

# **Stroud District Council**

## **Older People's Health and Housing Plan**

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# Older People's Health & Housing Plan

## Health Priorities



Priorities	Actions	Resources required
<b>1. Helping people to live well with long term conditions like frailty and dementia</b>	1.1 All SDC staff will be 'Dementia Friend' trained in 2017/2018.	Staff time and management support. 'Dementia Friend' online training takes 20 minutes and provide free by the Alzhiemers Society. HWB Coordinator would record the completion certificates of each staff member. The online training would also become part of new staff induction similar to other mandatory e-learning.
	1.2 We will support the six towns of Stroud District and their surrounding parishes to become Dementia Friendly Communities.	The HWB Development Coordinator would give 20 hours to each DF Community to support a project group of volunteers and local professionals. Wotton and Nailsworth DF Communities are already under way and Stonehouse has several existing DF initiatives.
<b>2. Decreasing social isolation and loneliness.</b>	2.1 We will commit SDC volunteer hours to projects that support older people to be more physically and socially active. This could include activities like befriending, volunteer driving, leading walks and helping older people experience nature.	Local charity Fair Shares run befriending schemes and dementia activities. They are keen to support SDC volunteers to find appropriate voluntary roles. HWB Dev Coordinator would liaise with Fair Shares on this as an ongoing community development project. This would support a number of health and wellbeing projects in the District in addition to this Plan.
	2.2 Supported by funding from the Gloucestershire Prevention and Self Care Board, we will develop communities with health inequalities to tackle social isolation and loneliness.	HWB Dev Coordinator will manage a community development project to improve health outcomes in our District, including social isolation. The Prevention & Self Care bid will bring £45k into the District.

### 3. Supporting carers.

3.1 We will pilot free access to the 'Rally Round' app help carers to organize care for their loved one.

The Sheltered Housing Team is currently piloting a new 'Rally Round' app to support their residents. If successful the Council may consider purchasing a license to offer access to this app for all district residents. This may cost £9k a year. The plan **does not** commit to this, only to the pilot which is already under way.

3.2 We will hold two carer themed Health Wellbeing Partnership meetings a year to raise the profile of carers' needs and support available.

Within current remit for HWB Dev Coordinator.

### 4. Enabling people to be active in their communities.

4.1 In 2017 through our Active for Life project we will:

- Deliver 20 new 'accessible' sports sessions for people over 50 to improve physical and social activity.
- Recruit 30 volunteer ambassadors to support physical and social activity in their communities.
- Run an 'Active for Life' event to showcase activities for people over 50 in our area.

The Active for Life Project is already under way and is being coordinated by the Sport and Health Development & HWB team. £4,000 of external funding for equipment and training has been secured from the PCC and Active Gloucestershire.

Other SDC staff time required:

Sheltered Support Coordinators and Neighbourhood Wardens:

1 day equipment training

20 half day session delivering activities in community settings including Sheltered sites and supporting new volunteer ambassadors.

Active for Life Event planning and delivery 60 hours

### 5. Getting better access to transport

5.1 We will work with community groups to Increase the number and coverage of volunteer transport schemes to compliment existing GP transport schemes and enable more travel for social reasons.

30 hours of HWB Dev Coordinator time to work with existing GP volunteer transport groups, Community Connexions volunteer transport company, Fair Shares, Dementia Action groups and other community groups.

Any new volunteer transport groups will be owned by their community and will be 'lightly' supported by the HWB Dev Coordinator.



# Older People's Health & Housing Plan

## Housing Priorities



Priorities	Actions	Resources required
<b>6. Progressing our Sheltered Housing Modernisation Project</b>	6.1 We will continue with our Sheltered Housing Modernisation Project.	See Sheltered Housing Modernisation Project for details.
	6.2 Our Active for Life project will improve community involvement in physical and social activities in our schemes.	See the Health action number 4 above for details.
<b>7. Reducing cold, damp homes and fuel poverty.</b>	7.1 We will promote the 'Warm and Well' scheme through Social Prescribers and Community Connectors to target older people with cold or dampness related health issues.	Five hours HWB Dev Coordinator and Energy Officer time working with Sever Wye Energy Agency to distribute information through health networks, local press and Social Prescriber team meetings.
	7.2 We will facilitate 10 'Healthy Homes' Loans to reduce cold, damp homes.	Already an action within the SDC Health and Wellbeing Plan and within the remit for Environmental Health officers.. Hours vary depending on the complexity of each case.
	7.3 Supported by funding from the Gloucestershire Prevention and Self Care Board, we will develop communities with poor health inequalities to improve cold, damp homes.	HWB Dev Coordinator will manage a community development project to improve health outcomes in our District, including cold, damp homes. The Prevention & Self Care bid will be submitted on 16 <sup>th</sup> January 2017 and should bring £45k into the District.

<p><b>8. Helping people to get the adaptations they need to live well at home.</b></p>	<p>8.1 We will facilitate 10 Disabled Facilities Grants to help people live well in their own homes for longer.</p> <p>8.2 We will also promote the Disabled Facilities Grants schemes through our health and wellbeing network.</p>	<p>Already an action within the SDC Health and Wellbeing Plan and within the remit for Environmental Health officers. Hours vary depending on the complexity of each case.</p> <p>Four hours of Environmental Health officers time to distribute online flyers and speak at the HWB Partnership meetings.</p>
<p><b>9. Supporting older people to get the correct benefits.</b></p>	<p>9.1 We will continue to fund the Stroud District Citizens Advice Bureau to provide benefit advice for older residents.</p>	<p>Current three year community investment grant to support Stroud CAB.</p>
<p><b>10. Improving information on the different housing options for older age in our District</b></p>	<p>10.1 We will create and promote a web page that explains different housing options for older age.</p> <p>10.2 We will continue to influence new development where possible to be in line with Stroud District Local Plan Policy for 'Lifetime Communities'.</p>	<p>Approximately 20 hours of officer time will be needed from a number of SDC officers including Housing Strategy and Environmental Health.</p> <p>Within current remit for Housing Strategy.</p>