



Well-being Objective 11

A Council-wide approach to supporting Ageing Well in Carmarthenshire

The following are our commitments and end of year progress comments for this Well-being Objective during 2017/18.

Last Year's Commitments	✓ x	Progress Comment
A - Age Friendly Communities		
We will consult on the Ageing Well Action Plan with the 50+ Forum. <i>(Action ID 12624)</i>	✓	50+ survey report completed and considered by the 50+ Steering Group in December 2017. Feedback advised further development of Ageing Well Plan
We will work with our partners, we will deliver staff training through the Make Every Contact Count (MECC) initiative, which will include help relating to fire risks, other hazards, slips, trips and falls and alcohol brief intervention (ABI) training. <i>(Action ID 12625)</i>	✓	The Multi-agency MECC Project Group have developed an approach and training package. The proposal for undertaking pilot MECC training with a cohort of 30 staff was supported by the Public Service Board (PSB) in November 2017 with the first round of training delivered January and February 2018. This approach will be evaluated and reported back to PSB to consider further roll-out.
We will continue to review the County's Public Transport network and work with Operators and Stakeholders to sustain the network within the confines of the resources available. <i>(Action ID 12626)</i>	✓	The Authority has maintained a stable core bus network during the year, ensuring coverage in rural areas where possible. Over 50% of bus Kilometres in the County are subsidised. Expenditure has continued on the network to support the movement of people. The Authority has also worked with Welsh Government and regional partners to maintain and developed the delivery of the Traws Cymru network.
We will continue to promote the all Wales Concessionary Travel Pass. <i>(Action ID 12627)</i>	✓	During the year we have promoted the availability of the All Wales Concessionary Travel Pass by means of information on our website, printed timetables and bus stop displays. There are currently 46,776 pass holders in Carmarthenshire.
We will undertake a review to determine the present condition of care homes and sheltered housing. <i>(Action ID 12628)</i>	✓	We have completed a stock condition survey of our care homes and sheltered schemes. The results analysed and an interim report produced. A project plan is in its final stages (due for completion end of May) this is to ensure that the investment needed meets future needs and standards across the County, particularly in the Llanelli area. As part of this process we will be engaging with residents, their families and employees to make sure it is as robust as possible.
We will launch a website to signpost learners to the learning opportunities available from all providers in the county. <i>(Action ID 12629)</i>	✓	Following consultation with the Carmarthenshire Adult Community Learning (ACL) partnership and the Welsh Government Dewis team. A Carmarthenshire Adult Community Learning website has now been established via the Welsh Government Dewis hub site. Officers are now waiting for information to be supplied by groups and individuals running ACL courses in the county.

Last Year's Commitments	✓ ✗	Progress Comment
<p>We will help older people contribute to recycling through the 'assisted lift' scheme for people unable to take waste to the kerbside. (Action ID 12630)</p>	✓	<p>We continue to offer (subject to appropriate assessments) an assisted lift service for those residents having difficulty in carrying their waste to the normal kerbside collection point. We currently have over 1300 active assisted lifts in operation</p>
B – Dementia Supportive Communities		
<p>We will implement the actions within the Regional Dementia Plan in line with the findings of the Older People's Commissioner Report "More than just Memory Loss". (Action ID 12622)</p>	✓	<p>A regional task and finish group has been established by Hywel Dda University Health Board to develop and implement this work. The first meeting of this group was held on 24th April, 2018.</p>
C - Falls prevention		
<p>We will Inspect Highways, footways and lighting infrastructure on a regular basis to identify any defects posing a danger to the public. (Action ID 12634)</p>	✓	<p>Regular highway safety inspections are carried out in accordance with the authority's policy. Highway inspections are carried out to set frequencies which are based on the road type and with allowable tolerances. Inspections are recorded digitally and records saved into the Highway management system.</p>
<p>We will ensure a range of targeted physical activity interventions are put in place across the life course to increase the activity levels of those who are inactive or at risk of becoming inactive. (Action ID 12635)</p>	✓	<p>Strategic Health Group have helped identify risk areas, where the group have set about planning and implementing interventions to address where possible. Examples of interventions implemented include: Baby let's move project (pre & post-natal programme to address obesity linked to pregnancy) / Early years programmes such as 'Actif Story Time' / Expansion of 'Learn to Swim' programme down to 4 months old / SKIP (Successful Kinaesthetic Instruction for Pre-schoolers) which is a cognitive catch up programme targeted at children in deprivation / Adolescent Girls programmes via a) focus groups of girls who have disengaged from PE and school sport & b) larger groups of girls via a female 'role model' being put in place to mentor young females through a 10 week physical activity journey in Carmarthen / 'Walking Hockey' & many more</p>
<p>We will support the all-Wales 'Steady on' falls prevention campaign by distributing leaflets and posters to the 50+ Forum and other networks. (Action ID 12636)</p>	✗	<p>We were not able to distribute all-Wales 'Steady on' falls promotional material as no information was received through the national campaign. However, the Council's website links in with the 'Steady on Stay SAFE' falls prevention campaign information. We will be taking an action forward to 2018/19 to collaborate with our Public Service Board Partners to deliver staff training through Making Every Contact Count (MECC) which includes training on falls prevention. In addition, the focus of campaigns during 2018-19 will change towards reducing and tackling loneliness</p>
D - Opportunities for employment and new skills		
<p>We will deliver computer classes at libraries throughout the County. (Action ID 12639)</p>	✓	<p>Courses including iPad, tablet and PC sessions covering areas such as Universal credit, learn-direct and introductory computer classes were delivered by both library and community based organisations during 2017/18 with 570 sessions with just under 5,000 attendees</p>

Last Year's Commitments	✓ x	Progress Comment
<p>We will co-ordinate the signposting of digital activity across the County for older people. <i>(Action ID 12640)</i></p>	✓	<p>The availability of various Digital training resources for older clients has been compiled and contact details distributed via partner organisations. Promotion events for the 50+ have been held in Carmarthen, Pontyberem, Ammanford and Llanelli. Partnerships have been established utilising the Over 50s network and through the Welsh Government's programme Digital Communities Wales. The Council's Community Bureau is now a member of the Online Centres Network, part of the Good Things Foundation charity supporting digitally and socially excluded people to improve their lives through digital technology. The Learn My Way online learning platform helps thousands of people per year to gain basic digital skills and go on to further informal and formal learning and this will hopefully become the lynchpin for over 50s Digital Inclusion support</p>
<p>We will retain and promote Carmarthen Community Education Centre as a flagship hub venue for Basic Skills and English for speakers of other languages (ESOL) provision, private classes, community clubs and societies. <i>(Action ID 12641)</i></p>	✓	<p>The profile of the centre has been raised by recent events and there is a full programme of Carmarthenshire County Council classes, private classes and clubs/societies is on offer at this venue on an on-going basis. The Management Committee for the centre has been re-established to provide an opportunity for elected members, centre users and the community to be involved in the further development of this facility to meet local community needs. The Centre plays an essential role in the local community, providing a unique safe and social environment for learners in the heart of Carmarthen. The centre is also highlighted as a key local authority venue should there be a critical incident in the town or surrounding area.</p>
E - Loneliness and isolation		
<p>We will develop the Actif Sir Gar programme to support healthy lifestyles and provide opportunities to make friends and socialise. <i>(Action ID 12644)</i></p>	✓	<p>The Activity coordinator for Specialist Populations oversees evidence based clinical exercise pathways for older adults and frailer older adults. Throughout the county projects are carried out in relation to reducing injurious falls in older adults and the impact this can have on maintaining their independence, thus reducing the need for formal commissioned care and the risk of hospital admission. The support for healthy lifestyles has involved:-</p> <ul style="list-style-type: none"> • Complimenting and integration with the National Exercise Referral Scheme (NERS) in order to develop a robust exercise based exercise continuum addressing key health agendas • Liaising with strategic partners within the Health Board to ensure safe exercise pathways for clinical populations (e.g falls, stroke, heart failure, COPD and Osteoporosis) • Development and delivery of an outreach specialist exercise programme for older, frailer adults

Last Year's Commitments	✓ ✗	Progress Comment
		<ul style="list-style-type: none"> Identifying opportunities for developing pilot programmes in order to extend and increase exercise opportunities to 'hard to reach' groups.
<p>We will support inclusion by ensuring all sheltered housing residents continue to benefit from Wi-Fi internet provision and IT training. <i>(Action ID 12645)</i></p>	✓	<p>Wi-Fi has been installed/set-up and is available for residents to use in all communal lounge area's within our sheltered Schemes. Tenants arrange their own Wi-Fi with suppliers within their own individual flats. Our supported housing officers ask tenants in our sheltered schemes if they wish to improve their IT knowledge and skills and how they would like to do this, we will take this forward with our tenants and continue to support them.</p>