers are active across all GP practices in the Llanelli and 3Ts area, working with patients to improve patient health and well-being through community activity.

Dewis Cymru

It's not always easy to find the right information, at the right time, presented in the right way. Dewis Cymru is a website that provides a directory of information about provision from a network of social care, health and third sector organisations across Carmarthenshire and Wales as a whole. Carmarthenshire has nearly 600 entries on the Dewis website.



We want to:

- Maximise independence and wellbeing through a person centred preventative approach, focusing on building individual, family and community resilience through self-sufficiency and mutual support
- Produce a culture that focuses on an asset based approach and encourages behaviour change to all stakeholders and individuals.
- Bring together the strengths and assets within and across communities, individuals and groups to ensure a place based system of care and wellbeing.
- Make sure that the other tiers of prevention are easily accessible to people with more complex care and support needs.

We will do this by:

A locality approach

A key way of helping to understand and support communities is to develop a place based system of health and wellbeing. Engaging in a dialogue with the communities is also important in understanding assets and areas of support that can be put in place at the right time. Carmarthenshire has 3 localities and each has a locality plan which is designed with prevention at its heart. The focus of all service provision in these localities is to help people to stay well, to be safe from harm, to be as independent as possible and to be supported within and by their local community.

Fulfilled Lives pilot

The Fulfilled Lives project supports those living with dementia and cognitive impairment to maintain their independence and stay connected to their communities. The aim is to put people at the centre of provision and to make sure that support is not only tailored to the individual but utilises the assets of the community and wider support networks for a holistic support approach. Traditional services often tend to focus on physical care rather than emotional, social or economic well-being – this project embeds prevention at its core and promotes independent living through a structured and evidence based approach.

Conclusion

Carmarthenshire has a sound basis for delivering a robust preventative offer in health and social care and will work with other partners to extend and consolidate its impact.