

Frail Elderly Programme



The AHSN NENC Frail Elderly Programme aims to improve care for frail older people in our region, whether they are living in a care home or in the wider community. We support the implementation of improvement and innovation initiatives, and the dissemination of best practice. We facilitate stakeholder collaboration to enable the development of better care for frail older people.

Many older people have multiple medical problems and complex health and social care needs. 10% of people aged 65 and over can be considered as 'frail' - rising to at least 25% of those over 85 - and this brings increased risks of falls, disability, need for long term care, and death.^{1,2} Ensuring high quality, person-centred, well co-ordinated health and social care is a major challenge. Whilst there are many examples of excellent care across our region, care can be variable. Divisions between the different parts of the health system -and between health and social care - can make it more difficult to provide care which is integrated around patients' needs. Use of urgent care hospital services is high, yet many admissions are potentially avoidable with better anticipatory community-based care.

Programme Overview

The Frail Elderly Programme is divided into four workstreams:

1). Starting in 2014, we have worked with a variety of stakeholders to **support the implementation of nine projects across the region, all featuring innovative approaches to improving the care of frail older people**. These projects include initiatives to train staff working with older people in care homes and in the wider community; to digitally monitor hydration and nutrition status; to improve end of life care; to provide information for people living with dementia and their carers; and to streamline referrals across health and social care settings.

- Addressing Skills Training Challenges in Care Homes
- Dementia Care Training for Care Home & Domiciliary Care Staff
- End of Life Care Training for Care Home & Domiciliary Care Staff
- Hydration Monitoring Solution for Care Homes
- Health Call Undernutrition Service
- Deployment of 'Deciding Right' across the North East and North Cumbria
- Electronic Palliative Care Coordination System
- NE Dementia Innovation Hub: RCGP Dementia Roadmap and Sound Doctor Dementia Films
- Resource Matching & E-Referrals with Palliative Care and Care Homes

Further details of these projects can be found on the Frail Elderly Programme pages of the AHSN NENC website: http://ahsn-nenc.org.uk/project_type/elderly-care/



2). Building on our experience with these projects, we are developing an exciting new initiative - the **'Well Connected Care Home'**. This programme brings together three organisations with specific projects focused on the use of digital technologies to improve care in care homes: Sunderland Multispecialty Community Provider Vanguard; Gateshead Enhanced Care in Care Homes Vanguard; and County Durham & Darlington Foundation Trust. In each project, care home residents will be monitored across a range of clinical domains, with information recorded on hand-held tablets and then transferred into a cloud-based storage system. Using standardised protocols and in-

built system alerts, care home staff are guided as to the appropriate response to changes in a resident's profile, with training and on-going support from a specialist community nursing team. By identifying signs of deterioration at an early stage, appropriate action can be taken before significant deterioration occurs, thereby avoiding hospital admission. As part of the programme, digital solutions will be developed for sharing residents' clinical data across health and social care services.

3). New Models of Care. Many areas are radically changing the way they provide care for frail older people, in line with the NHS New Models of Care Programme outlined in the NHS Five Year Forward View. We are working with these areas to **support this work, and embed the learning from our projects within these new models of care.** Two of the region's Vanguard sites focus on frail older people (Sunderland - Multispecialty Community Provider and Gateshead - Enhanced Health in Care Homes), and other areas in our region are also redesigning their care models for older people.

4). We are developing mechanisms to **collate and disseminate examples of best practice/innovative approaches to improve care for frail older people.** Stakeholder events will bring together organisations and individuals involved in the care of older people across the regional health economy. This provides the opportunity to **showcase the excellent work going on in our region**, and for **stakeholders to come together** to share ideas about how to improve care.

In addition, we work closely with the other AHSN NENC programmes on initiatives relevant to frail older people - particularly the Mental Health, Digital Health, Data Integration, Medicines Optimisation, Falls & Fractures, and Patient Safety Collaborative programmes.

Why this work is important for the region

In the AHSN NENC region there are currently around 574,400 people aged 65 and over, of whom 71,800 are aged 85 and over. Over the next five years, there will be a 10% increase in the number of people aged 65+ and a 20% increase in the number aged 85+.³

We estimate that currently around 57,400 older people in our region can be considered as 'frail', with at least 17,950 frail over 85 year olds.

Older people in our region are more likely (than those in England as a whole) to use urgent care hospital services - with higher rates of A&E attendances,

potentially avoidable admissions, and re-admissions within one month. They are also more likely (than those in England as a whole) to die in hospital.⁴ Many of these admissions are potentially avoidable with better anticipatory community-based care.

Overview of the AHSN NENC

The AHSN NENC is committed to improving both the health and economic prosperity of the region through innovation and through dissemination of best practice. Key aims for the Network over the next five years will be to improve patient care and population health outcomes and to create wealth and stimulate engagement with industry to promote economic growth. The AHSN NENC health improvement programmes have delivered the following:

- Investment of over £3m into projects designed to disseminate best practice and make a demonstrable impact on health outcomes;
- Established strategic partnerships with organisations including the North East Quality Observatory System, the Northern England Strategic Clinical Network and Health Education North East for the successful delivery of the Health Improvement Programmes;
- Successful delivery of the Patient Safety Collaborative with close to £500k invested in projects focused on improving patient safety and leading towards transformational change; and
- Secured over £800k matched funding for investments from partner organisations.

Contact us

Further information can be found on the Frail Elderly Programme pages of the AHSN NENC website:
http://ahsn-nenc.org.uk/project_type/elderly-care/

Please get in touch if you'd like to find out more or to share what's happening in your area.

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1. Collard RM et al. Prevalence of Frailty in Community-Dwelling Older Persons: A Systematic Review. *J Am Geriatr Soc.* 2012; 60:1487-1492.

2. Clegg A et al. Frailty in Elderly People. *Lancet* 2013; 382: 752-62.

3. Projecting Older People Population Information. www.poppi.org.uk

4. NEQOS Health Surveillance Report. <http://ahsn-nenc.org.uk/programmes/measurement/surveillance-report/>