



## Well-being Objective 10

Age Well - Support the growing numbers of older people to maintain dignity and independence in their later years

### So why is this important?

- Carmarthenshire has a high proportion of residents over 65 who are a vital and vibrant part of the community. We want the county to be a place to age well.
- Consultations have demonstrated that 'what matters' to older people is to be able to be as independent and well as possible for as long as possible.  
**'Being respected as an older person and not being seen as a burden on the local health and social care system'**
- Research shows that a vital factor of healthy aging is for older people to feel included and useful.
- Older people contribute to the economy in Carmarthenshire by caring for their grandchildren or other family members.
- The Royal Voluntary Service have described older people as the '*social glue*' of communities.



### Why this should concern us?

- Current projections suggest that the population of people over 65 living in Carmarthenshire is growing and by 2030 this will increase by 60%. There has been, and continues to be, a significant increase in the 'oldest of the old' with the greatest rise represented in the over 85 age group; with a predicted growth of 116%.
- Older people are statistically more likely to have a life limiting health condition with 55% of the over 65 population in the reporting having a long-term illness or disability. Demand for hospital and community services by those aged 75 and over is in general more than three times greater than from those aged between 30 and 40.
- Whilst the people of Carmarthenshire are living longer there is not a similar trend in increased years of being well. This is defined as healthy and disability-free life expectancy and it is rising more slowly than life expectancy. In simple terms this means that people are living longer with illness and disabilities. For males in the area, life expectancy is 77.4, with disability free life estimated at 59.4 and healthy life at 64. For females, it is 82, with 61.2 disability free years and 65.7 healthy ones.
- It is essential that we lay robust foundations to future proof the availability of services that promote and support ongoing well-being and independence for our frail older adult population.

### What do we need to do?

- We need to continue to integrate health and social care at population health level to address the complex needs associated with age related multiple conditions and frailty.
- We need to work with individuals and communities together with the public, private and voluntary sectors to develop and promote innovative and practical ways to make Carmarthenshire a good place to grow older for everyone (see Objective 11 on *Ageing Well*).
- We need to develop service provision on a smaller footprint which are population based, integrated across health & social care and seek to reduce demand and growth in the future

### How will we do this?

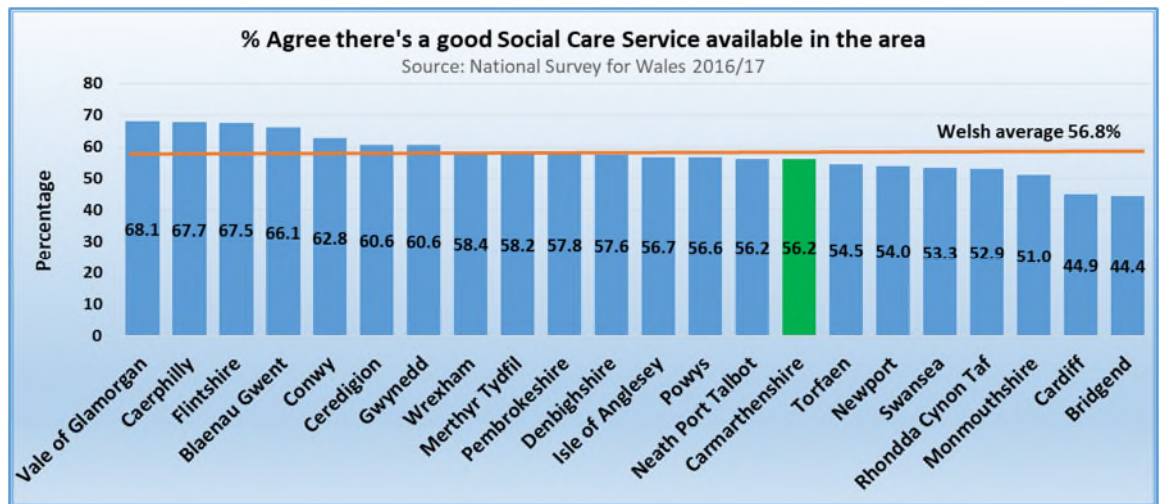
The Welsh Government commissioned a Parliamentary Review of the Long Term Future of Health and Social Care: "A Healthier Wales" is the Welsh Government's response to that Review. The report adopts a "Quadruple Aim". They are continually to work towards an:

- A. Improved population health and wellbeing;
- B. Better quality and more accessible health and social care services;
- C. Higher value health and social care; and
- D. A motivated and sustainable health and social care workforce.

## Key Measure of Success

**Agree there's a good Social Care Service available in the area** (National Survey for Wales)

According to the 2016/17 [National Survey for Wales](#) 56.2% of those surveyed agreed that there's a **good social care service available** in their area, this is just below the Welsh average of 56.8% but an improvement on the previous survey result of 53.1%. This puts us in **15<sup>th</sup>** position in Wales compared to 12<sup>th</sup> place in the previous year.



## An example of what we are doing

### Dementia Friends Initiative

We are committed to supporting our residents to Age Well, maintaining dignity and independence, enabling older people to remain in their own homes.

One of our initiatives is creating dementia friendly Carmarthenshire. Carmarthenshire County Council, Hywel Dda Health Board and Dyfed Powys Police together with local GP surgeries, Town Councillors, local businesses, voluntary groups and community members have worked together to support the Alzheimer Society's Dementia Friends initiative. The program aims to provide dementia awareness sessions to local businesses, organisations, public sector employees and members of the public to become dementia friends and to pledge actions so that people living with Dementia feel empowered to access their communities. This work is currently being undertaken in Llanelli, Pontyberem, Ammanford, Llandovery, Laugharne, St. Clears, Whitland and surrounding areas, Llandeilo and Carmarthen Town.



Lead Executive Board  
Member  
Clr Jane Tremlett



View our [detailed delivery plan](#)  
against this objective