St Helens Falls Prevention Strategy Action Plan 2017 - 2020

WARDS AFFECTED
All

EXEMPT/CONFIDENTIAL ITEM
NO

1. PROPOSED DECISION

1.1 Cabinet is requested to note and to approve the contents of the proposed St Helens Falls Prevention Strategy 2017 – 2020 Action Plan (set out in Appendix 1) which was undertaken by the St Helens Falls Strategy group (made up of representatives from across the Local Authority and Clinical Commissioning Group).

2. RATIONALE FOR THE DECISION

2.1 In 2014 the first ever St Helens Falls Strategy was created. It detailed a 3 year plan to help reduce the burden of falls within the borough. Over the last 3 years much has been achieved and a reduction in hospital attendances and admissions associated with falls and hip fractures has been seen.

2.2 Now in 2017, post 3 years from the strategy launch, Falls in the over 65 years are still a big issue in St Helens and more work is required to address this. A new strategy group has formed and collaborated to create an Action Plan to further impact on both the human and wider economical cost of falls.

2.3 An action plan has been developed and will focus on 3 main themes:
   - Population level approach - community
   - Targeted approaches – primary, secondary and social care
   - Processes

3. FACTS SUPPORTING THE PROPOSED DECISION

3.1 Falls in persons over 65 years can be extremely detrimental. The human cost of falling includes distress, pain, injury, loss of confidence, loss of independence and mortality. The cost to health and social care services can also be significant with the average falls emergency admission costing £3622 rising to £6201 where a fractured hip is present, and the Torbay analysis found that in the 12 months post falls admission costs were 70% higher; community health costs increased by 160% and hospital and social care costs by 30%.
3.2 To develop the 2017 – 2020 plan, the strategic group considered the ongoing Falls Strategy work as well as the ongoing Commissioning For Value work. A range of good practice has been undertaken locally and it was important to acknowledge and build on this in future decision making. As part of this historic work and the new strategic approach, a range of intelligence from stakeholders and residents has helped to inform the proposed Action Plan. The direction of the St Helens Cares model has also been at the core of our proposals.

3.3 **Population level approach – community:**
Wider awareness and education is pertinent to changing cultural attitudes and misperceptions around ageing and falls risk. Working with key stakeholders and partners from across the third sector a local campaign will be developed to help promote healthy aging and as part of this approach community ambassadors will be recruited to help spread key messages to their peers.

We will continue to commission opportunities for residents to participate in physical activity. However the existing offer presents room for improvements around better coordination of services, promotion of what’s available within the community and developing links with General Practices to provide healthy walks from these settings.

Working proactively, we can use screening tools such as the FRAT & FRAX to enable residents to have the means of identifying whether they may be at risk of falling or osteoporosis, respectively. These tools are very simple to use and can be useful in reducing risk of falls and fractures. Council and CCG commissioners will also be required to consider future contracts and how screening can be incorporated into various commissioned assessments.

Underpinning this work will be engagement with our communities. To generate support and buy in from those we wish to help, it’s vital that we give ample opportunity for collaboration with residents. This will also mean improved communication with key local groups such as the Patient Experience and Involvement Group.

3.4 **Targeted approaches – primary, secondary and social care:**
Being proactive and trying to prevent falls or conveyance to hospital is at the core of this theme. Firstly, case finding work in general practices will be more specific and targeted at individuals with Dementia and on multiple medications who are much more likely to fall than their peers without dementia.

In Care Homes / settings new protocols (such as Head Injury Protocol and Post Falls Protocol) and digital technology will be utilized to improve patient safety and to help avoid unnecessary conveyance to hospital. Homes presenting with the highest rates of falls / attendances to hospital will also be targeted with wider interventions such as training support and fun initiatives such as Pimp My Zimmer.

Strength and balance training is a key component in preventing falls. Provision is available within the community to support residents with improving their abilities, however some of this resource will be redirected and pilots undertaken to see how this work can complement the existing IASH MDT and also improving the activity culture within our hospitals where residents can lay immobile for weeks.
3.5 **Processes:**
The strategic group will consider future commissioning intentions around the existing Falls Prevention Service and the Hospital Avoidance Car which is currently in pilot form. Future models will link closely with St Helens Cares and will be designed to generate optimal outcomes for residents and generate savings within the system. Further, a new strategy group will be formed to monitor and progress this work. A new comprehensive Falls Dashboard will also be developed to ensure our intelligence is robust so that we can be as proactive as possible to prevent falls, but also react in haste to any apparent issues.

3.6 The complete Action Plan 2017 – 2020 is included as Appendix 1 and details deliverables against these themes for cabinet consideration and approval.

4. **IMPLICATIONS/RELEVANCE TO MEETING SAVINGS TARGETS/PLANNING FOR 2020**

4.1 A great deal of good work is underway in Partnership with different agencies and organisations who are either commissioned by the Council, joint commissioned or are charitable organisations. It is important that the level of support is maintained going forward as the number of older people living longer continues to increase and therefore the number of people at risk of falls will also increase.

This new plan aims to build on this existing good practice and partnership working and with cabinet approval and support the strategy group will endeavor to reduce the burden of falls upon our population.

5. **RISKS**

5.1 **Risks Associated with the Proposed Decision**

There are no risks directly associated with this report.

5.2 **Should this Risk be added to the Corporate Risk Register?**

No.

6. **OTHER IMPLICATIONS**

Legal – Contract expiration and potential retender of the Falls Prevention Service from April 2018 is included as part of the strategy intentions

Financial – The above mentioned contract has financial implications for both the Local Authority and CCG

Human Resources – None known.

Land and Property (Asset) – None known.

Anti-Poverty – None Known

Effects on existing Council Policy – None known.

Effects on other Council Activities – None Known
Human Rights – None known.

Equalities – No issues arising from this report.

Asset Management – None known.

Health – The provision of preventative care as well as post care / support is important for the wellbeing of those who experience a fall. Having support available and access to the appropriate services helps to maintain people to live independently in their own home and in their community.

7. PREVIOUS APPROVAL/CONSULTATION

None

8. ALTERNATIVE OPTIONS AND IMPLICATIONS THEREOF

There are no alternative options for consideration.

9. APPENDICES

Appendix 1 – Action Plan

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The Contact Officer for this report is Matthew Davies, Public Health Commissioning Manager, 2nd Floor Atlas House

BACKGROUND PAPERS

The following list of documents was used to complete this report and they are available for public inspection for four years from the date of the meeting, from the Contact Officer named above:

St Helens Falls Strategy 2014 – 2017
St Helens Action Plan 2017 - 2020