

Merton Health and Care Together: Start Well, Live Well, Age Well

Update to Merton Health and Wellbeing Board

January 2019



The Vision for Merton Health and Care Together:

“Working together, to provide truly joined up, high quality, sustainable, modern and accessible health and care services, for all people and partners of Merton, enabling them to start well, live well and age well”

We will deliver this through:

Supporting independence, good health, and wellbeing: *people are enabled to stay healthy and actively involved in their communities for longer, maintaining their independence. People will be at the heart of the system, and care will wrap around them. The effective use of technology and data will help us understand people and their needs to provide the right advice, support or treatment.*

Integrated and accessible person centered care: *Joint teams in the community will provide a range of joined up services, 7 days a week, that help people to understand how to take care of themselves and prevent the development or rapid progression of long-term physical and mental health illnesses and LTCs. People will be helped by their doctors and wider wellbeing teams, to make use of a much more accessible and wider range of lifestyle change services.*

A partnership approach: *Local communities will become more resilient, with voluntary sector organisations playing an increasingly important role in helping to signpost vulnerable people to the right service and in some cases providing that service. Peer support will have a vital role to play in counteracting loneliness and contributing to people’s overall mental health and wellbeing.*



Demographics of Merton

Population by single age (all persons) 2018 and predicted to 2038

Source: GLA population projection housing-led 2016 base

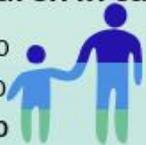


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Child and family vulnerability and resilience

Children in care

England 62 per 10,000
London 50 per 10,000
Merton 36 per 10,000



Merton has a lower rate than London and England

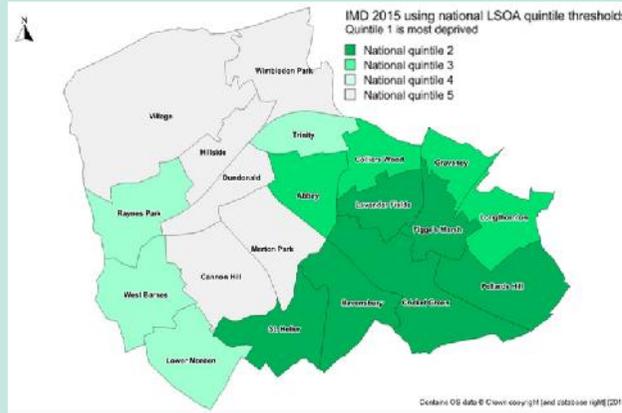
16-17 year-olds not in Employment, Education or Training

3.5%, lower than London (5.3%) and England (6%).



Inequalities and health divide

"People in East Merton have worse health and shorter lives"



Increasing complex needs and multi-morbidity

Diabetes (Types I and II)

6.1% have diabetes which is slightly lower than London (6.5%) and England (6.7%).

Type II diabetes is more common in people of South Asian and African/Afro-Caribbean origin and affects people from BAME backgrounds at a younger age.



Dementia

An estimated 1,700 people aged 65 and over have dementia in Merton; 74.4% have received a formal diagnosis.

This is higher than London (71.1%) and England (66.4%).



Emergency admissions due to injuries from falls

England 2,114 per 100,000
London 2,201 per 100,000
Merton 3,262 per 100,000



Falls are the leading cause of older people being admitted to hospital as an emergency.

Healthy lifestyles and emotional wellbeing

Males



Longer than London (63.2) and England (63.5)

Females



Longer than London (64.0) and England (64.8)

However, the gap between the 30% most and least deprived wards is 9.4 years for men and 9.3 years for women



Exercise

In 2016/17, just over 17% (28,000) of adults aged 19 and over were doing less than 30 minutes of moderate exercise a week. This is lower than London (23%) and England (22%)

Hidden harms and emerging issues



Air pollution



Tuberculosis

London 22.2 per 100,000

SW London 12.8 per 100,000

Merton 18.0 per 100,000 (about 40 people)

Seasonal mortality
More people die in the winter than the summer



Merton Health and Care Plan on a Page

Our Vision:

Working together, to provide truly joined up, high quality, sustainable, modern and accessible health and care services, for all people and partners of Merton, enabling them to start well, live well and age well:

- Supporting independence, good health and wellbeing
- Integrated, person centred care
- A partnership approach

Responding to the needs of Merton Residents...		...Merton Health and Care Together will Focus on...	...to improve the lives of Merton residents	
Prevention Framework across the life course	Start Well	<p><u>Integrated support for children and families</u></p> <ul style="list-style-type: none"> - More children in need due to abuse, neglect or family dysfunction, than London and England - Greater increase in children with special education needs than London and England . - Higher rate of A&E attendances in children under 18 years of age, than England. <p><u>Emotional Wellbeing and Mental Health</u></p> <ul style="list-style-type: none"> - Increase in children’s use of substance misuse service, in contrast to a reduction across England - Rate of child admissions for mental health conditions higher than local authority nearest neighbours and England. - The fifth highest rate in London of emergency hospital admission for self-harm 	<p>Emotional Wellbeing and Mental Health: Children and young people to enjoy good mental health and emotional wellbeing, and to be able to achieve their ambitions and goals</p> <p>Children and Young People’s Community Services: Create an integrated commissioning strategy identifying opportunities for integration</p> <p>Developing Pathways into Adulthood. Children and young people should continue to receive high quality services as they become young adults</p>	<p>Improved experience of and access to mental health provision</p> <p>Service tailored to individual and family needs</p> <p>Reduced need for emergency intervention</p>
	Live Well	<p><u>Wellbeing and Long Term Conditions</u></p> <ul style="list-style-type: none"> - The main causes of ill health and premature deaths in Merton are cancer and circulatory disease - Steady increase in diabetes prevalence; an additional 1,500 people in Merton - Fewer than 1 in 5 adults are doing 30 minutes of moderate intensity physical activity a week - 1 in 4 adults are estimated to be drinking at harmful levels - Over half of adults in Merton are overweight or obese - Only 16.5% use outdoor space for exercise/health reasons, lower than London and England - 10% of the working age population have a physical disability <p><u>Mental Health and Wellbeing</u></p> <ul style="list-style-type: none"> - Higher reported levels of unhappiness and anxiety than in London and England - 16% of adults estimated to live with common mental health disorders like depression and anxiety - Higher rate of emergency hospital admission for self-harm than London and England 	<p>East Merton Model of Health and Wellbeing: Developing a wellbeing model that underpins a holistic approach to self-management of long term conditions</p> <p>Diabetes: life course, whole system approach. Focus on prevention and health inequalities.</p> <p>Primary Mental Health Care: Single assessment, primary care recovery, wellbeing and Psychological Therapies</p> <p>Primary Care at Scale: improve quality, reduce variation and achieve resilience and sustainability</p>	<p>Improved wellbeing and independence</p> <p>Greater LTC control and outcomes</p> <p>Improved access to primary and community services</p> <p>Improved access to mental health support</p>
	Age Well	<p><u>Complex health and care needs</u></p> <ul style="list-style-type: none"> - More people are living into older age with multiple long-term conditions - An estimated 1,686 older people have dementia in Merton - Merton currently supports around 4,000 adults with social care needs - Fewer people remain at home 3 months after reablement than both London and England - 11% of people have a long term illness, disability or medical condition - 5,900 people aged over 75 live alone. - Emergency admissions due to falls are significantly higher than London and England 	<p>Integrated Health and Social Care: Proactive and preventative services, rapid response, improving discharges, enhanced support to care homes, falls prevention, and high quality end of life care</p> <p>Dementia Friendly Merton: Improving the environment and day to day interactions for people with Dementia</p>	<p>Improved experience, and control of care</p> <p>Reduction in falls and ambulance callouts</p> <p>Fewer emergency admissions and A&E</p>



Merton Health and Care Plan Event

- Design groups held with representatives from Health, Social Care and the voluntary sector partners
- Took place on 21 November at Chak89

151 people attended the event

Attendees invited:

- Frontline staff – NHS, Local Authority, Voluntary Sector
- Representative sample of local people of the borough
- Community and stakeholder groups



We made a film at each borough to give people a flavour of the day ...

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https://youtu.be/HhrdyYs_RWs



We held a partnership health and care event on 21st November to get feedback on the areas of focus and come up with ideas to improve our work for people in Merton:



High level feedback from participants at the event ...

- 94% found the event valuable or extremely valuable
- 90% felt their personal contributions were listened to during the day
- 96% felt they knew more about local health and care priorities



“Best event I’ve been to where providers and the public have been brought together to have valuable discussions on "health and care together". Excellent way to engage”

“I didn’t know what to expect upon attending the event today, but I have been pleasantly surprised about the genuine level of care the NHS and various companies have for the health and wellbeing of the community”



Next steps ...

- **December/Jan 2018/19:** The film, illustration and evaluation is sent to all those who attended event.
- **December 2018 onwards:** Merton Health and Care Together Board will consider the outcomes of the day and agree ideas that should be explored further.
- **December 2018 onwards:** Merton Health and Care Together Board to continue to develop and agree the Merton Health and Care Plan

Page 33 Updates/discussion at the Health and Wellbeing Boards during **January and February.**

- **Dec – March 2019:** analysis of health and care plan initiatives undertaken and priority actions identified.
- **March 2019:** Health and Wellbeing Board receive draft Merton Health and Care Plan *Discussion Document* for approval
- **May – June 2019:** Feedback considered and recommendations made for inclusion in the final health and care plan.
- **June 2019:** Final Health and Care Plan presented to the Health and Wellbeing Board for approval.
- **July 2019:** Publication of Health and Care plans.



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