

Better Care in Hull

NHS

Hull Clinical Commissioning Group



Newsletter

Edition 4

Welcome to the 4th Edition of the Better Care in Hull Newsletter. As we move into year two of our Better Care in Hull programme, we will be updating you on the developments that you will see over the course of this coming year.

In this issue we are focusing on the work that we are doing around adult social care – particularly around enhancing our reablement and active recovery services and the new See & Solve approach to supporting people towards getting their lives back on track.

In this edition

- Our new Early Help and Prevention offer
- Extra Care Opportunities
- Enhancing our Active Recovery and Reablement Services
- Our new Transfer to Assess service in the hospital
- Be Clear on Cancer
- Meet Councillor Gwen Lunn – Portfolio Holder for Public Health and Adult Social Care
- Older Peoples Week 2016
- Are you ready for winter?

Early Help and Prevention: See & Solve



The See & Solve team

On 1 April 2015 the Care Act became law, which meant a number of changes in the way Adult Social Care is delivered across the UK. Most of these changes are around the way things are done, rather than what we are doing. The changes are intended to make sure that people have better support to prevent or delay any social care needs from arising. When people do need support, they will have more control over what the support is, and help which is flexible, innovative and designed around them.

In the past, when people contacted Adult Social Care we looked with them at whether they were eligible for funded support and carried out an assessment of their needs. Now, we start by having a conversation with them about their

life and the things they value, the things that are working well and the things they are finding difficult. We'll then talk about different ways of resolving those difficulties and stopping them getting in the way of enjoying life.

A new approach

We have put together a new multi-disciplinary contact team, known as the See & Solve team which involves Social Care Advisors, Social Workers, Occupational Therapy and Sensory workers. They have access to a wealth of advice and information about the things people can do to prevent difficulties turning into needs for support, and to stay as independent as possible for as long as possible.

When people do need support from care services, we will work out with them how those services can support their independence and wellbeing and not become part of the problem. We will continue to work with partners in health and in the private, voluntary and community sectors to develop services which promote independence. This includes services which will be provided for people on a short term basis, to help when crisis occurs and which will gradually decrease. We will make sure people get the right support when they need it but when they no longer do, we'll make sure they get their life back.

For more information call **01482 300 300** or visit www.hullcc.gov.uk

Intervention: Extra Care - New housing opportunities for people with support needs

Do you know of someone who is living in residential care or receives health and/or social care support in their own home which is funded by Hull City Council?

Would they be able to live a fuller, more independent life if they lived in accommodation designed for people over the age of 18 who have a physical or learning disability, a mental health condition such as Alzheimer's disease or have a general personal care need?

Would they be able to live more independently if they had access to 24 hour care?

If you can answer yes to the three questions above, then they could have the opportunity of moving into a luxury, new, purpose built apartment with access to 24 hour support within one of the three Extra Care schemes which are due to open from December 2016. The Extra Care team are in urgent need of referrals over the next few months, so if you do have anyone in mind, don't delay, contact the team today.

For information on the Extra Care schemes please telephone the team who will be happy to help on **01482 300300** or email extracare.assessmentteam@hullcc.gov.uk or visit www.hullcc.gov.uk



artist impression



artist impression

Rehabilitation: Enhancing our reablement and active recovery services

Reablement is the short term support provided by health and social care services to help people to learn or re-learn the activities they need for everyday life.

means Thornton Court can support 100 extra six-week placements over the year.

24 hour social care cover is provided in addition to, therapists and nursing teams through our community health provider City Health Care Partnership CIC (CHCP) who visit people, as they would in the community, to support them to regain their skills.

Transfer to Assess to support hospital discharges



Many people will be aware that a key aim for the Better Care in Hull programme is to reduce the length of time people spend in hospital by ensuring a more rapid supported discharge after a hospital admission.

A multi-disciplinary team was set up in July 2016 to work on the wards within the hospital and the intermediate care facility to provide early identification of people with support needs, and support a rapid discharge home with a package of care. Once a patient is home their support needs will be assessed by the multi-disciplinary transfer to assess team which includes Social Care Advisors, Social Workers and Occupational Therapists to support people to live independently in their own home.



In 2012 NHS Hull and Hull City Council established Thornton Court near to Hull Royal Infirmary. The unit aims to provide support for people who have particular care needs, on their discharge from hospital, to help with their recovery and help them to regain their independence to return home. Thornton Court offers individuals a short-term placement in a home environment equipped with telecare and lifeline so that people can contact the on-site homecare assistants at any time.

Better Care in Hull supported the Thornton Court expansion in 2016 to enable more focused and intensive health and social care support for patients. This will help patients make a quicker, more active recovery after hospital care.

Thornton Court now has 21 units - 7 more than when it opened in 2012 - to support patients on discharge from hospital, with the aim of preventing readmission. This additional capacity

Do you have a persistent cough or get out of breath easily? You need to tell your doctor.

Everyone gets a cough now and then but a cough that doesn't go away could be a sign of lung cancer or other lung disease. If you've had a cough for three weeks or more, tell your doctor. It's probably nothing serious but if it is a lung disease, such as lung cancer or COPD (which stands for Chronic Obstructive Pulmonary Disease) finding it early makes it more treatable.

Sometimes we get short of breath too; especially if we've done something energetic that we're not used to, like running up a hill. But if you get out of breath doing everyday things that you used to be able to do, like vacuuming

or mowing the lawn, it could be a sign of lung disease or heart disease. Breathlessness can also be a symptom of other conditions such as anxiety or anaemia. The good news is that the conditions that cause shortness of breath can often be treated. So it's important to see your doctor if your breathing is difficult or uncomfortable, or if it feels like you can't get enough air.

Diagnosing lung and heart disease early makes them more treatable. Along with the above, you should also see your doctor if you have any of the following symptoms, as they can be signs of lung or heart disease as well:

- A cough that has got worse or changes
- Frequent chest infections
- Coughing up blood
- Chest or shoulder pain
- Wheezing
- Feeling more tired than usual for some time
- Losing weight for no obvious reason

Don't ignore your symptoms or put off a trip to the doctor. You won't be wasting anyone's time by getting them checked out. And if you know anyone who has any of these symptoms, encourage them to see their doctor.

Been coughing for 3 weeks or more? Tell your doctor.

It could be a sign of lung disease, including cancer. Finding it early makes it more treatable. So don't ignore it, tell your doctor.

Dr Ian Watson



BE CLEAR ON CANCER

Meet Councillor Gwen Lunn, Portfolio Holder for Public Health and Adult Social Care



We would like to introduce you to the Councillor with responsibility for Better Care in Hull; Councillor Gwen Lunn.

Councillor Lunn has studied, lived and worked in Hull since 1960, after being born in India. Spending the majority of her career working in accountancy, Gwen has worked for Hull City Council for many years, including as Area Director from 1990 to 2009.

Elected as Labour Councillor for Newland Ward in May 2015, Gwen joined the cabinet as Portfolio Holder for Adult Social Care, Safeguarding and Public Health just a year later in May 2016.

Image Courtesy Hull Daily Mail

Older People's week 2016; a full of life celebration



Older People's Celebration Week is set to return to Hull from Monday 26 September 2016 to Saturday 1 October 2016, with a jam packed programme of events for older people across Hull.

This year the Older Peoples week is being kicked off by the Better Care in Hull Annual Conference at KCOM stadium, where we will showcase our work so far to stakeholders from across the city. Coinciding with UK Older People's Day, on Saturday 1 October 2016, the aim of the weeklong event is to celebrate the achievements and contributions that older people make to our community, and society as a whole.

Events this year include exercise to music sessions, coffee mornings and lunch clubs across the whole of Hull, with many sessions free of charge.

City residents are also invited to attend the Older People's Celebration Days at the Mercure Hotel, Ferensway, Hull, on Wednesday 28 September and Thursday 29 September. The celebration days will run from 10am – 4pm, with a host of free performances, events, and advice sessions for people to get involved with.

For more information, pick up your copy of the 'Full of Life – celebrating older people in Hull' programme guide from your local GP surgery, a library or Hull City Council Customer Service Centre.

Are you winter ready?

With the cold creeping in, now is the perfect time to find out how you can stay well this winter. Shortly, everyone who is eligible will be advised to have the flu jab. It is vital that you have the vaccination as soon as possible after being contacted; flu is highly infectious and the symptoms often come on very suddenly. The vaccine is the best protection against the virus, which can cause severe illness and even deaths among at-risk groups.

Minor ailments and illnesses, such as coughs or colds, can be treated with over the counter remedies or by visiting your local pharmacy. Ensure that any of last year's supplies are in date and dispose of any out of date medicines or unused antibiotics by returning them to your local pharmacy.

Another way to prepare for winter is to make sure your heating is in good working order; it may be that you haven't used your heating for a number of months, so take the time before the cold sets in to check.

For more advice visit: www.hullccg.nhs.uk



Better Care

in Hull

Contact us:



www.bettercarehull.org.uk



01482 300 300



HULLCCG.contactus@nhs.net