



**Integrated Care Fund 2018/19
Project Brief**

Project Title	<i>The Prime of our Lives</i>
Is this a new project or continuation?	<i>New</i>
What alternative delivery concept is being tested?	<i>Citizen directed</i>
In which financial year will the project complete testing of concept?	<i>2018-19</i>
Which ICF theme does it align with?	Prevention and Early Intervention; Alternative Delivery Methods; Wellbeing
Regional Project Lead/Link Representative	
Local Authority Project Lead/Leads and/or Link Representative/ Representatives	
HDUHB Project Lead/ Link Representative	
Third Sector Project Lead/ Link Representative	Karen Chandler, Pembrokeshire People First

- 1. Background/Rationale:** *(No more than 300 words, including how your proposal (1) tests alternative delivery concepts (2) links with local strategies and plans such as Transforming Clinical Services; Integrated Medium Term Plan; Well Being Plans etc. (3) contributes to regional priorities and (4) supports delivery of objectives within the West Wales Area Plan.)*

PWLD are identified as a RPB priority area.

The ICF Guidelines underline Social Services and Wellbeing Act duties. These are particularly relevant:

- There is a need to focus on prevention" (S15 The Act)
- A duty to support the development of not-for-profit organisations (S16)
- "ICF funding must be used to support new or additional provision of services and ways of working"

ICF Guidelines stress the importance of wellbeing, and wellbeing outcomes (S2), particularly

- securing rights and entitlements
- the contribution made to society
- contribution made to my community.

We will provide meaningful engagement with and services for PWLD who are older (55+).

We have identified this as a key priority as a partner in the Pembrokeshire LD Strategy.

BILD estimates “that by 2030, there will be a 30% increase in the number of adults with LD aged 50+”

The Confidential Inquiry into Premature Deaths of People with Learning Disabilities (CIPOLD) found that men with learning disabilities died on average 13 years sooner than men in the general population, and women 20 years sooner.

We propose an innovative approach to people 55+ with LD/ASC, providing specific services including advocacy, group work and engagement with those currently unknown to social services which will deliver a benefit for those with whom we engage and will inform future statutory provision and co-produce initiatives that can be continued after the life of this project.

Age UK identified four priorities for this group:

- Developing partnerships, disseminating information, sharing experiences, providing mechanisms to ensure that the voices of older people with learning disabilities are heard
- Supporting inclusion, developing relevant training and resources to support older people with learning disabilities to participate in community activities
- Research and development supporting initiatives to identify specific support needs
- Developing advocacy services to enable older people with learning disabilities to voice their needs

2. Purpose: What will you do and how will you do it? *The proposal should support at least one of the aims identified within the Welsh Government Guidance for use of the ICF. Please outline how your service would meet a particular Aim (or Aims).*

ICF Aim	Description of how your proposal will meet the Aim(s)
Integration – Partnership working and co-operation	<p>Working closely with statutory and other third sector partners to deliver the project, which would provide:</p> <ul style="list-style-type: none"> • specialist advocacy provision • group work • development work <p>providing insights, building capacity for future work in this area, and enabling older people with LD/ASC to lead more fulfilling lives.</p> <p>Additionally, signposting to other organisations (statutory and third sector) will promote partnership working and integrated services with this client group.</p>

ICF Aim	Description of how your proposal will meet the Aim(s)
<p>Prevention and Early Intervention</p>	<p><i>The above described project will focus directly on the preventative agenda – by engaging with older people with LD and their carers, emergency and unplanned interventions can be minimised; advocacy will support informed choices with the citizen at the heart of any decisions and empowered to make advance decisions; health issues can be addressed early (making engagement with those not previously known to health and social care particularly impacting).</i></p> <p><i>Peer support, through group work, is a key aspect of this project – the benefits of engagement for older, isolated people are well documented, particularly for those with LD who are already likely to be isolated. This will, in addition, establish support networks which will be vital should an elderly carer die.</i></p> <p><i>The findings of this project will also focus directly on preventative measures that can be taken across health and social care to minimise future expenditure and maximise efficacy.</i></p> <p><i>We would finally refer you to an interesting article in Community Care –</i> http://www.communitycare.co.uk/2007/10/03/learning-disabilities-elderly-people-face-loss-of-independence/ and particularly to the following quote – “Many [older people with LD] face a double whammy – overlooked by learning disability services and then overlooked by older people’s services. They end up ignored twice.” (Carol Herrity, Mencap campaigns manager). Pembrokeshire, through ICF, has an ideal opportunity to be a pacesetter in ensuring this does not happen.</p>
<p>Alternative Delivery Methods</p>	<p><i>The project will primarily be delivered by a third sector organisation, providing a cost-effective alternative delivery model.</i></p> <p><i>It will also be citizen-led – the ethos of PPF is that it is a member-led organisation, and participants take control of with what – and how – they want to engage. This innovative approach links directly in to the ethos of the SS&W Act and, thus, with regional priorities through the Area Plan. Additionally, the PPF “toolbox” of facilitative and participative techniques is recognised as innovative and effective, and an alternative to more traditional buildings-based engagement.</i></p>

ICF Aim	Description of how your proposal will meet the Aim(s)
Wellbeing for people who need care and support	<p>We envisage that issues of ageing parents, end of life, planning and support through bereavement will be covered, as our members have identified these as real gaps in knowledge and provision.</p> <p>The project will address directly the needs of people who need care and support, specifically citizens with LD and their Carers.</p> <p>Additionally, the findings of the project will address the needs within Pembrokeshire in the future.</p>

3. **Outcomes:** Please list which of the outcomes from the regional outcomes framework attached will your proposal contribute towards and how it will do so (minimum of 1, maximum of 3.)

Regional Outcome(s)	Description of how your proposal will meet the Outcomes(s)
<p>Staying well in the community - Services which support people to:</p> <ul style="list-style-type: none"> • Live at home independently • Provision of Information, Advice, and Assistance • Provision of 'Self Care' programmes • Manage or improve health and well-being 	<p><i>In order:</i></p> <ul style="list-style-type: none"> • <i>Enable participants to develop skills that will support/extend independent living; provide links to practical assistance (for example, wills and trusts to support an individual in their home after a carer dies); advance planning to maintain independence</i> • <i>Although advocacy is, strictly speaking, not defined as IAA, in practice, signposting will be an integral part of the advocacy provision and, additionally, advocates will support an individual to access information to make informed choices for themselves</i> • <i>Group work will focus on developing emotional resilience and self-care techniques to maximise this</i> • <i>Group and development work will focus on developing supportive communities of peers, a key factor in developing – and maintaining – health and wellbeing through older age.</i> <p><i>Finally, NICE guidelines for Community Engagement: Improving Health and Wellbeing (April 2017) are clear that “Communities that identify and articulate what is most important to them, and agree clear aims for the initiative, are more likely to develop a positive relationship with the commissioner, 'own' the initiative and get more benefit from it.” The Prime of Our Lives embodies this principle.</i></p>

4. **Implementation Timescales** – please indicate the following:

When will project development commence?	April 2018
When will initial expenditure commence?	April 2018
When will staff recruitment commence (if required)?	n/a
When will project delivery commence?	June 2018
Expected date of completion of project concept testing.	February 2019
Expected date of project review/embedding learning into mainstream practice or termination.	March 2019

5. Amount Requested (include detailed breakdown of costs and if revenue or capital)

See attached budget – 100% revenue

6. Proposed Performance Indicators: (What will it enable you to achieve in addition to what you are doing now. i.e. how many additional participants/outcomes? Please refer to ICF 17/18 C)

Performance Indicators	
How much will you do? (Quantity)	How well will you do it? (Quality)
<ul style="list-style-type: none"> • Work with 30 advocacy partners during the project • Work with 20+ parent carers during the project • Develop and deliver 20 group sessions focussing on resilience and community for up to 40 older people with LD • Deliver up to 6 further discrete sessions on topics such as bereavement and advanced care planning as identified by participants • Research and produce a report on the findings, to develop future co-production initiatives 	<ul style="list-style-type: none"> • 80% of advocacy partners will report positive outcomes • 70% of parent carers engaged with will report increased knowledge and ease at confronting the issues around the support of their adult children as they age • 80% of participants in regular group work will report increased resilience skills and better developed social and community networks, leading to increased wellbeing • 85% of participants in subject-specific workshops will report increased knowledge of, and motivation to pursue, the subjects covered • The findings report will provide clear, achievable recommendations that statutory and third sector

	<i>partners will be able to act upon</i>
How will people be better off as a result? (Quality and Quantity of effect)	
<ul style="list-style-type: none"> • <i>Project participants and advocacy partners will be more engaged, less isolated, and more able to develop and sustain meaningful relationships to positively impact on their wellbeing</i> • <i>The wider community of older people with LD will benefit from a comprehensive project focussing on their needs going forward</i> • <i>The wider (still) community of people in need of health and social care will benefit from budgetary savings through preventative and cost-effective work</i> 	

- 7. Sustainability:** *After testing and review, how will successful concepts be incorporated into either mainstream delivery, IMTP, TCS, Area Plan or Well-Being developments and what is the exit strategy? (no more than 100 words)*

We would hope that after the testing and review period, we would be able use the learning to co-produce a commissioned service and/or attract grant funding.

9. What are the implications if this business case isn't supported?

With the increasing ageing population of PWLD, if their needs are not highlighted, researched, and addressed:

- Increased costs for both health and social care
- Emergency placements when elderly parent-carers die
- Increased psychology input necessary around bereavement
- Decreased wellbeing and engagement of the target citizen population
- A group of people for whom the statutory duty to focus on prevention and wellbeing is not met

Plus, a missed opportunity for cost-effective, collaborative working which would form a model for future innovative co-productions.

10. Please provide supporting evidence of engagement with key stakeholders, in the development or delivery of the project, particularly 3rd sector and community partners when alternative delivery concepts are being tested.

This proposal is coming directly from a 3rd sector partner. Pembrokeshire People First has 300+ members – people with Learning disabilities and/or autism. Our membership has identified ageing as a key concern.

Additionally, this project has been developed as a shared vision with Pembrokeshire County Council, in particular the Community Team for Learning Disabilities and the Head of Adult Social Care.

11. Please ensure a completed 12 month budget profile is attached.