



Living not existing: Putting prevention at the heart of care for older people

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“Health {and social} care is likely to look very different in the future”

"There is no simple solution....fundamental areas must be addressed if reform is to deliver the scale of transformation that's needed across the NHS. Involving staff, the public and bodies across the public sector will also be crucial for success”

“...the NHS face increasing challenges and crucial building blocks to enable change still need to be put in place...”

<http://www.audit-scotland.gov.uk/report/nhs-in-scotland-2017>

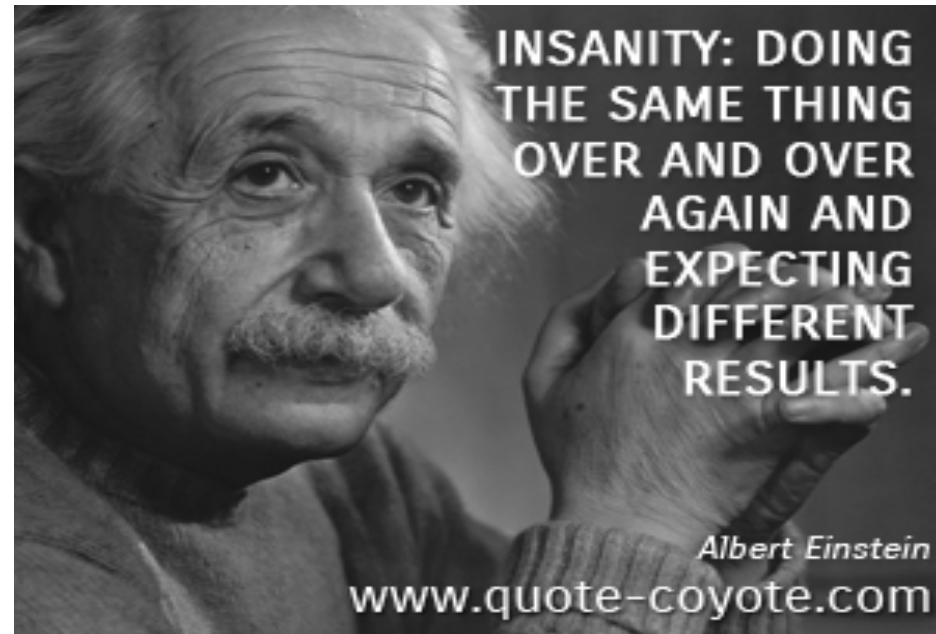
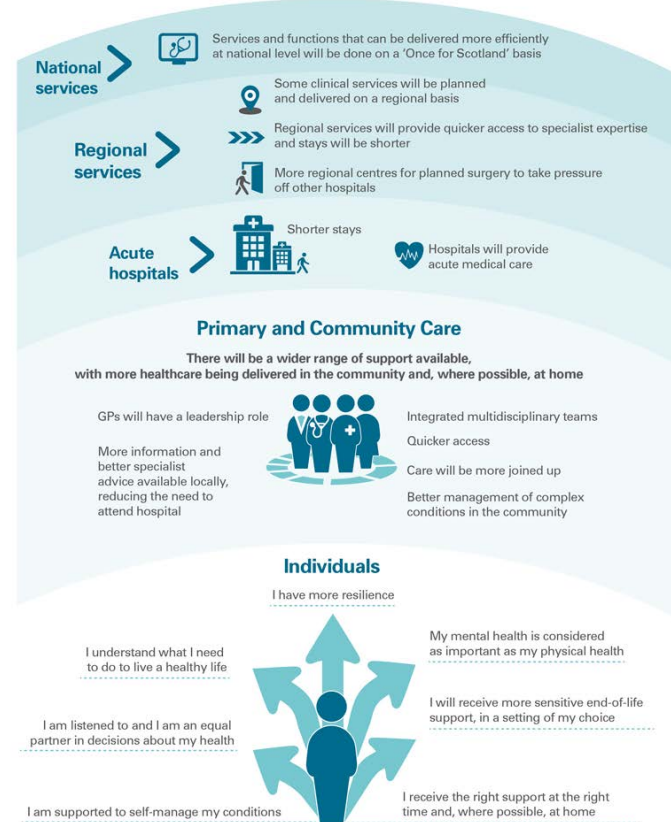




Exhibit 1

The Scottish Government's vision for how healthcare will look in the future
The way people will access and use health and social care services is changing.



Source: Audit Scotland based on *Health and Social Care Delivery Plan*, Scottish Government, December 2016.



Voice





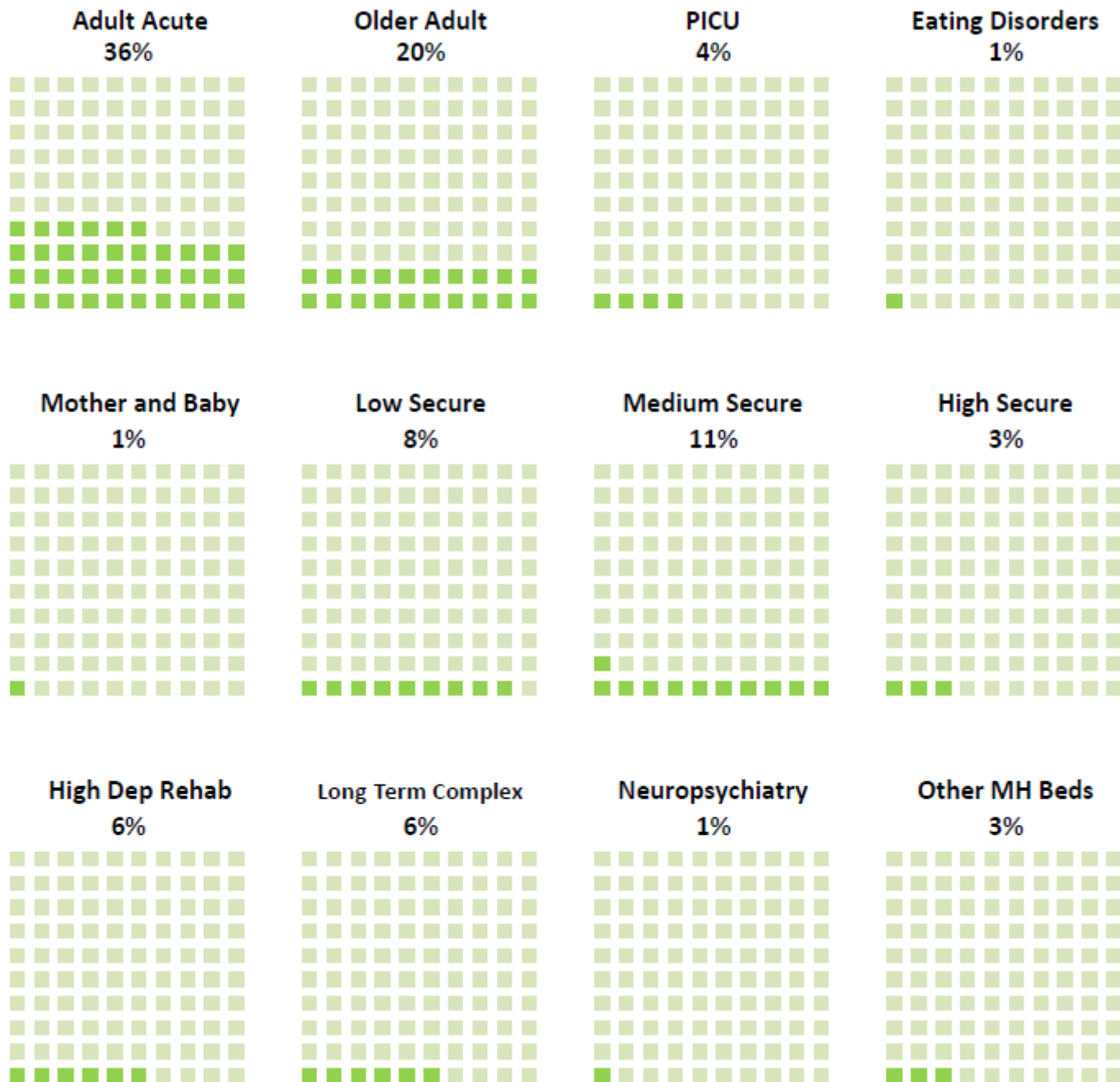
• 2017 Participants

Adult Inpatient and Community Mental Health Benchmarking

- 71 participants - largest ever number of contributors
- 100% coverage across Trusts and LHBs England & Wales
- Scotland & Northern Ireland
- Additional independent sector & Island providers



Bed Profile





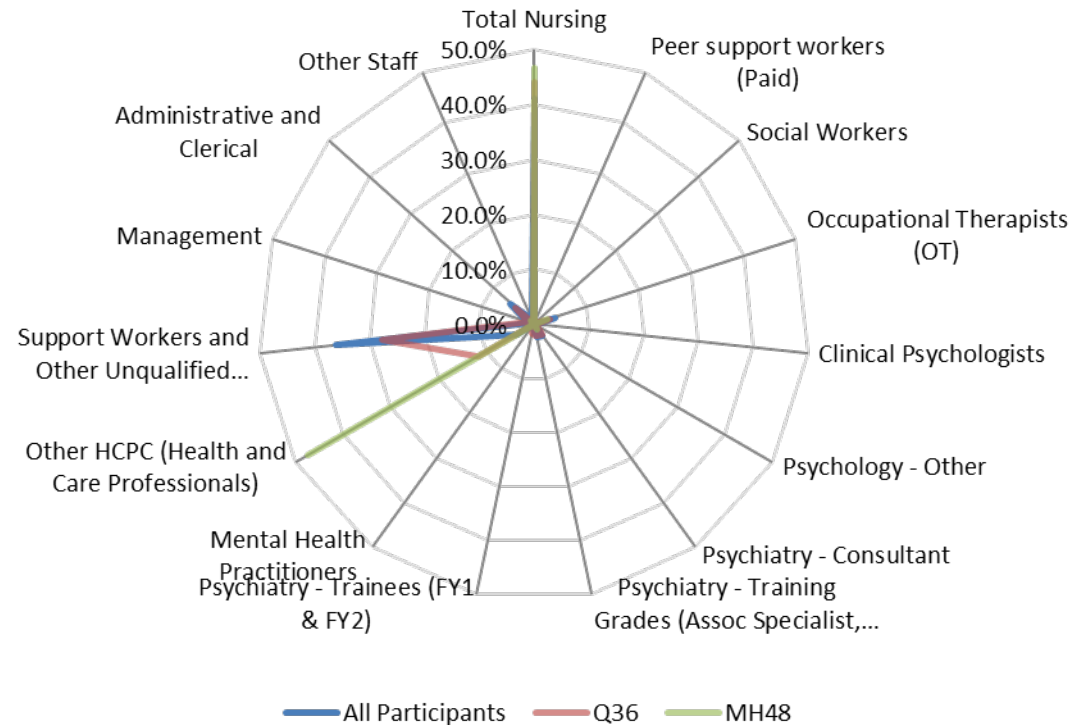
OCCUPATIONAL THERAPY WITHIN MENTAL HEALTH SERVICES



Total Workforce – Adult Acute Inpatient

Adult Inpatient Staff Composition

- Nursing = 40.9%
- Support workers = 36.2%
- Consultant Psychiatrists = 2.7%
- Occupational Therapists = 3.9%

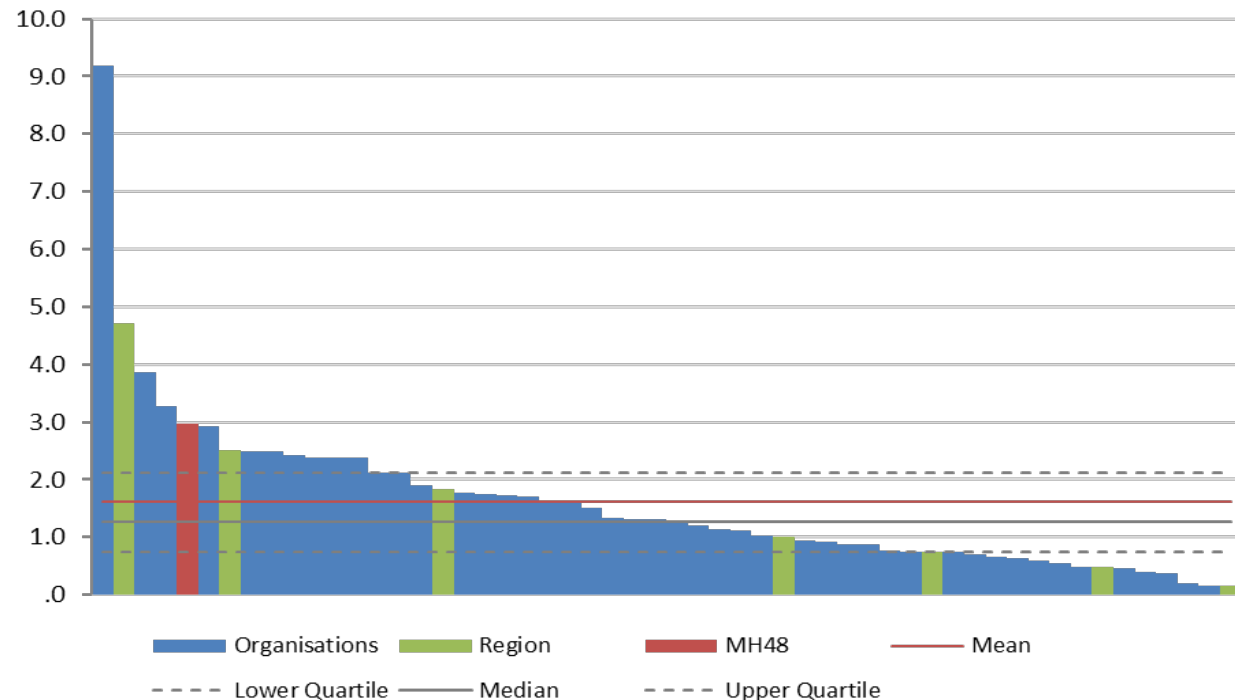




Occupational Therapists – Adult Acute Inpatient per registered population

- On average there are 1.6 WTE Occupational Therapists per 100,000 registered population
- Variation across mental health services in the UK range from 0.1 to 9.2 WTE.
- In 2015/16 there were almost 595 Occupational Therapists working with Adult Acute Inpatient Services in 2015/16.

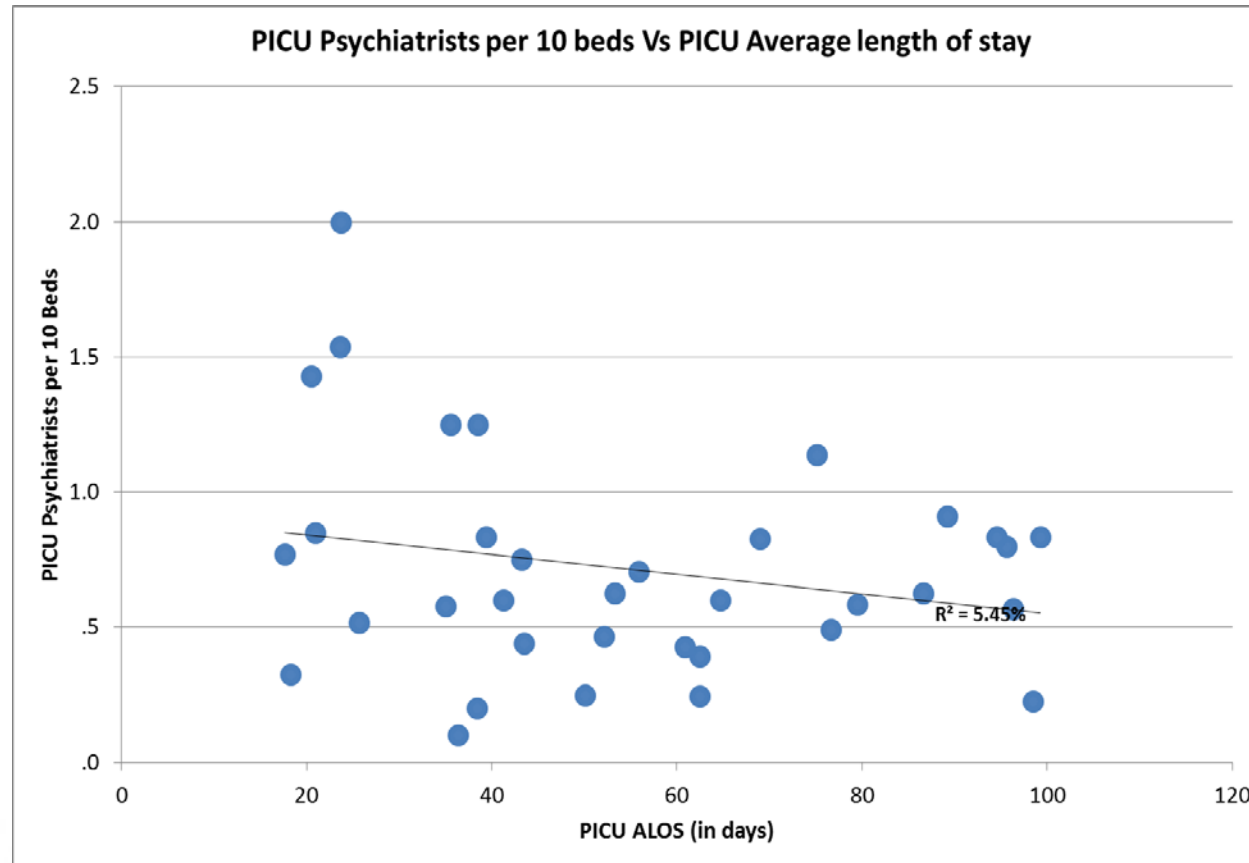
Adult Acute WTE - Occupational Therapists (OT) per 100,000 core registered population covered by service





- *Benchmarking Specialist Beds*
- **Profiling clinical input against length of stay**

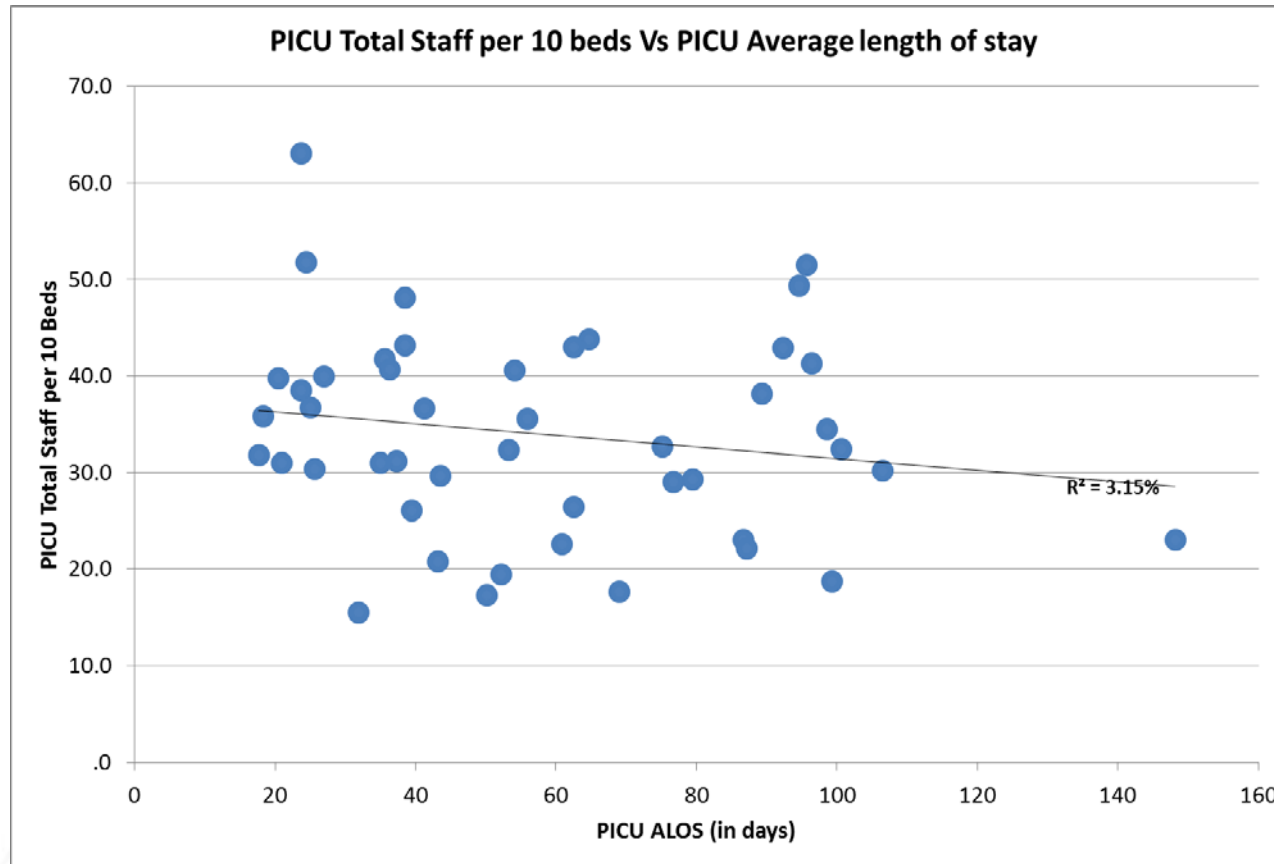
- PICU analysis
- Units with higher Psychiatry input have marginally shorter length of stay (5%)





- *Benchmarking Specialist Beds*
- **Profiling clinical input against length of stay**

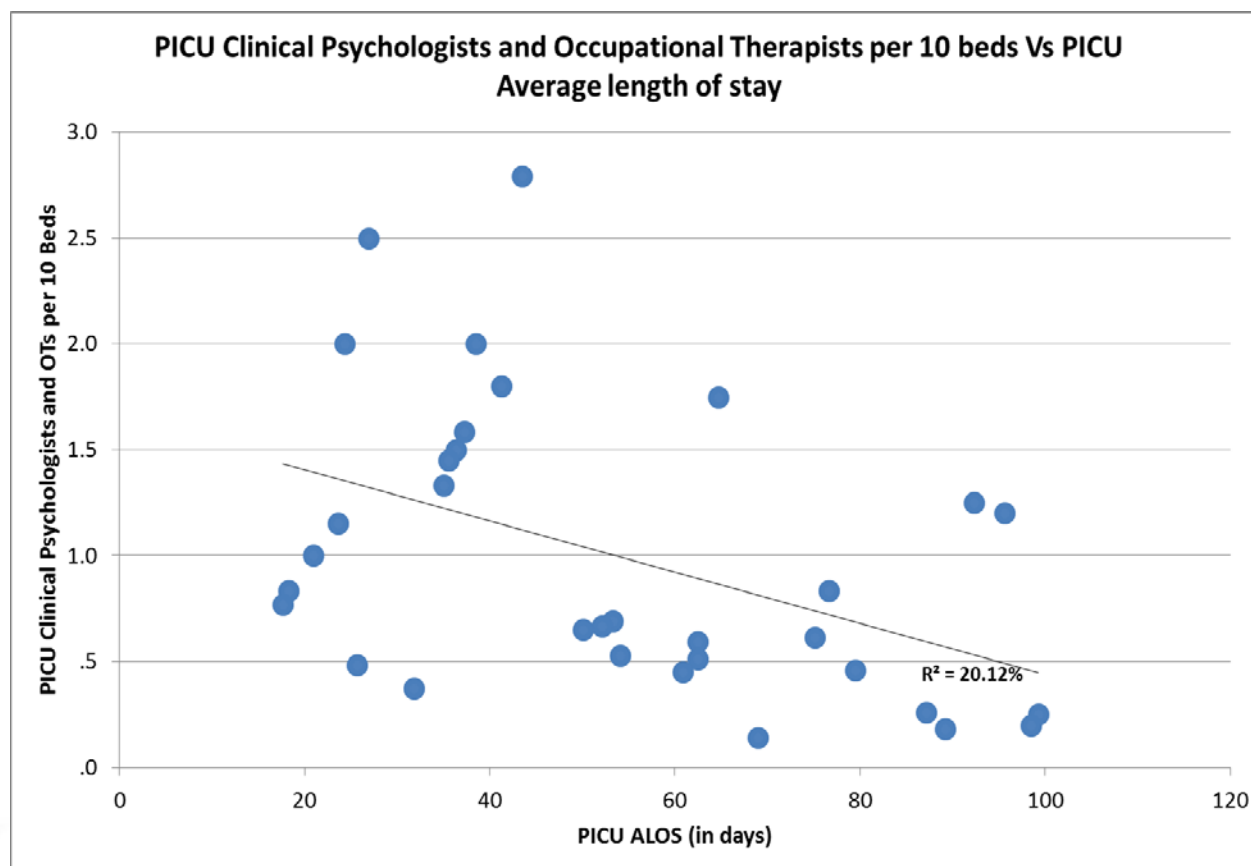
- PICU analysis
- Higher staffed units have marginally shorter length of stay (3%)



Benchmarking Specialist Beds

Profiling clinical input against length of stay

- PICU analysis
- Units with higher therapy input (Psychology & OT) have shortest length of stay (-20%)





Voice





The RCOT campaign *Occupational Therapy – Improving Lives Saving Money* is making the case for occupational therapists in key pressure points in NHS and care services:

It has four strands :

- **Urgent Care –the value of occupational therapy** (released Nov 2015)
- **Reducing the pressure on hospitals** (released Nov 2016)
- **Living not existing, putting prevention at the heart of care for older people** (released July 2017)
- **Mental Health – the value of occupational therapy** (likely release May 2018)





Living not existing: Putting prevention at the heart of care for older people (released July 2017)





Demonstrating the value of occupational therapy

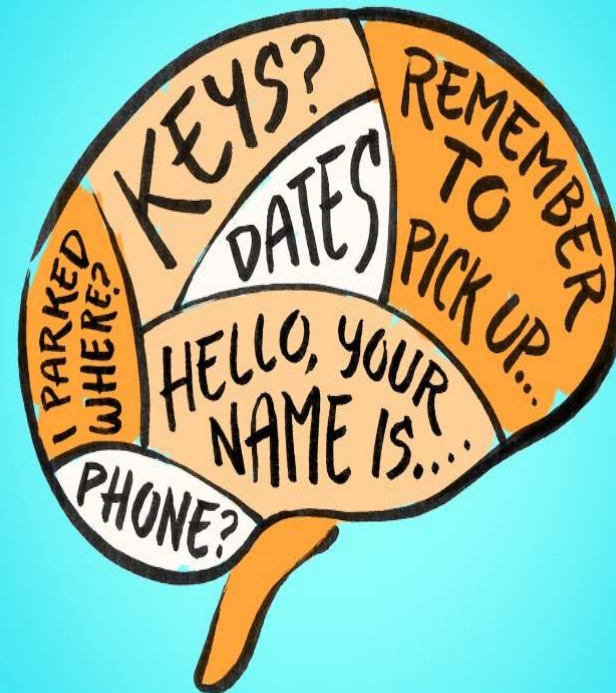
The Bridgeway Service: An occupational therapy and reablement programme enabled Mr Evans to stay at home and keep active in his community..





in Dumfries
and Galloway
95%

of people participating in the Home
Based Memory Rehabilitation Programme
retained and used the strategies on
completion of the programme



- Home Based Memory Rehabilitation Programme (HBMR)
- Service users are taught a range of compensatory memory strategies to support the person to continue their daily routine.
- In partnership with Alzheimer Scotland Dementia Link Workers and others involved in the delivery of post diagnostic support.

Data shows that over **95%** of people can and do maintain and retain the number of memory strategies they use daily.





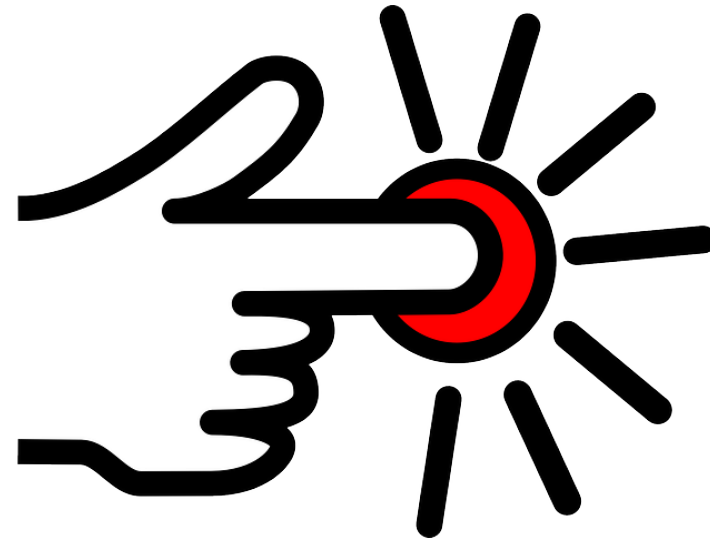
Telecare Service - Aberdeen

2500

people in Aberdeen are supported to live in their own home with Telecare .

387

of these are living with dementia.



- Occupational therapists are part of the **Technology Enabled Care Project** (funded by the Scottish Government).
- A screening tool is used across **all sectors**, helping other professionals to identify when telecare can assist their service users.
- Work has focused on the acute sector, care homes, intermediate care and housing.



Telecare Service - Aberdeen

STATS

- First year - referral rate from the acute sector increased **100%**.
- Overall the referral rate over the last 5 years has increased by **154%**
- and the installations have increased by **247%**.

“It gives us great peace of mind if Mum leaves the house during the night.”

“Telecare saved my life”

Royal College of
Occupational
Therapists



Occupational Therapy
Improving Lives
Saving Money

 **#ValueofOT**



Julia Scott in the studio for an 'as live' interview
in the Anglia region.



BBC Newsline



BBC Wales



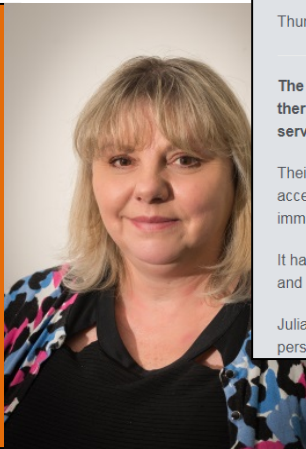
S4C





We had radio coverage....

Karin Bishop
was also
interviewed for
news bulletins
on regional
radio in
Scotland on the
day.





'Low-cost social care is leaving elderly

Mark Smith
Health correspondent
mark.smith@walesonline.co.uk

HIGH-VOLUME, low-cost approaches to the delivery of care have "dehumanised" older people and made them more isolated, a new report has warned.

The Royal College of Occupational Therapists claims many pensioners are simply "existing" rather than living due to the way care is provided in Wales.

The organisation has published a new report which looks at how occupational therapists can tackle the "unprecedented" pressure on health and social care services.

It claims improved access to occupational therapy services in Wales can give older people back their dignity and help NHS primary and social care services to work better together and be more efficient.

Ruth Crowder, Wales policy officer of the Royal College of Occupational Therapists, said: "Many older people talk about simply existing rather than truly living and this is a sad indictment of how we treat those that are most vulnerable in our society."

"High-volume, low-cost approaches to the delivery of care have an isolating and dehumanising effect on older people and as occupational therapists we want to do all we can to prevent this continuing."

"Across Wales there are some really innovative examples where the intelligent deployment of occupational therapy services has enhanced the lives of older people, not only doing this while balancing budgets, but crucially delivering significant cost savings for the taxpayer."

"These savings are achievable but

rely on better-designed and connected services in our communities."

Occupational therapists work with adults and children with a wide range of conditions - most commonly those with a mental health illness physical or learning disabilities.

Their aim is to help people carry out everyday tasks or occupations.

The Royal College believes that by further integrating occupational therapists into primary care, such as GP surgeries, local authorities and health boards, it can save money.

Between April 2015 and March 2016 a Cardiff Council occupational therapy team reviewed 227 package of care.

The team assessed people's functional needs, provided and demonstrated equipment, and addressed moving and handling issues.

They concluded that occupational therapists would have saved the council £395,279 through a reduction or prevention in care package costs.

The Royal College has now made a series of recommendations to the Welsh Government. It has called for occupational therapists to be based within GP practices or community resource teams so that primary care

patients have timely, direct access to occupational therapy.

It also said these specialists should take on leadership roles to provide expertise and mentoring to community providers and the range of staff they employ.

In response to the report, a Welsh Government spokesman said: "We have a clear vision for ensuring health and social care is provided closer to people's homes."

"Occupational therapists are increasingly playing a key role as

News

Care 'dehumanising' older

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Occupational therapists are increasingly playing a key role as

housing register, identifying potential tenants for properties and assessing the feasibility of further adapting a property to meet their needs.

The report found an average of six adapted properties each month are assessed by the housing occupational therapist.

By matching the already adapted properties to citizens the costs of new adaptations of about £15,000 a month are avoided.

An average of four citizens each month are rehoused from properties in which they were experiencing falls on the stairs to homes with all amenities on one level.

Reducing the need for emergency services and hospitalisation, a cost saving of £545 per citizen, based on the 2016 Housing Health Cost Calculator.

In addition, an average of three citizens each year are re-housed from residential care to enable them to return home.

This results in a cost saving of £793.47 per week/per citizen: an annual saving for the local authority of £123,781.32.

Ruth Crowder, Wales Policy Officer, Royal College of Occupational Therapists, said: "Many older people

Health and social care: small things that make a big difference

By Laura Oakley • Jul 13, 2017



Breaking a bone can make everyday activities particularly tricky. Especially when it's your dominant arm and you live alone. Just ask Mrs Bennet who badly broke her right arm last year.

But thanks to a close group of good friends and a little help from British Red Cross volunteers Janet Shaw, Mrs Bennet got the person-centred support at home she needed.

'Everyone was so lovely'

Trending now



Disabled people are a diverse group... but loneliness is a common experience. What to do if

Social care 'not being tailored enough' for those who need it

Occupational therapists are calling for an end to a "high volume, low cost" approach to social care, which they say leaves many older people missing out on vital services.



Social care

0 SHARES

A new report from the Royal College of Occupational Therapists said providing the right care initially can prevent the need for more expensive longer-term care.

The study pointed to inequality in access to occupational therapy, which helps people continue with everyday tasks such as dressing, washing or getting to the shops.

While people may need intense support at home to start with and adaptations to their home, this need can often diminish as the person becomes more capable, it said.

The authors also call for more occupational therapists to be employed within primary care, such as GP surgeries, to help older people adapt to ageing, increasing frailty and health problems.

Julia Scott, chief executive of the Royal College of Occupational Therapists, said in her foreword: "At the heart of our recommendations is evidence that doing the right thing for individuals can actually

Experts call for occupational therapy to be included in NHS reform plans

The Royal College of Occupational Therapists has called for occupational therapy to be included in STP plans in an effort to reduce the burden on social care.

In a new report, the college recommends including occupational therapists in multidisciplinary teams as part of NHS England's new care models, which each STP is expected to include.

The report states that including occupational therapists in integrated primary care teams will allow them to address health and social care needs within people's homes.

It adds that by having more occupational therapists employed within primary care can 'delay, reduce or prevent' the need for expensive social care and support.

The royal college said that integrating occupational therapy with primary care will end the 'inequality of access' to the service.

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Julia Scot, CEO of the Royal College of Occupational Therapists, said the therapists are perfectly placed to address 'the problems in social care.'

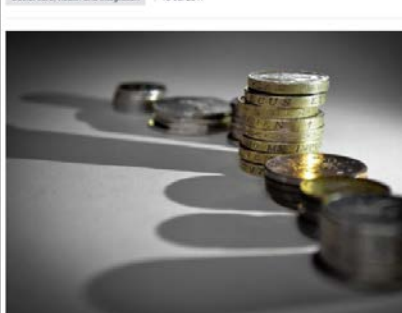
She said: 'Because we know gaps in social care impact the NHS most we think local NHS Clinical Commissioning Groups or their equivalents in each nation of the UK should be given responsibility for ensuring that change happens on the ground.'

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"Councils work closely with people with care needs, and those and friends who support them, to ensure that care is person-centred and supports the outcomes they have identified for their lives."

Social care, health and integration 13 Jul 2017

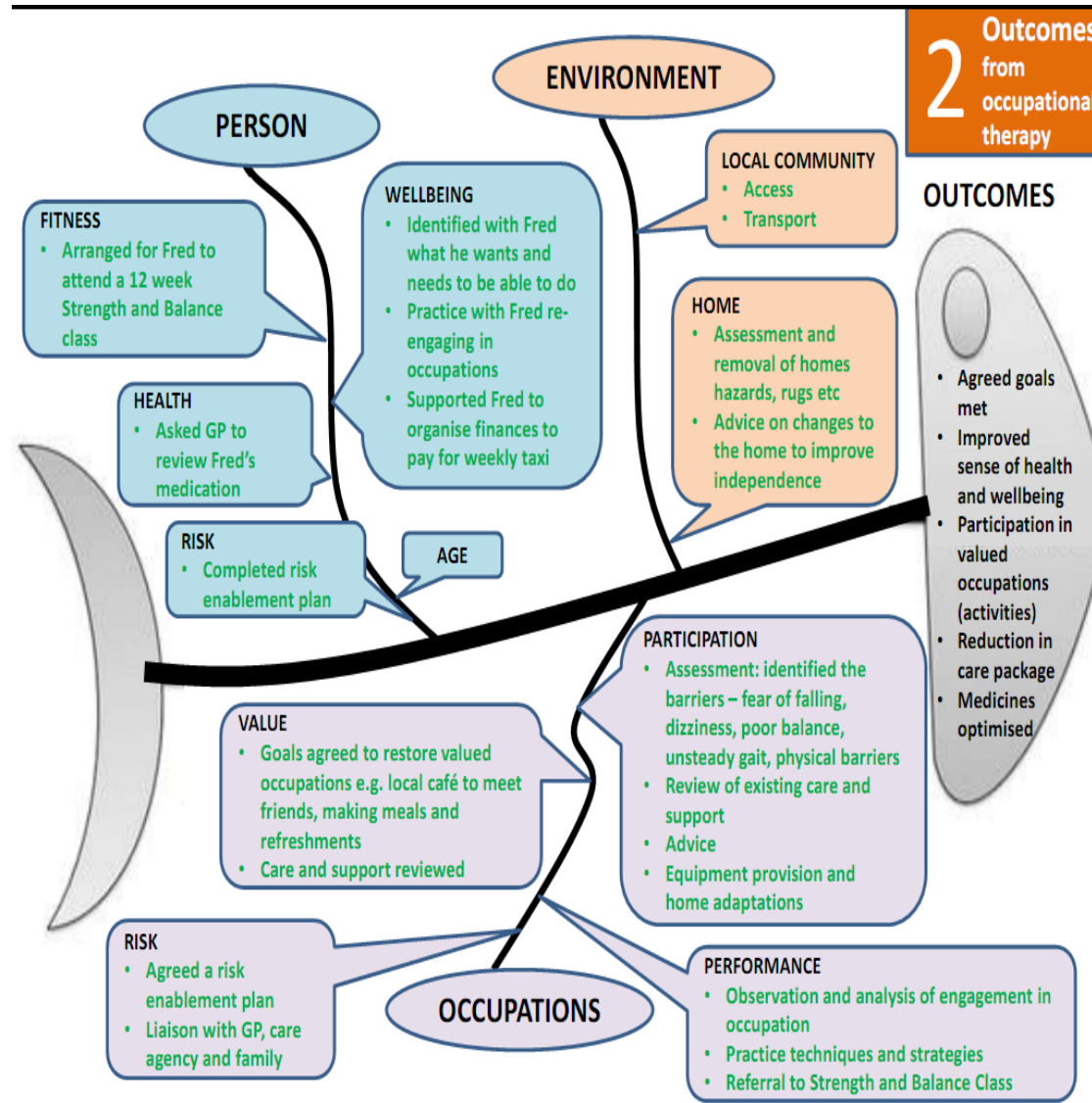




Fred's story

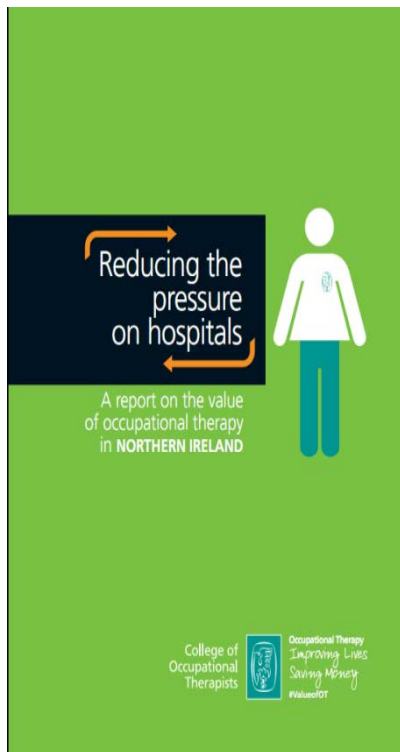
- The report is supported by a film for the public and stakeholders and has been produced to show the difference occupational therapy can make.
Available on You Tube
<https://youtu.be/8S7P0ON9w1A> or
downloaded from:
<http://mbf.me/Xp8e0M>
- The reports are being promoted to the media and to stakeholders.
- There has been an extensive social media campaign



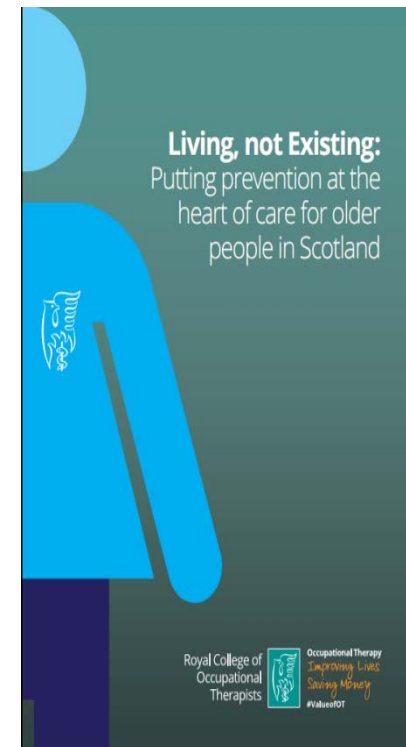




What the College is doing

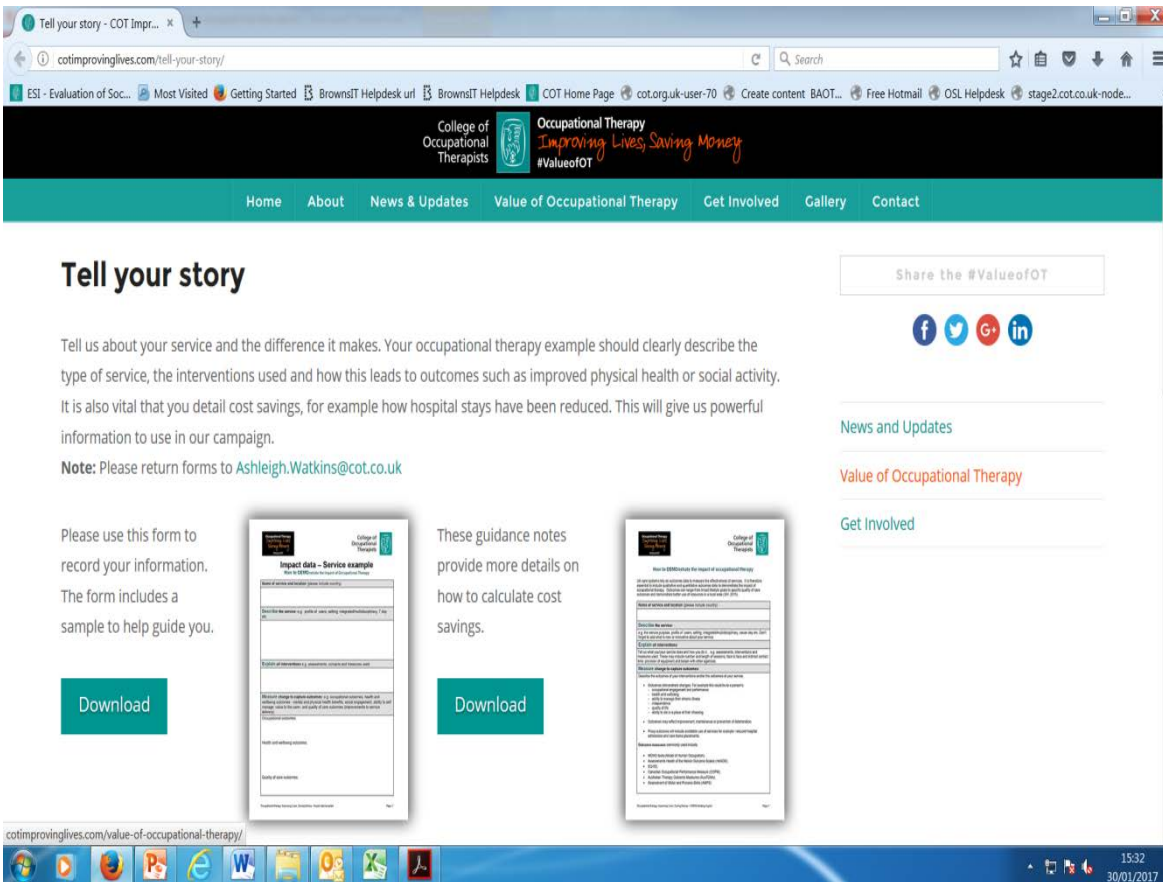


- Sending reports to stakeholders
- Meeting with stakeholders
- Speaking at conferences and exhibitions
- Promoting via social media and other avenues





How can you spread the word?



Send in service examples

to find out how

<http://cotimprovinglives.com/tell-your-story>

SUGGESTION – at this point have a discussion about a possible example you could develop and send



Messages

- Deploying more of the occupational therapy workforce in **primary care** to use our skills to intervene early
- Occupational therapists are a limited resource. We can be more effective in addressing the needs of the local population by **training** and **supervising** others to be competent to deliver on aspects of traditional practice – minor adaptations, practising skills in activities of daily living e.g. Trusted Assessors, Health & Work Champions
- We need to support developing wider partnerships for further innovation. Occupational therapists can act as **catalysts for addressing needs** beyond traditional health and social care, such as poor housing and social isolation.

