

# Integrated Care Fund Project Proposal Form - Revenue



Llywodraeth Cymru  
Welsh Government

## Project Overview

Region: Carmarthenshire

ICF Project name: Exercise buddies

Project start date: 1<sup>st</sup> April 2019

WG ref:

Project completion date: 31<sup>st</sup> March 2021

Is this project linked to an ICF capital project? Y

Is this project linked to the Dementia Action Plan funding? N

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	2
Early Help and Prevention	1
Emotional Health and Wellbeing/Loneliness and isolation	
Stay at home/return home	
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? Increasing the health and well-being of adults with a learning disability and their parents/carers.
- 2 - What long term outcome/change are you hoping to achieve? Improvement in physical and mental health.
- 3 - Who is your key audience? Adults with a learning disability and parents/carers.
- 4 - How will you reach them? Referrals from CTLD's, Transition Team, Service providers, developing connections within local communities.
- 5 – What resources are available to support? Existing exercise sessions currently supported by the Community Inclusion services.
- 6 - What activities will bring about the change? Workforce training and support both in terms of knowledge and actual support to engage in activity, increasing the number of volunteers to support activities, new social running and walking groups to set up.

**How does your project address your population needs assessment and area plan?** Adults with a learning disability typically have a reduced life expectancy. Often this is due to health inequalities but may also have some links to the sedentary lifestyles. They can also experience mental health issues that may go undiagnosed due to the learning disability. This project will address both of these. It will also support parents/carers to engage in social exercise activities thus improving their social isolation and reducing any mental health problems that they may have.

**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
<b>Direct delivery costs -</b>					
Staffing	<b>£16000</b>	<b>£16000</b>	<b>£16000</b>	<b>£16000</b>	<b>£64000</b>
Overheads (heat, light, rent etc)					
Resources/activity costs					
Equipment/IT					
YEAR TWO	Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total Cost
<b>Direct delivery costs -</b>					
Staffing	<b>£18000</b>	<b>£18000</b>	<b>£18000</b>	<b>£18000</b>	<b>£72000</b>
Overheads (heat, light, rent etc)					
Resources/activity costs					
Equipment/IT					

### Project Delivery

Delivery partners	Project budget holder	Project geographical footprint
Local Authority <input checked="" type="checkbox"/>	Local Authority <input checked="" type="checkbox"/>	Regional <input type="checkbox"/>
Health Board <input checked="" type="checkbox"/>	Health Board <input type="checkbox"/>	Sub-regional <input type="checkbox"/>
Third Sector/Social Value sector <input checked="" type="checkbox"/>	Third Sector/Social Value sector <input type="checkbox"/>	Multiple regions <input type="checkbox"/>
Private/Independent sector <input type="checkbox"/>	Private/Independent sector <input type="checkbox"/>	Local Authority <input checked="" type="checkbox"/>
Housing Association/RSL <input type="checkbox"/>	Housing Association/RSL <input type="checkbox"/>	Local community <input type="checkbox"/>
Other (pls specify below) <input type="checkbox"/>	Other (pls specify below) <input type="checkbox"/>	
leisure <input checked="" type="checkbox"/>		

**Project Beneficiaries** (pls check boxes as appropriate):

Primary beneficiaries	Secondary beneficiaries	Other beneficiaries
Older people <input type="checkbox"/>	Older people <input type="checkbox"/>	Older people <input type="checkbox"/>
People with learning disabilities <input checked="" type="checkbox"/>	People with learning disabilities <input checked="" type="checkbox"/>	People with learning disabilities <input type="checkbox"/>
Children with complex needs <input type="checkbox"/>	Children with complex needs <input type="checkbox"/>	Children with complex needs <input type="checkbox"/>
Children at risk of becoming looked after <input type="checkbox"/>	Children at risk of becoming looked after <input type="checkbox"/>	Children at risk of becoming looked after <input type="checkbox"/>
Care experienced children including adopted children <input type="checkbox"/>	Care experienced children including adopted children <input type="checkbox"/>	Care experienced children including adopted children <input type="checkbox"/>
Carers <input checked="" type="checkbox"/>	Carers <input checked="" type="checkbox"/>	Carers <input type="checkbox"/>
Young Carers <input checked="" type="checkbox"/>	Young Carers <input checked="" type="checkbox"/>	Young Carers <input type="checkbox"/>
People with dementia <input type="checkbox"/>	People with dementia <input type="checkbox"/>	People with dementia <input type="checkbox"/>

**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	
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	
Voice	
Personalised	x
Seamless	
Higher Value	
Evidence Driven	
Scalable	
Transformative	

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	x
Social Value/third sector	
Community members	
Other:	

**Project outcomes and impacts**

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

- My voice is heard and listened to- Percentage of people whose care and support has helped them have a better quality of life
- I am happy and do the things that make me happy - Percentage of people with high happiness scores
- I belong - Percentage of people who feel that they belong to their local area
- I feel valued in society - Percentage of people reporting the things they do in life are worthwhile
- I am safe and protected from abuse and neglect - Percentage of people reporting they feel safe

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

**How Much?** (outputs)

- Increase in the amount of hours physical activity adults with a learning disability do within services and outside of them.
- Increase in the amount of hours physical activity carers do.
- Increase in the number of non-specialist exercise activities adults with an LD and carers partake in.
- Reduction in weight for people participating.
- Improvement in mental health for people participating.

**How Well?** (quality)

- Improvement in peoples reported mental health.
- Improvement in peoples physical health.

**Difference made?** (impact)

- People have improved physical and mental health.
- People develop networks of people to support them therefore less reliance on health and social care services.
- People become more integrated into their own communities.
- People become more independent.

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

<p><b>Impact Evaluation</b> (How will you measure/understand the outcomes that have been achieved by your project?)</p>	<p>Measurements of peoples health and well being taken prior to intervention and at intervals through the project. Analysis of the number of hours of physical activity prior to and during the project. Mapping of the physical activity by locality to the persons home prior to and post project.</p>
<p><b>Process Evaluation</b> (How will you evaluate the system &amp; process changes delivered by your project e.g. integration, co-production, social value?)</p>	<p>6 monthly analysis of the amount of physical activity and how this links to the number of volunteers involved.</p>
<p><b>Economic Evaluation</b> (How will you evaluate the cost benefits/cost avoidance delivered by your project?)</p>	<p>Analysis of the physical health improvements made (eg weight loss, reduced blood pressure etc). Analysis of the uptake of LA (or LA commissioned) places in daytime opportunities in association with the increase in uptake of 'ordinary' exercise opportunities.</p>
<p><b>Qualitative Evaluation</b> (How will you capture the experiences of service users/staff/communities?)</p>	<p>Questionnaires post, during and following the project. Case studies. Follow up of new opportunities started to assess the sustainability.</p>

### **Exit Strategy**

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

The project will have trained enough people to enable social running groups to be self-sustaining.

A network of local volunteers will be developed to support people to access 'ordinary' exercise opportunities within peoples own communities and these opportunities will have received training and support to enhance their ability to ensure that they can support people with a variety of needs in the future.

### **Project contact details**

Project key contact (name):	Debbie Edwards
Email address:	<a href="mailto:debedwards@carmarthenshire.gov.uk">debedwards@carmarthenshire.gov.uk</a>
Telephone:	07824623054