

**Health and Wellbeing Board  
Update on Priorities  
January 2016**

**Title of Priority:** Empowering Communities to take better care of themselves

**Responsible officers:** Duncan Ambrose (CCG) Melanie Smith (Council)

**Summary of objectives**

Promote self-care and illness-prevention at an individual and community level.

**Summary of key outcomes**

The agreed ambitions for this priority are:

- Communities, families and individuals have a clear expectation that they will and are able to maintain their health
- Advice and information is accessible to support self-care
- Specialist resources are focused in the areas where people are unable to look after themselves

**Progress achieved to date**

- **Brent Equality, Engagement and Self-care Strategy Delivery subcommittee established.**
  - New Head of Equality and Engagement in post from January 2016.
- **Improving Access to Psychological Therapies (IAPT)**
  - Self-referral introduced
  - Use of on-line (smart phone app and web-based) resource made freely available to all Brent residents ([www.bigwhitewall.com](http://www.bigwhitewall.com))
  - GPs encouraged to host IAPT, and to actively consider it for carers and people with long-term conditions to improve coping skills and resilience.
  - Links made via CVS to a range of community leaders to raise awareness
    - BAPS involved in discussions to raise awareness, and potentially host some IAPT sessions.
  - Links made to Employment and Skills team
- **Social isolation pilot**
  - Pilot project group formed
  - Plan for 720 cases per year, on track to deliver 650
  - Access improved to allow GPs to refer directly
  - Working to develop health-related outcome measures (with possible to link to Patient Activation Measure).
- **Adoption of asset based approach to needs assessment for CAMHS**
  - Dec 2015 successful bid to NHS England for additional CAMHS Local Transformation Plan funding.
  - Delivery of the plan will be overseen by a subgroup of the Brent Children's Trust Board.

- Funding identified to support on-going engagement activities (input and oversight from Brent Children's Trust Board, and Brent HealthWatch).
- Funding for a joint CAMHS Strategy Manager post agreed.
- **Diabetes Education and Self Management for Ongoing and Newly Diagnosed (DESOMND) and Dose Adjustment For Normal Eating (DAFNE)**
  - Increase in DESMOND places, locations and trainers (including lay trainers)
  - DAFNE educator team now in place, working towards further integration
- **Evaluation of Council / Diabetes UK Diabetic Champions commenced**
- **Diabetes Prevention Programme Bid**
  - Joint bid between Brent and Harrow to NHS England for wave one.
- **Learning disability health checks**
  - Good uptake, supported by advocacy services.
  - Health passports have enabled service users to have greater independence.
- **Better Care Fund**
  - The rehabilitation and re-ablement joint health and social care team work with home care providers to increase people's capability and level of functioning.
- **Sickle cell service**
  - Encouraging patients to attend the Day Care Centre when in crisis instead of attendance at A&E
  - Leaflet and poster campaign. Self-referral and drop-in numbers increasing.
- **Tuberculosis plan**
  - Successful joint bid to NHS England for latent TB screening service, starting in Q4 2015/16.

#### Planned actions for next quarter

- **Refresh Brent Equality, Engagement and Self-care Strategy**
  - Revise the work plan for 2016/17
- **Use of the *Patient Activation Measure*** is being developed as a fundamental part of the approach to Whole System Integration of Care.
  - *Patient Activation* describes the knowledge, skills and confidence a person has in managing their health and health care.
  - The *Patient Activation Measure* quantifies patient engagement and empowerment, and can evaluate the impact of self-care services.
  - The Patient Activation Measure is a UK validated, reliable and simple self-assessment (13 statements) to numerically describe a person's level of activation:
    - The King's Fund found that patients with **low activation** scores were more likely to attend A&E, be hospitalised, or be re-admitted; by contrast, **highly activated** patients were more likely to adopt healthy behaviours, have better outcomes, lower rates of hospitalisation, and have higher satisfaction.
  - Patient Activation Measures can improve service efficiency by tailoring the level of support provided.
  - Patient Activation Measures can improve insight in segmented, risk-stratified

populations.

- **Improving Access to Psychological Therapies (IAPT)**
  - Focused work to
    - Support people at risk of unemployment
    - Support small businesses and large employers reduce the risk of absenteeism due to anxiety/ depression/ stress/ mental illness.
    - Support people back into work using the WLA Trailblazer
    - Ultimately reduce cost to the statutory services (per person c£5k per year for Employment Support Allowance, compared to c£500 per year for IAPT).
  
- **Increasing support for dementia and psychosis**
  - Pilot new care models for people newly diagnosed with dementia, and those with stable psychosis.
  - Currently all secondary care mental health service users and their families have access to 'opt-in' to courses at the Recovery College for 12 months. Intention to make this 'opt-out', and increase the involvement of the voluntary sector in delivering courses.
  - The potential use of the Patient Activation Tool is being explored to target the right level of support towards the right individuals.
  
- **Diabetes Education and Self Management for Ongoing and Newly Diagnosed (DESMOND) and Dose Adjustment For Normal Eating (DAFNE)**
  - Pilot "ActiWeight" exercise programme for diabetic patients
  - Prepare to extend DAFNE for type 1 adolescents
  
- **Stage two of Diabetes Champions project**
  
- **Community Action Groups to be established**

### **Risks and mitigating actions**

This priority includes a range of work streams and projects. There is no identified resource to co-ordinate.

Mitigation.

Consideration to be given to how this priority could be incorporated into existing governance and resourcing of BCF and WSIC, seeking greater alignment by adopting the 'Commissioning for Prevention Framework'



Commissioning for  
Prevention Framework