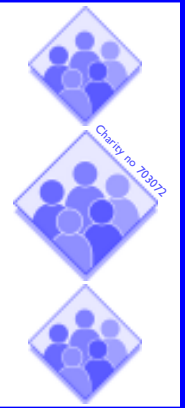


EARLY INTERVENTION BULLETIN



A QUARTERLY UPDATE ON PREVENTATIVE SERVICES FOR OLDER PEOPLE IN WORCESTERSHIRE

RED FILE ALERT

Single Assessment Process in Worcestershire

The Single Assessment Process (SAP) Project Team have been working hard across Worcestershire to improve the process of assessment for all older people.

'Single Assessment' came from the National Service Framework for Older People and is a process aimed at focusing our attention on person-centred care and working much more efficiently and effectively together to improve the outcomes for older people who need to receive help and support.

Worcestershire has introduced a set of assessment tools – 'forms' which capture information about the individual – all the questions you usually get asked when you are assessed and then a more in-depth overview which paints a picture of an individual, their circumstances, wishes and choices.

When one professional has gathered this information they share it to with health and social care professionals so there is no

need for the individual to answer the same questions over and over again.

Each individual who undergoes an assessment will be given a red file that stores all the information gathered. This record accompanies the individual wherever they go to receive any care or treatment. So any professional who meets the person can have access (with the person's permission) to up-to-date, detailed background information that will enable timely, appropriate assistance.

Eventually, all organisations involved in this will have computer systems that share information and communicate with each other, but in the meantime we have a brilliant tool, which is benefiting both older people and professionals.

Although the SAP Project finished at the end of March, work is continuing on introducing the forms to service users. Voluntary organisations are in a good position to support this initiative.

For more information contact:

Louise Clarke
Acting Assistant Locality
Manager (OP/PD),
Tel: 01905-728836, email:
LClarke@worcestershire.gov.uk
www.Worcestershire.gov.uk

ABOUT THIS BULLETIN

This is the first edition of the Early Intervention Bulletin in 2007/8, and the fifth one since it was introduced last year. Its aim is to highlight areas of interest for everyone working in the field of preventative services for older people, and to publicise the work of voluntary and community groups that deliver these key services in Worcestershire.

The Special Feature is about Befriending Schemes, which cover sitting, befriending and home support services. This is a simple but essential support system for socially isolated and lonely older people, and will give you a flavour of what might be available in your part of the county.

To include an article about your scheme/project in a future edition, or to find out more about preventative services in Worcestershire, please contact:

**John Taylor, Development
Manager at Community First
on 01684 580702
e-mail johnt@comfirst.org.uk**

REHAB EXTEND EXERCISE CLASSES IN MALVERN

Keeping active makes activities of daily living easier and ease of movement enhances the quality of life.

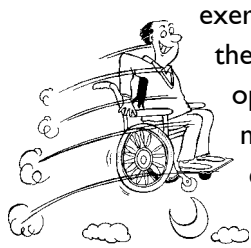
This is particularly relevant for older people who have been affected by an illness or fall where further time is needed to recover their life. Rehab Extend classes can help provide this by exercising to music in a relaxed class situation.

As with regular Extend classes at least twenty minutes is seated

exercising and there is the option to do more challenging standing exercises, and participants agree to work at their own level, enjoying moving and exercising to a variety of music. There is no floor work.

The main aim of Rehab Extend classes is to have fun while exercising joints and muscles. This will improve mobility and maintain muscle strength.

Moving better means everyday activities are easier to do, and quality of life is improved. There is emphasis on maintaining good posture, improving balance and so helping to prevent falls whilst encouraging confidence and independence. Classes are geared to participants' ability and are followed by tea or coffee and a



exercising and there is the option to do more challenging standing exercises,



chance to chat.

Some comments from class members:

- * Since coming to Extend, I feel more confident
- * I enjoy the music!
- * My balance has improved and I can now walk backwards!
- * I don't have to use my stick any more
- * My knee has improved; I am not having the operation.
- * I like coming and meeting up with the others

[Extend is a registered charity and provides exercise classes to music for the over sixties and less able people of all ages. www.extend.org.uk]

To join a class, contact your GP practice. Remember this is only available in the Malvern area, and that there is a small charge per person.

TRAINING:

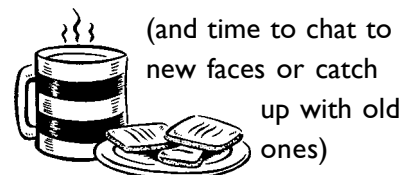
Over 60 staff from VCS organisations in Worcestershire have now completed the two-day training course on Assessment Skills. It has proved to be a very popular course and, as a result of identifying further needs, there is likely to be an Assessors' Network established that will aim to provide short workshops on key topics over the next twelve months. If you are interested in finding out more, please contact John Taylor 01684 580702 email: johtn@comfirst.org.uk

A NEW EXERCISE AND SOCIAL CLUB FOR EVESHAM

Members of the Evesham and District Older People's Forum have been celebrating the start of a weekly Exercise and Social Club. The Forum's committee had long nurtured the idea of 'doing their bit' towards safeguarding the health of older people in the Evesham area – and the arrival of the WiNN Project provided the perfect opportunity to put their plans into action.

The new club now meets every Monday morning (10.30 – 12.30) at Wallace House in the centre of the town. For the first three-quarters of an hour, a professionally trained instructor leads those present through a series of EXTEND exercises – these are primarily chair-based exercises, performed to music and devised specifically for older people and those with relatively limited mobility. Besides being fun, these movements to music promote both physical and mental health (outcomes including increased mobility and independence, as well as improved strength, co-ordination and balance).

After the initial exercise session, there is a break for tea / coffee



(and time to chat to new faces or catch up with old ones) before the group settle into the second hour of the weekly programme: This is aimed at broadening club members' knowledge of health and self-help issues in general, and includes a

wide range of guest speakers. There is also the chance to contribute to a 'Healthy Eating Recipe Book' which the Forum hopes to compile as part of the project as a whole).



The club is lead by Jenny Johnson who, together with her colleagues, has plans to introduce a number of similar initiatives elsewhere across the WiNN Evesham site.

To find out more about this project please contact:

Jenny Johnson (01386 442264) or Karen Redpath (01386 422912)

MENTAL CAPACITY ACT 2005

The Mental Capacity Act 2005 becomes law during 2007. The Act provides a statutory framework for assessing whether a person has capacity to make their own decisions and also defines how others can make decisions on behalf of someone who lacks capacity.

Its scope is wide ranging and involves decisions about personal welfare (care & treatment) and financial affairs.

The Act will work in 3 ways:

- Providing Protection
- Giving Powers
- Defining Duties

Who will be affected?

The Act will directly affect all

those who have reduced capacity to make decisions. The number of people affected is forecast to be about 2 million (eg; people with dementia, severe learning disabilities, severe brain injuries, autism).

From April 2007 this population will immediately come under the remit of the Act and any staff working with them will become bound by the duties the Act places upon them.

Where will the Act be used?

The Act relates to any decision involving people who have reduced capacity. As a result of its wide ranging remit the Act will be operational in a person's home, in hospitals, in care homes, supported housing, GP surgeries, dental practices.



Which staff will be affected?

All staff that work with people with reduced capacity – the list is extensive. In addition relatives, carers, advocates and people who work for voluntary services will be affected by, and required to use, the Act if they are involved with people who have reduced capacity.

What does the Act do?

- Sets out clear guidance for assessing lack of capacity.
- Ensures that everything, which is done for or on behalf of a person, is in that person's best interests.

- Provides clarity around acts in connection with care or treatment.
- Defines 'restraint' and when its use is permitted.
- Introduces 'Lasting Powers of Attorney (LPAs)
- Provides for a system of court appointed deputies to replace the current system of receivership
- Creates 2 new public bodies to support the statutory framework.
 - New Court of Protection
 - New Public Guardian.
- Introduces 3 key provisions to protect vulnerable adults
 - Independent Mental Capacity Advocates (IMCA) – Someone appointed to support a person who lacks capacity but has no one to speak for them
 - Advance decisions to refuse treatment – statutory rules with clear safeguards
 - A new criminal offence of ill-treatment or neglect of a person who lacks capacity

Over the next few months training opportunities will be available – so watch this space!

For more information or guidance contact the Local Authority 'Mental Capacity Act' Lead: Andrea Cooke, Assistant Locality Manager, North Worcestershire on 01562 827184, email: acooke@worcestershire.gov.uk

THE OCCUPATIONAL THERAPY MOBILE ASSESSMENT UNIT.

An Occupational Therapist aims to help a person to be as independent as possible in their home environment. A person may find that they have difficulty getting up from their chair, getting in/out of the bath, lifting the kettle, walking up/down the stairs or putting their shoes and socks on. An Occupational Therapist can offer solutions in the form of equipment or adaptations to make these tasks easier. Occupational Therapists are based in a variety of settings including Hospitals and the Community.

The Occupational Therapy Mobile Assessment Unit has been operating since November 2006. It is an early intervention service, which has been implemented as part of the WiNN project. The Occupational Therapy Mobile Assessment team comprises of an Occupational Therapist, an Occupational Therapy Technician and some hours of admin support.

Our target group is people living within the WiNN areas in Evesham, Worcester and Redditch who are 55+ years old

Same Day Service

This service is different from the Community Occupational Therapy service as we concentrate predominately on those with low level needs,

whose needs can be met by the provision of simple items of equipment. We are usually able to provide the equipment on the same day as the assessment. We cannot assess for major adaptations e.g. stair lifts and level access showers. In these situations we would refer the person to the main Community Occupational Therapy Service.

How to Refer

Referrals can be made via many different routes.

We accept self-referrals, as well as referrals



from health care professionals, sheltered scheme managers, and voluntary organisations e.g. Age concern. In order to promote this service we are giving talks at local community groups and linking with other professionals or appropriate services.

The Occupational Therapy Mobile Assessment Unit team, in the three months we have been operating, has visited 104 people in Evesham, Worcester and Redditch. We have given talks on our service to 11 community groups, and have made good links with both voluntary and community sector providers.

To find out more about this service, please contact Sarah Davis Occupational Therapist on 07918 652 693

ARE YOU INVOLVED IN SOCIAL CARE IN THE WEST MIDLANDS?

Skills for Care have contracted with SCILS to bring their learning resource to everyone in the West Midlands who is involved with Social Care, whether you are an Employer, Training Provider etc.

Please follow these instructions to access this extremely useful website:

Log onto www.scils.co.uk

Click on REGISTER, located on the left hand menu bar

Enter this registration number:
260WMC PVS

Create your own user name and password and follow the process through to complete registration.

If you have any problems with registration please contact:

Sandra Sandon
ACT (Care Partnership
Herefordshire &
Worcestershire)
Tel: 0870 7202 401
sandra@actforfunding.org

'STAYING STEADY' FALLS AWARENESS EVENT - EVESHAM

26th June 2007, Evesham Town Hall, 10am - 2pm Informal, interactive and informative programme - demonstrations - slipper exchange - refreshments ! To take part in this event or obtain further information please contact Jo Dodd, Health Development Worker on 01386 47738