

Integrated Care Fund Project Proposal Form - Revenue



Llywodraeth Cymru
Welsh Government

Project Overview

Region: **West Wales**

ICF Project name: **The Prime of Our Lives**

Project start date: **1st April 2019**

WG ref:

Project completion date: **31st March 2021**

Is this project linked to an ICF capital project? **No**

Is this project linked to the Dementia Action Plan funding? **Potentially**

What is the primary focus (1) and secondary (2) focus of the project are you proposing? * please mark 1 and 2 as appropriate

Children's/young carers projects

Information/Advice/Awareness raising	
Access to Services/single point of access/transport	
Assessment and diagnosis	
Social Prescribing	
Early Help and Prevention	
Emotional Health and Wellbeing	
Edge of Care support	
Family Group Conferencing approach	
Family re-unification	
Therapeutic intervention	
New accommodation/residential solutions	
Other (please Specify below)	

Adults/Carers projects

Information/Advice/Awareness raising	
Access to Services/single point of access	
Assessment and diagnosis	
Social Prescribing	
Early Help and Prevention	
Emotional Health and Wellbeing/Loneliness and isolation	1
Stay at home/return home	2
Integrated Community Teams	
Step up/down from hospital	
Intermediate Care/ pathway	
New accommodation/ Residential solutions	
Other (please Specify below)	

Regional Capacity building/Infrastructure

Regional Partnership Board Development	
Regional Workforce development/training	
Regional Programme management and evaluation	
Regional/Integrated planning and commissioning	
Regional Support for Social Value Sector Engagement	
Regional support for Citizen/carers engagement	
Other – (please specify below)	

ICF Project Description (brief description using theory of change model):

1 - What is the problem you are trying to solve.

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.

2 - What long term outcome/change are you hoping to achieve?

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*

This project particularly focuses on #1, with #2 and #3 as predicted additional outcomes.

3 - Who is your key audience? *People with Learning Disabilities and their carers. Professionals who work with people with LD and their carers.*

4 - How will you reach them? *Engage with individuals, partners such as health and social care professionals (particularly GP clusters), community groups, support groups*

5 – What resources are available to support?

PPF existing expertise in facilitation; consultation; self and peer advocacy

6 - What activities will bring about the change?

We propose an innovative approach to people 50+ with LD/ASC, providing specific services including 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.

We will work closely with statutory and other third sector partners to deliver the project, which would provide:

- group work
- development work

providing insights, building capacity for future work in this area, and enabling older people with LD/ASC to lead more fulfilling lives.

Additionally, signposting to other organisations (statutory and third sector) will promote partnership working and integrated services with this client group.

In essence, the project would be in 3 stages:

- 1) Development. Identifying PwLD/ASC in the target age group; developing partnerships and links, particularly with statutory services including psychology, IAS etc; creating project plan
- 2) Project – providing appropriate, regular group sessions which would have the dual purpose of providing meaningful activity for this group and consulting on future statutory provision and co-produced initiatives
- 3) Reporting and dissemination – producing recommendations based on the voices of older PwLD/ASC.

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; the project 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).

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.

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.

We would finally refer you to an interesting article in Community Care –

<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.

How does your project address your population needs assessment and area plan? *You can find the Population Assessment and Area Plan here: <http://www.wwcp-data.org.uk/>*

Staying well in the community - Services which support people to:

- Live at home independently
- Provision of Information, Advice, and Assistance
- Provision of 'Self Care' programmes
- Manage or improve health and well-being

What level of 'prevention/Intervention' (continuum) best describes your project? *please tick as appropriate

Self Help, Information and Advice	Early Help and support	Intensive Support	Specialist Intervention
✓	✓		

Project Costs:

YEAR ONE	Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total Cost
Direct delivery costs -					
Staffing (project officer 15 hours/week inc oncosts)	2972.5	2972.5	2972.5	2972.5	11890
Direct project costs – travel, venue hire, consumables	875	875	875	875	3500
Supervision	750	750	750	750	3000
Overheads (heat, light, rent etc) FCR formula based on PPF activity	1068	1068	1068	1068	4272
Resources/activity costs		1400	1800	1800	5000
Equipment/IT	750				750
TOTAL					28412
YEAR TWO	Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total Cost
Direct delivery costs -					
Staffing (project officer 15 hours/week inc oncosts)	2972.5	2972.5	2972.5	2972.5	11890
Direct project costs – travel, venue hire, consumables	875	875	875	875	3500
Supervision	750	750	750	750	3000
Overheads (heat, light, rent etc) FCR formula based on PPF activity	1068	1068	1068	1068	4272
Resources/activity costs		1400	1800	1800	5000
Production and dissemination findings			1500	3500	4500
TOTAL					32162

Project Delivery

Delivery partners	
Local Authority	x
Health Board	x
Third Sector/Social Value sector	x
Private/Independent sector	
Housing Association/RSL	
Other (pls specify below)	

Project budget holder	
Local Authority	
Health Board	
Third Sector/Social Value sector	
Private/Independent sector	
Housing Association/RSL	
Other (pls specify below)	

Project geographical footprint	
Regional	
Sub-regional	
Multiple regions	
Local Authority	X
Local community	

Project Beneficiaries (pls check boxes as appropriate):

Primary beneficiaries	
Older people	x
People with learning disabilities	x
Children with complex needs	
Children at risk of becoming looked after	
Care experienced children including adopted children	
Carers	
Young Carers	
People with dementia	x

Secondary beneficiaries	
Older people	x
People with learning disabilities	x
Children with complex needs	
Children at risk of becoming looked after	
Care experienced children including adopted children	
Carers	
Young Carers	
People with dementia	x

Other beneficiaries	
Older people	
People with learning disabilities	
Children with complex needs	
Children at risk of becoming looked after	
Care experienced children including adopted children	
Carers	x
Young Carers	
People with dementia	

Project Design Principles (pls check boxes as appropriate):

Which of the 'A Healthier Wales' Quadruple aim/s does this project primarily address?	
Improved health and wellbeing	X
Better quality and more accessible health and social care service	x
Higher value health and social care	
A motivated and sustainable health and social care workforce	

Which of the 'ten national design principles' from A Healthier Wales will the project address?	
Prevention & Early Intervention	X
Safety	
Independence	X
Voice	X
Personalised	X
Seamless	
Higher Value	X
Evidence Driven	X
Scalable	X
Transformative	X

With voice and co-production as key principles, tell us who you have engaged with in the design of your projects	
Service users (adults)	X
Service users (Children/young people)	
Carers	
Young carers	
Workforce	
Social Value/third sector	x
Community members	x
Other:	

Project outcomes and impacts

What Population level indicators/measures is your project seeking to address? * *please select from national outcome/performance management framework*

Citizens understand what care, support and opportunities are available and use these to help them achieve their well-being
Citizens speak for themselves and contribute to the decisions that affect their life, or have someone who can do it for them
Citizens engage and make a contribution to their community
Citizens are in control of their daily life as much as they can be.

Tell us how you will measure/understand the impacts of your project?

<p>How Much? (outputs)</p> <ul style="list-style-type: none">• <i>Develop and deliver 20 group sessions focussing on resilience and community for up to 40 older people with LD</i>• <i>Deliver up to 6 further discrete sessions on topics such as bereavement and advanced care planning as identified by participants</i>• <i>Research and produce a report on the findings, to develop future co-production initiatives</i>	<p>How Well? (quality)</p> <ul style="list-style-type: none">• <i>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</i>• <i>80% of participants in regular group work will report increased resilience skills and better developed social and community networks, leading to increased wellbeing</i>• <i>85% of participants in subject-specific workshops will report increased knowledge of, and motivation to pursue, the subjects covered</i>• <i>The findings report will provide clear, achievable recommendations that statutory and third sector partners will be able to act upon</i>
<p>Difference made? (impact)</p> <ul style="list-style-type: none">• <i>Citizen's individual circumstances are considered</i>• <i>Citizens understand what care, support and opportunities are available and use these to help them achieve their well-being</i>• <i>Citizens are in control of their daily life as much as they can be.</i>• <i>Citizens engage and make a contribution to their community</i>• <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>	

Tell us how you intend to evaluate the following aspects of your project (*please refer to ICF guidance*)

Impact Evaluation <i>(How will you measure/understand the outcomes that have been achieved by your project?)</i>	<ul style="list-style-type: none"> • <i>ToC evaluation model developed and applied regularly throughout project</i>
Process Evaluation <i>(How will you evaluate the system & process changes delivered by your project e.g. integration, co-production, social value?)</i>	<ul style="list-style-type: none"> • <i>Convening of a project steering group including partners, statutory agencies, PwLD/ASC</i> • <i>Report to LD Partnership Board</i>
Economic Evaluation <i>(How will you evaluate the cost benefits/cost avoidance delivered by your project?)</i>	<ul style="list-style-type: none"> • <i>Analysing available local /regional and national data</i> • <i>Reviewing impact on other services as a result of project</i>
Qualitative Evaluation <i>(How will you capture the experiences of service users/staff/communities?)</i>	<ul style="list-style-type: none"> • <i>Most significant story/ change methodology</i>

Exit Strategy

Tell us about your exit strategy for the project (post 2021):.

- 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.

Project contact details

Project key contact (name):

Karen Chandler

Email address:

Karen@pembrokeshirepeople1st.org.uk

Telephone:

01437 769135