

The Portsmouth Integrated Care Programme

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How - What - Why - Where

- How this came about
- What the 'programme' is
- What it's all about
- How it fits with other services
- What we hope to achieve
- Where we are now

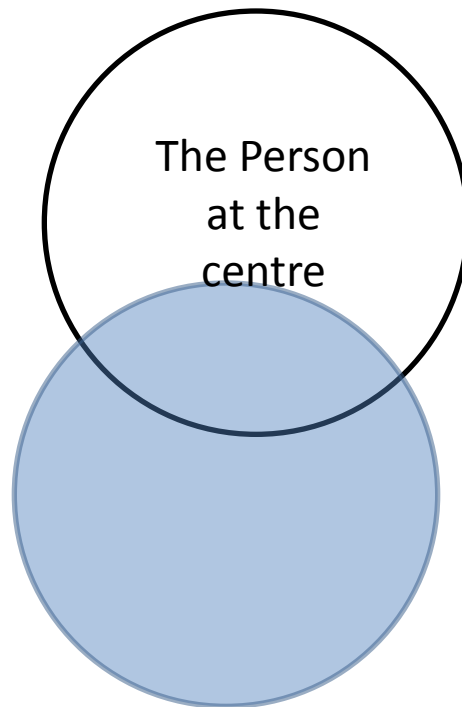
The National Picture and History



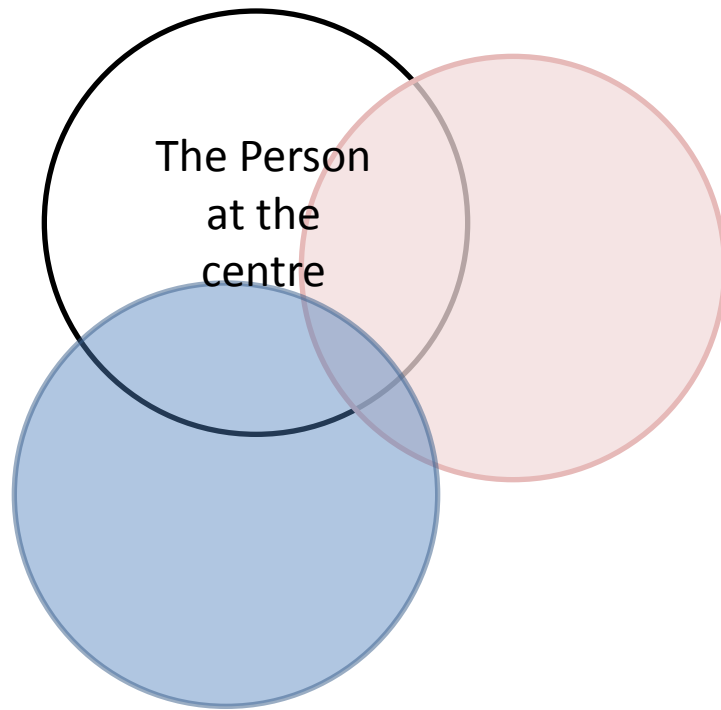
- Age and Ambition – Cornwall
- Newquay Pathfinder Project – Cornwall
- Penwith Pioneer Project – Cornwall
- Integrated Care Programme – Portsmouth
- Emerging programmes in Surrey, North Tyneside, Lancashire, Guildford, Kent, ...

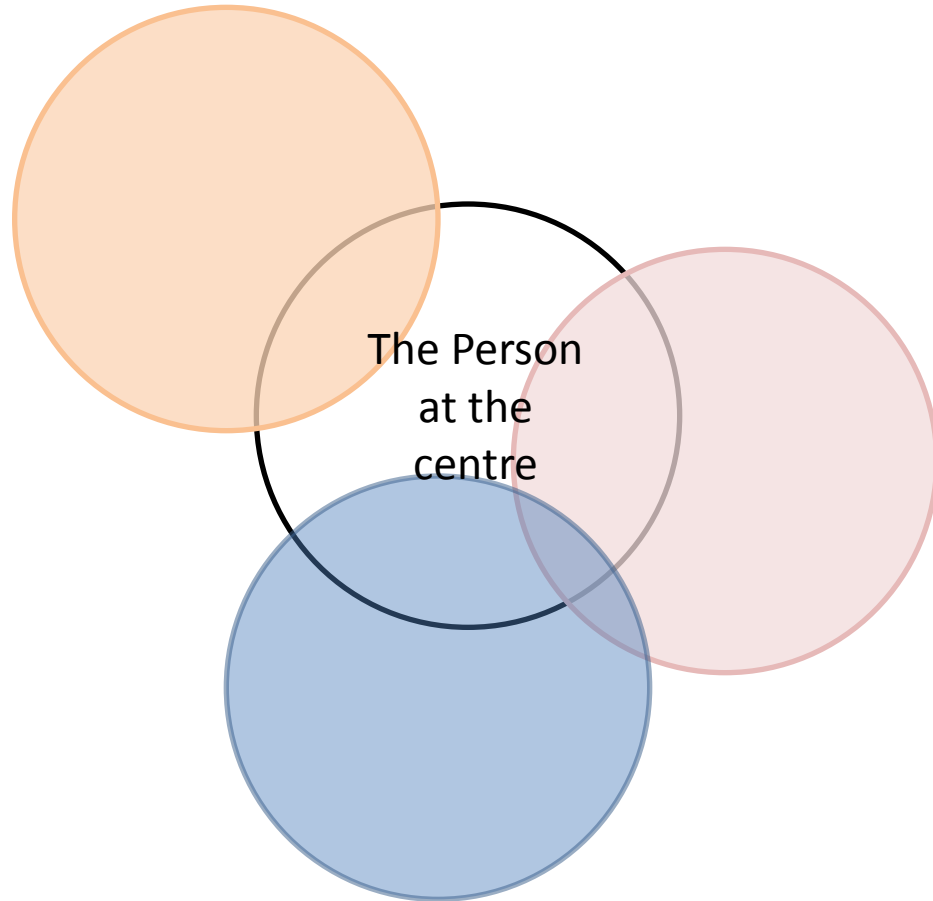


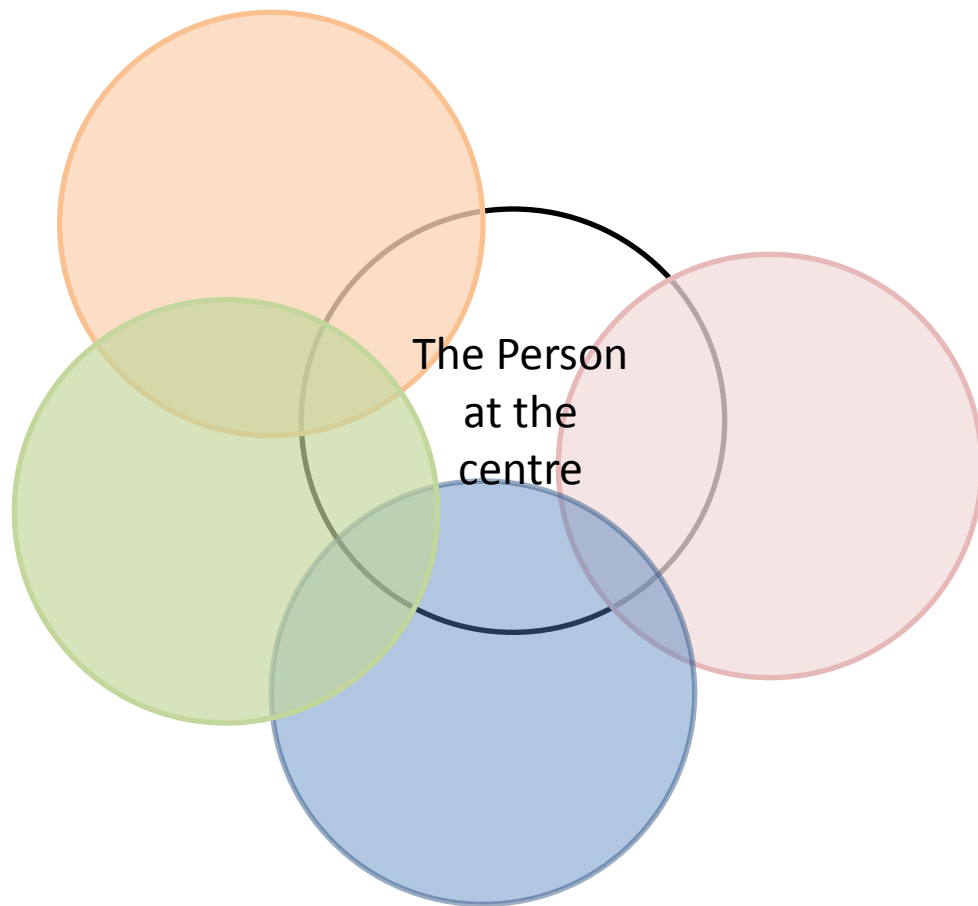
The Person
at the
centre

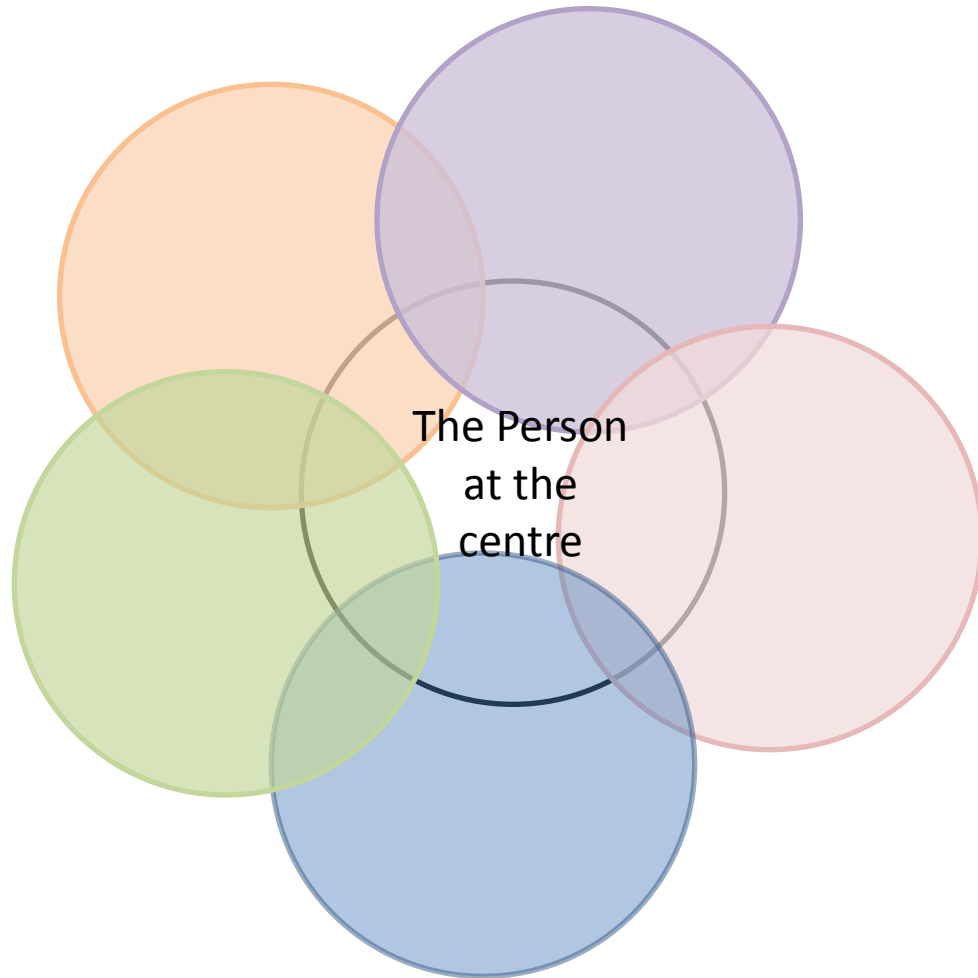


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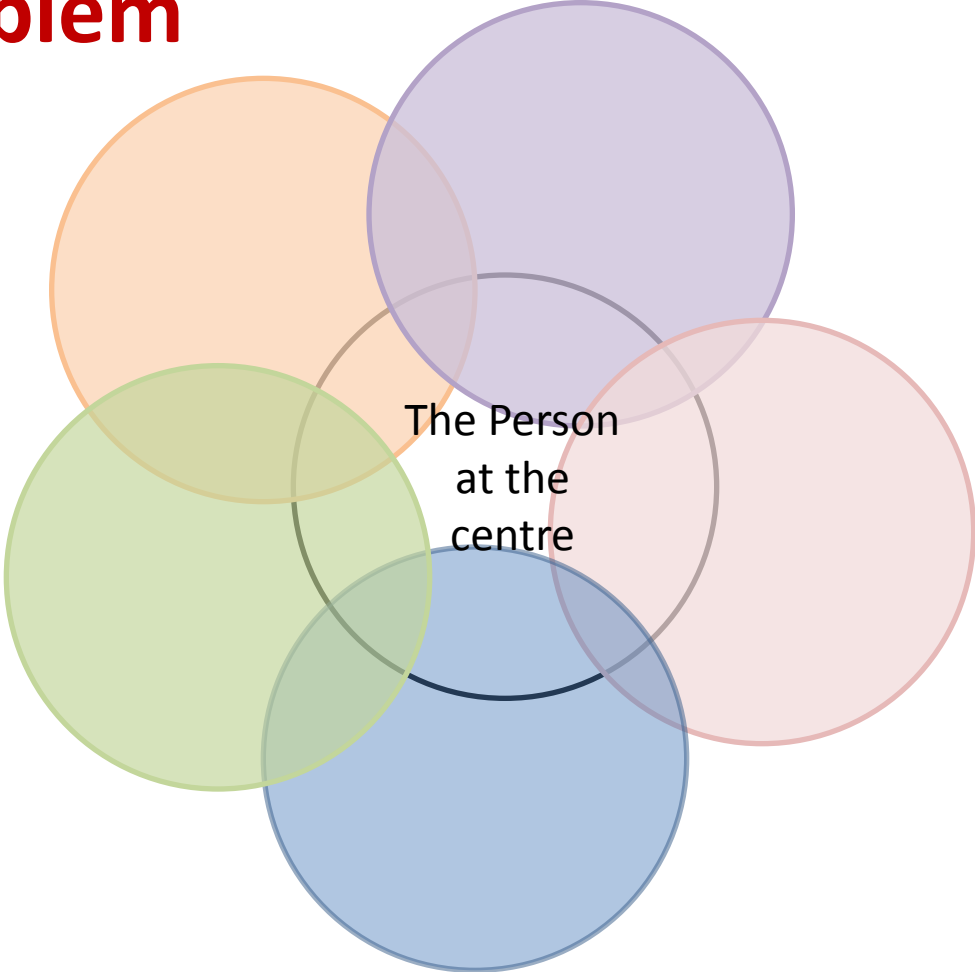




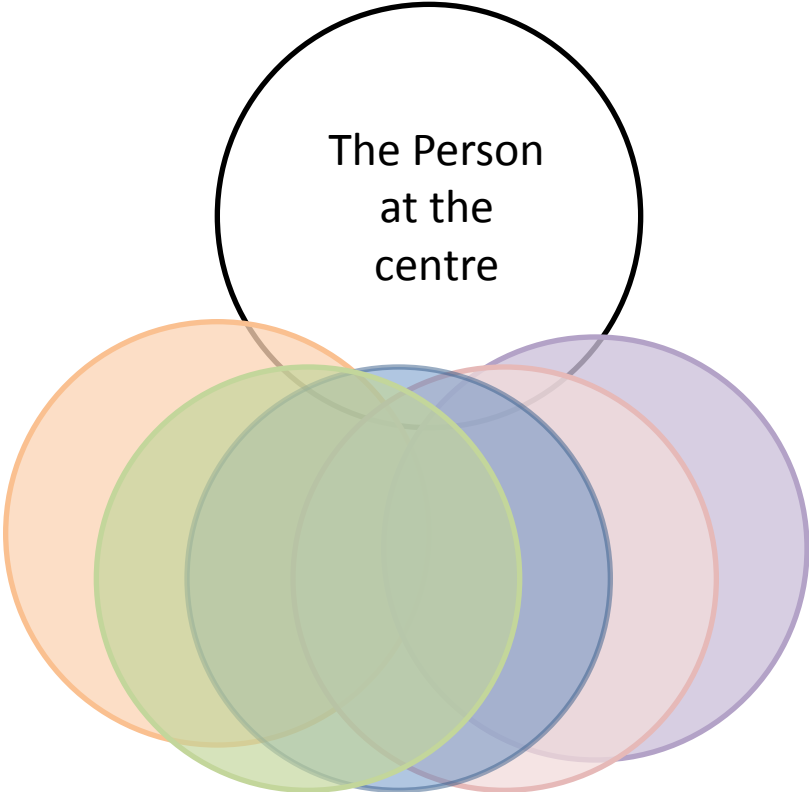


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The Problem

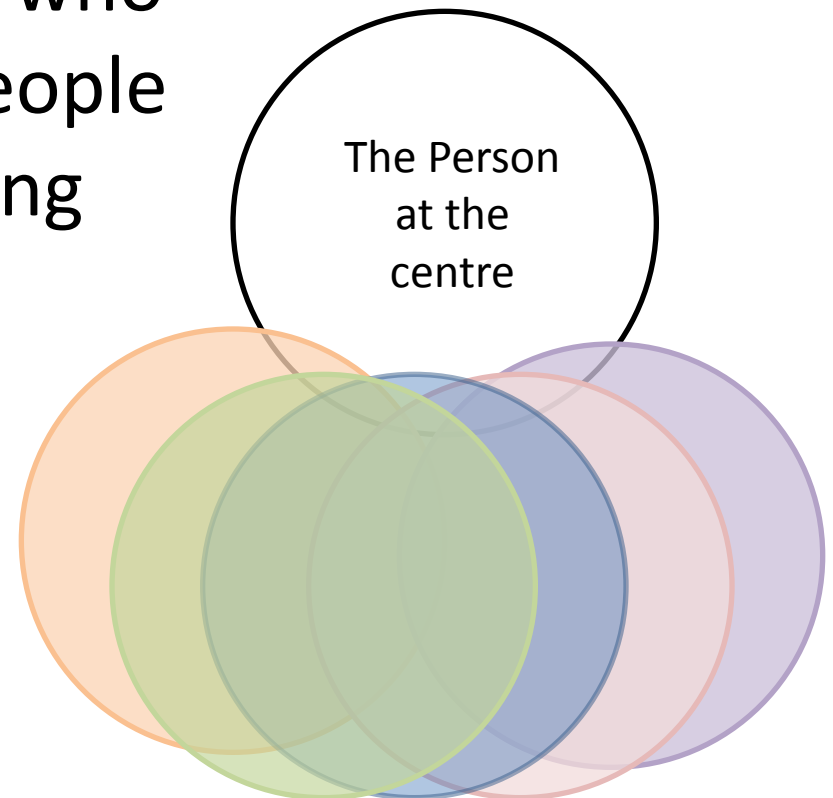


The Solution



Integrated Care

A mixed group of those who are concerned about people and that are collaborating to provide support.



The level of support

- Some people will need little support once they are 'allowed' to co-ordinate more integrated support from services.
- Others will want help with this
- Some will want additional support to identify and achieve personal goals

Individuals are supported by an Age UK worker to:

- identify their goals
- co-ordinate a care plan that is delivered by more integrated services.



Wishes and Goals

- Trip to cinema
- Something to do
- To be listened to
- To live again
- Someone to be my friend
- I wish that I hadn't become invisible. Hello I AM here!



The support from Age UK Portsmouth will help people to:

- Identify and achieve personal goals – the things they want out of life
- build their social networks, making them better connected to their community
- Be more resilient

How?

- Recruiting and training over 30 Age UK Portsmouth staff and volunteers to support 1,000 older people that will be referred by their GPs.
- Holding 'conversations' between people and Age UK Portsmouth staff to identify goals relating to whatever is most important to the person.
- Age UK Portsmouth will then provide non-medical support.

Age UK Portsmouth will help to:

- identify, with each of 1000 individuals, their own personal goals
- provide direct support to help people achieve their goals
- access the range of information, support and services available
- develop services or networks
- co-ordinate services to best suit the individual



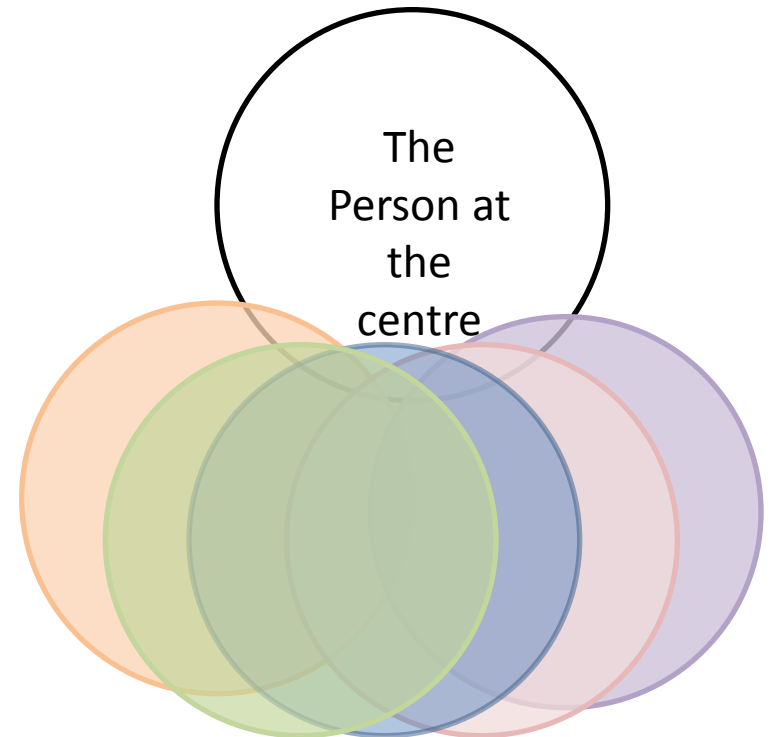
The partners are:

- NHS Portsmouth Clinical Commissioning Group
- Age UK
- Portsmouth Hospitals NHS Trust
- Portsmouth City Council
- Age UK Portsmouth
- Solent NHS Trust

The integrated service

Age UK workers will be part of an integrated multi-disciplinary team.

“What started as a conversation became a quiet revolution as practitioners worked across organisational boundaries to focus on the people they were supporting”



The benefits reported in Cornwall

- 23% improvement in peoples self reported wellbeing
- 87% of practitioners say integration is working very well and their work is meaningful
- 41% drop in acute hospital activity (for people with long term conditions)
 - Admissions 46% reduction
 - Emergency 25% reduction

Dr Tamsin Anderson, Newquay GP.

'For me personally, I have been encouraged to look at patients where I thought their dependency levels would only increase and see that with a relatively small level of intervention, they can be encouraged back to a much lower level of dependency.'

The purpose of the Portsmouth Integrated Care Project

- *to improve the quality of life for people in Portsmouth*
- *to increase independence and control*
- *to improve the quality of care and support*
- *to reduce the need for people to rely on their GP and Hospital services*

.. (initially) for people over 50 living with long-term conditions, in Portsmouth.

From people on the Cornwall programme

'Before I met young Caroline it was Very boring and I was very lonely.'

'I can't get out and it's wonderful that you come and take us out, it's a new lease on life.'