# Optimal Ageing in Merton

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10th June 2021

**NHS**
Central London
Community Healthcare
NHS Trust

# Outline for this evening

1. The case for change

2. Optimal Ageing in Merton

3. Our focus:

   - Planning for end of life

   - Using digital technology for health

4. Q&A

# The case for change
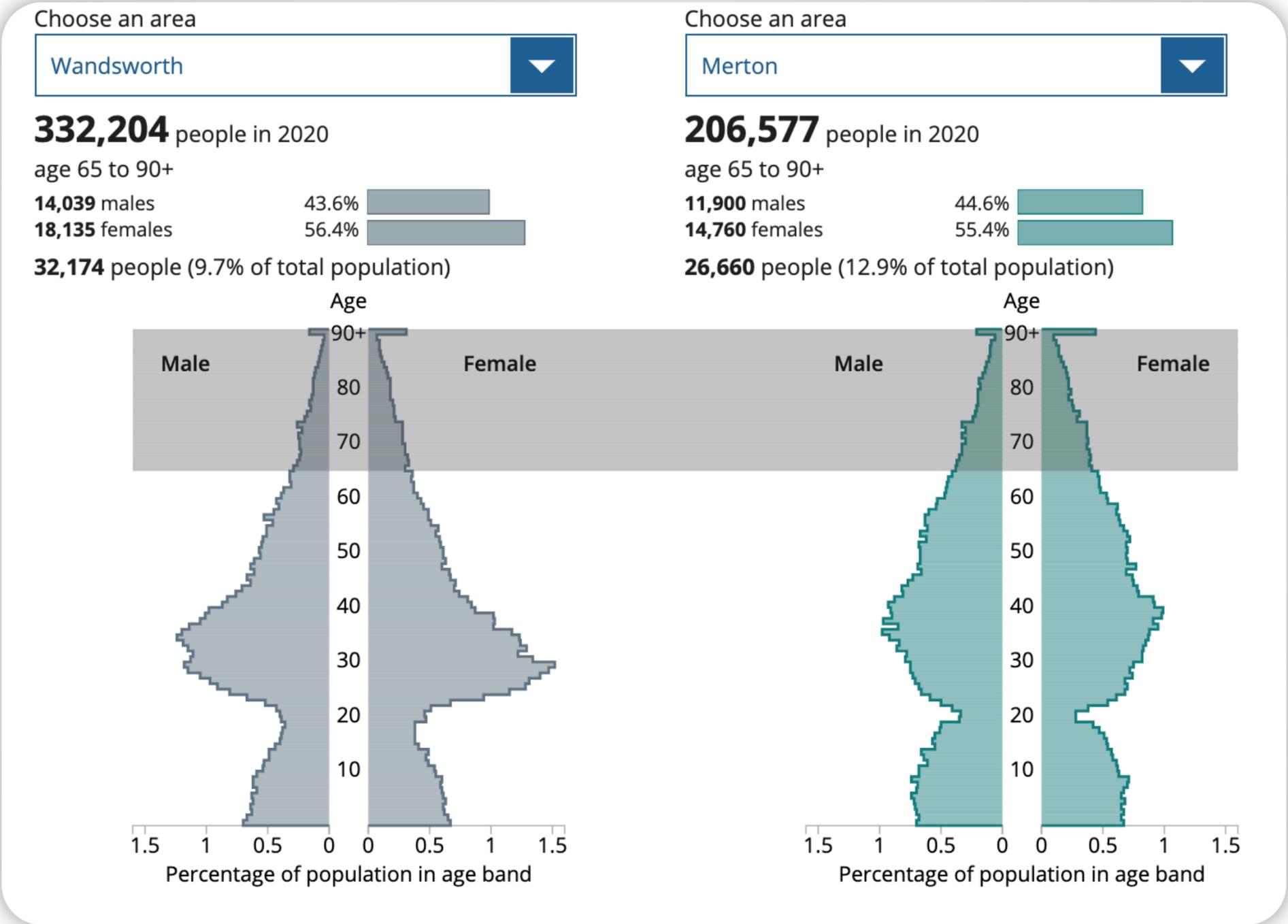
**2020**

Choose an area

Wandsworth

**332,204** people in 2020

age 65 to 90+

| | | |
|---|---|---|
| **14,039** males | 43.6% | |
| **18,135** females | 56.4% | |

**32,174** people (9.7% of total population)

Age

Male — 90+ — Female

80

70

60

50

40

30

20

10

1.5 1 0.5 0 0 0.5 1 1.5

Percentage of population in age band

Choose an area

Merton

**206,577** people in 2020

age 65 to 90+

| | | |
|---|---|---|
| **11,900** males | 44.6% | |
| **14,760** females | 55.4% | |

**26,660** people (12.9% of total population)

Age

Male — 90+ — Female

80

70

60

50

40

30

20

10

1.5 1 0.5 0 0 0.5 1 1.5

Percentage of population in age band
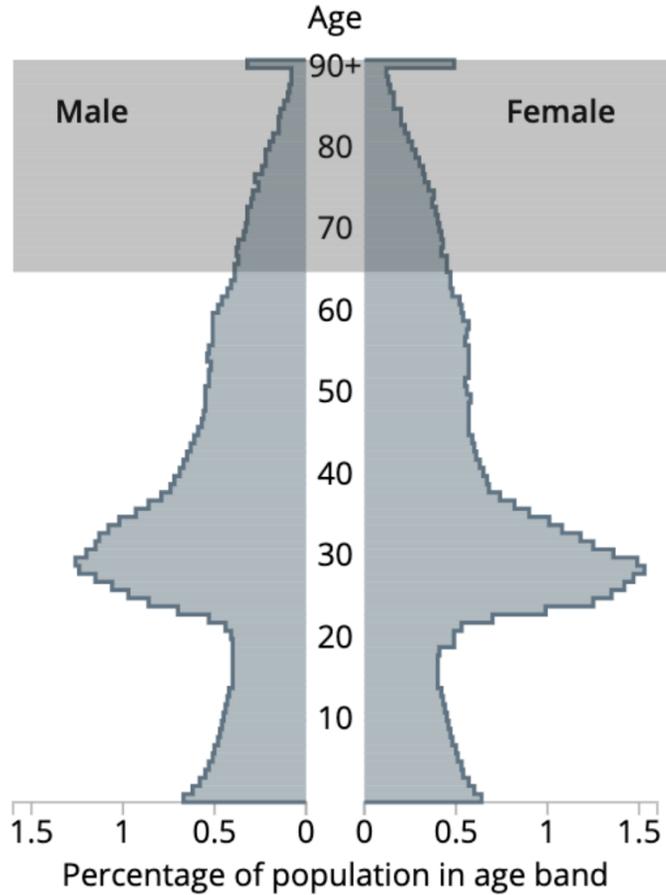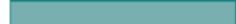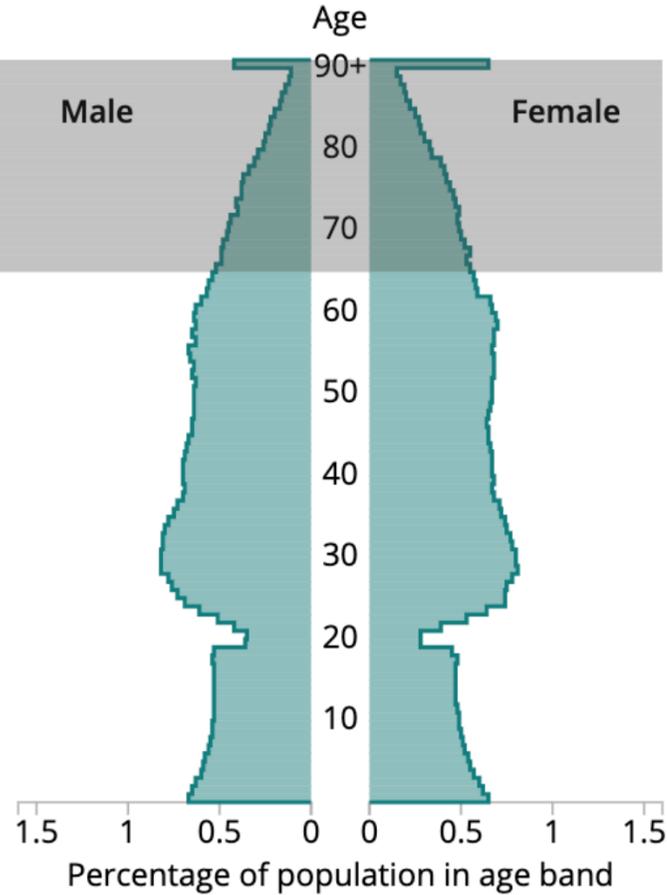
# The case for change

**2040**
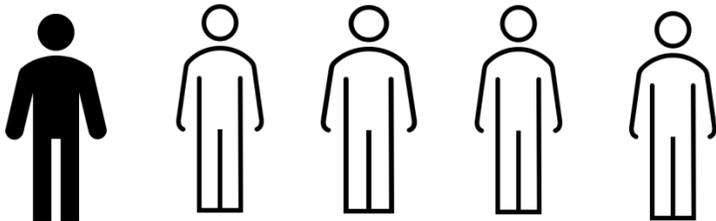
# The case for change

Post covid: **1 in 5** feel less steady on their feet
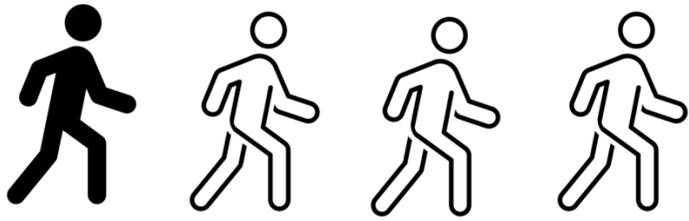
Post covid: **1 in 4** are unable to walk as far as before

AGE UK (2020)

# The case for change
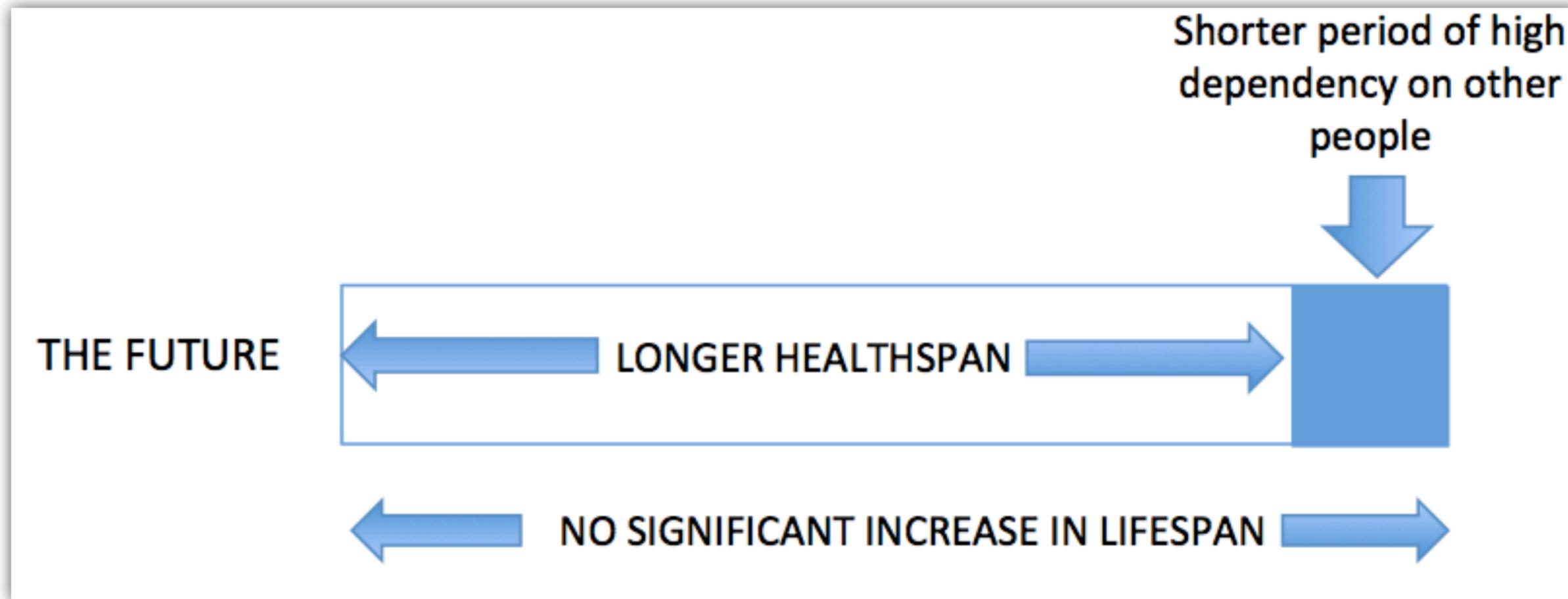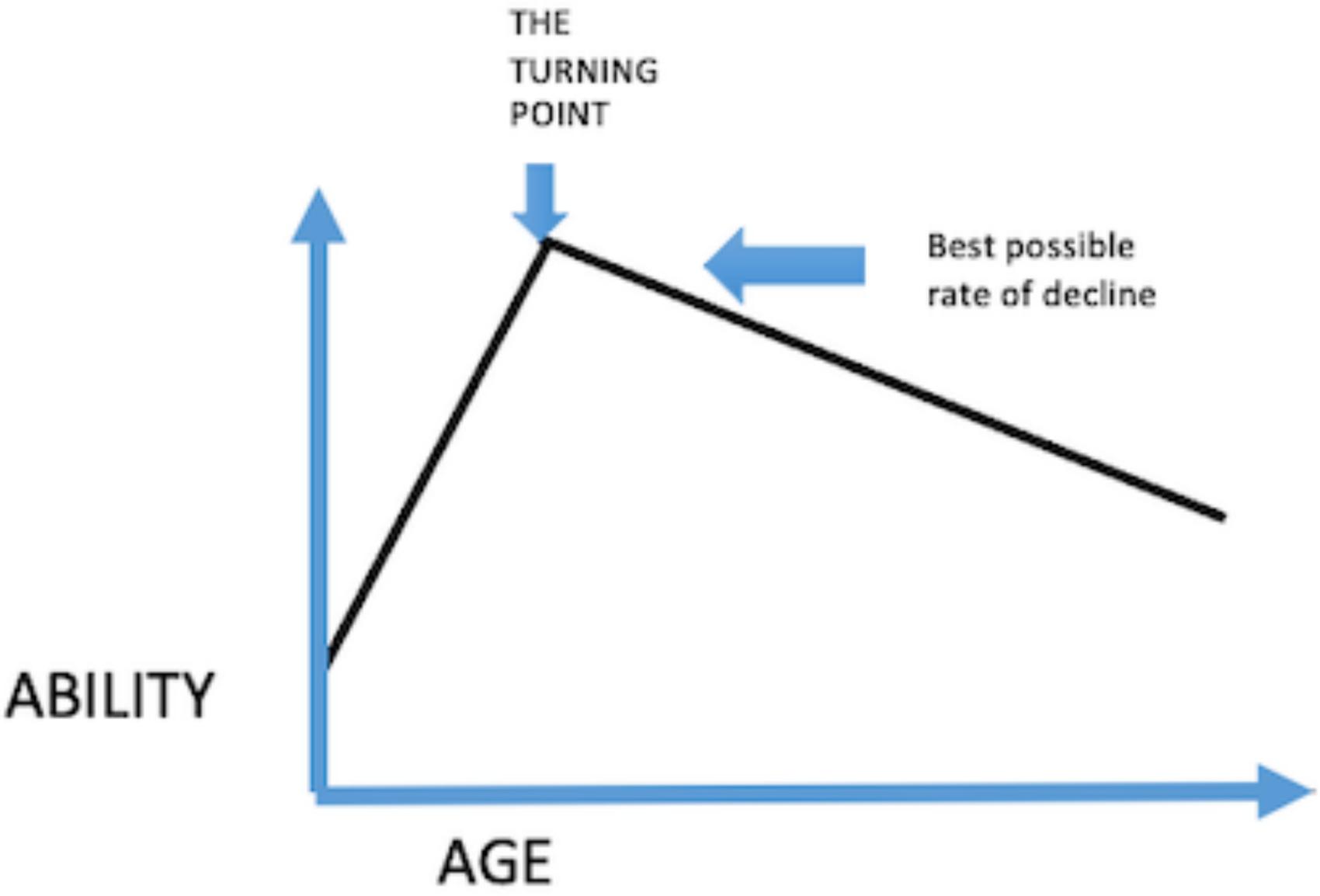
# The case for change

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Ageing is not a cause of major problems till the 90s.

But it does affect maximum ability and resilience

# The case for change
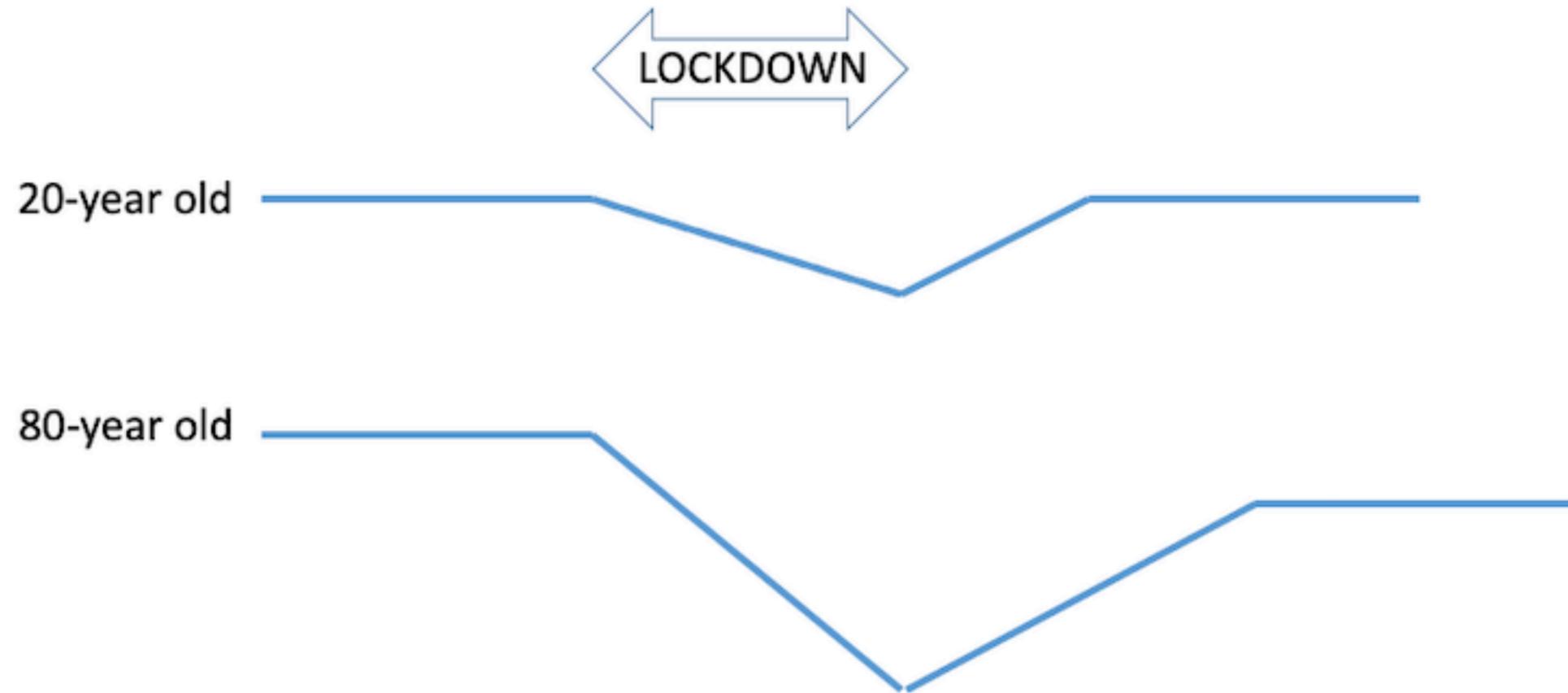
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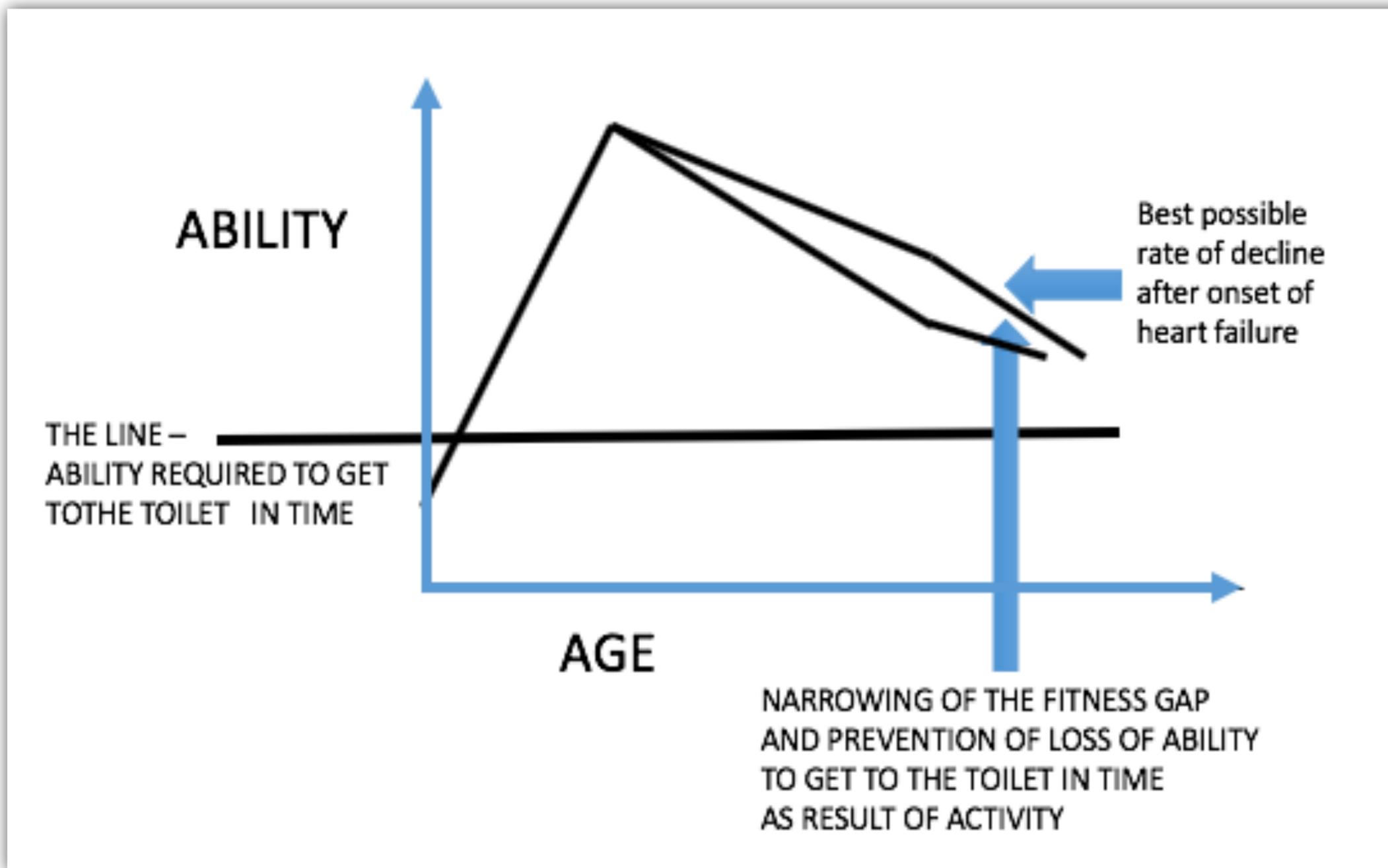
# Optimal Ageing in Merton

**Population health approach to helping older population in Merton
Live Longer Better**

**Optimal Ageing content**

**New digital platform W:ISH**

**Live Longer Better professional network**

- ✓ Help older people 'live longer better'
- ✓ Empowering & self-management approach
- ✓ Change culture around ageing
- ✓ Compress period of disability / dependency
- ✓ Reduce their need for health & social care

# Optimal Ageing in Merton:
# W:ISH – The Wellness Interactive Support Hub

nhswish.com

# Optimal Ageing in Merton:
# W:ISH – The Wellness Interactive Support Hub

# Pilot with Wandsworth & Merton Citizens

May 2021

Citizens > 65 from GP practices in Wandsworth & Merton

Aiming for 380 participants; (currently 230!)

Rolling recruitment process over 2-month period

Feedback & evaluation by university team
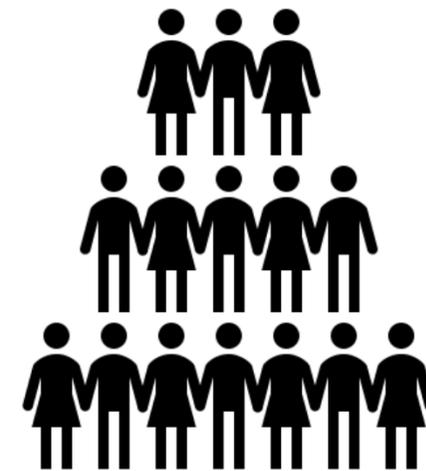
# Our focus: Planning for end of life

What matters most to you?

# Our focus: Planning for end of life

What would matters most
to you if you only had weeks
to live?

# Our focus: Planning for end of life

70% of people feel comfortable talking about death and dying

(Age UK)

8% of people with cancer have spoken to their healthcare team about death and dying

(Macmillan)

- (Shucksmith et al, 2013)

# Our focus: Planning for end of life

| | |
|---|---|
| Will | Funeral planning |
| Lasting Power of Attorney | Do not resuscitate |
| Advance decision to refuse treatment | Where you want to die |

- (Shucksmith et al, 2013)

# Our focus: Planning for end of life

**Group discussion:**

**Q: How do you feel about planning for end of life?**

**Q: What would help?**

**Q: Who would you speak to?**

# Our focus: Planning for end of life

Interviewing people from Merton to understand local views on the topic – any volunteers?

- (Shucksmith et al, 2013)

# Our focus: Using digital technology for health

**65-74 year olds:**

75% use the internet almost every day

**75+ year olds:**

46% use the internet almost every day

42% do not use the internet

Only 15% want to use the internet more

(Age UK, 2021)

# Our focus: Using digital technology for health

| Curiosity | Confidence | Connectivity | Conditioning | Community | Cognition | Collaboration |
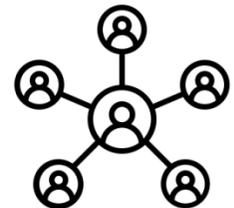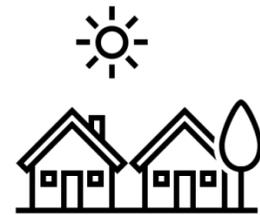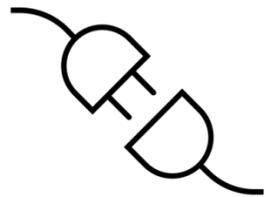
# Our focus: Using digital technology for health

**Group discussion:**

**Q: How do you feel about using digital technology (e.g. websites & apps) to help you keep fit and healthy?**

**Q: What gets in the way?**

**Q: What helps?**

# Thank you

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