Adult Social Care
Prevention Services

Strategic Commissioning
Intentions 2018 - 2022

Version 1.0
Adult Social Care
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1. Introduction

The Strategic Commissioning Intentions for Adult Social Care (ASC) Prevention Services describe the local approach to commissioning that will promote wellbeing and support independence over the next four years.

According to the Care Act 2014, local authorities must provide or arrange for services, facilities or resources which would prevent, reduce or delay individuals’ needs for care and support. The commissioning intentions consider how we will work with partners and local communities to improve the quality of life and opportunities available for people with low level support needs in Cornwall.

The intentions have been developed with a range of health and social care commissioners, service providers and other professionals. They draw on evidence including needs data, a review of the current preventative contracts and engagement with service providers and people who use services. The Evidence Base for ASC Prevention Services provides more detail on how the intentions have been developed.

As far as is possible, the final interventions will be co-designed with people who will use the services, as well as carers, providers and other stakeholders. Interventions will follow an asset based approach to self-support and make best use of existing community resources.

The redesign of the ASC prevention offer will be aligned to the overarching Shaping Our Future (Cornwall’s Sustainability and Transformation Plan) whole system prevention strategy. This strategy considers wider preventative measures across the Council, Public Health, the NHS in Cornwall, and partner organisations.

2. Demand and Strategic Direction

The Evidence Base for Adult Social Care Prevention Services provides detailed information regarding population needs data and key legislative, research and guidance documents; as well as the key themes from engagement and consultation. The figures below are all above national averages.

In Cornwall

- 24% of the population are aged 65 years and over
- 21% of people have a limiting long-term illness
- 12% are providing unpaid care
- 33% are economically inactive (aged 16-74 years and not working or studying)
People and providers have told us that prevention should focus on ensuring people are able to be part of their local community.

People have told us they want to take more responsibility for their wellbeing and wellness, be as independent as possible and be part of their local community.

Providers have told us that progression can be small steps - getting people to smile, getting people out of their home for a cup of tea, getting people to eventually attend an activity in their community.

The prevention commissioning intentions will support delivery of the Cornwall Council Strategy.

- **Engaging our communities**: We will enable and empower residents, town and parish councils plus the voluntary and community sector to play an active role in identifying local needs and assets, gaps and barriers, priorities for the Council and how to better connect people to community resources.

- **Healthier and safer**: We will protect the most vulnerable and ensure everyone has the best possible opportunity to improve their physical and mental wellbeing and stay safe through offering low level support to people with additional needs and links to community assets.

- **Efficient, effective and innovative**: We will identify, design and adopt innovative approaches to funding, technology and assets to enable us to meet future financial challenges and deliver services in the most efficient and effective ways.
3. Our Commissioning Intentions
A summary of the key commissioning intentions can be found below.

| PROMOTE WELLBEING | We will **enhance information and advice** in relation to health, social care, housing, education/training, employment, money and benefits, leisure, transport and community support. This will ensure people are aware of and are accessing community resources.

There is growing evidence demonstrating the impact that loneliness and social isolation can have on people’s physical and mental health. Therefore ensuring that interventions are available to **increase social inclusion** will help to prevent the need for social care.

| EMPOWER INDEPENDENCE | We will help people to consider how to **self-manage health and wellbeing**, in order to stop or slow their health from deteriorating or prevent crisis situations. This may include groups that help people to manage anxiety or improve memory and cognition. People could be helped to develop techniques to prevent falls or stay active.

People with disabilities and additional needs often need support to **maximise independent living**. We intend to provide support for people to learn and develop these skills; as well as access to aids, adaptations and technology to help people remain independent.

Health conditions can be both a cause and a result of homelessness. Homelessness is not just about housing but offering support for people to tackle the root causes. We intend to **improve support for homeless people**.

| DELIVER PREVENTATIVE CARE | We will **improve carers services** that help carers develop mechanisms to cope with stress associated with caring and to develop an awareness of their own physical and mental health needs, which will ultimately help them to remain in their caring role.

Intermediate care and reablement services help people to get back on their feet. Community equipment helps to ensure that people can remain at home. Community based support allows people who require care services to remain as independent as possible. We intend to **improve preventative measures in care services** in order to reduce and delay the need for social care.
### 4. Our Delivery Plan

Further information can be found below regarding how the commissioning intentions will be taken forward. This includes information on commissioning and other activities to be completed by Adult Social Care and projects that are being led by other Council directorates or partners.

<table>
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<tr>
<th>PROMOTE WELLBEING (Primary Prevention)</th>
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<tr>
<td><strong>ENHANCED INFORMATION AND ADVICE</strong></td>
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**Actions for Adult Social Care**
- Ensure that the care and support information portal [Support In Cornwall](#) is accessible, up-to-date, linked to other relevant information and promoted

**Actions in partnership**
- Map community assets and develop information on local community services/groups/activities through the Shaping Our Future prevention theme being led by Public Health in partnership with the voluntary sector
- Consider developing a model for Independent Living Centres (ILCs) in Cornwall to offer advice and information in relation to housing, adaptations and equipment. This activity is being led by Cornwall Council’s Economic Growth and Development directorate (Home Solutions)
- Review information and advice offered by Citizens Advice Cornwall to people with additional needs. This activity is being led by Cornwall Council’s Economic Growth and Development directorate (Economic Development and Culture)
- Review information and support offered through Housing Options to people with additional needs. This activity is being led by Cornwall Housing

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<tr>
<th>INCREASED SOCIAL INCLUSION</th>
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**Actions for Adult Social Care**

- Offer grant funding for community led projects aimed at helping communities to reduce loneliness and social isolation, including social and hobby groups
- Commission volunteer befriending and peer support to reduce loneliness and social isolation
- Work in partnership to improve the links between the voluntary sector and the social care pathway

**Actions in partnership**

- Improve the links between local communities, the voluntary sector and the health and social care system, including development of an approach to social prescribing in Cornwall. This activity is being led by Public Health under the Shaping Our Future prevention theme, in partnership with NHS Kernow, ASC, Cornwall Partnership Foundation Trust (CFT), the voluntary sector and other partners.

**EMPOWER INDEPENDENCE (Secondary Prevention)**

**SELF-MANAGING HEALTH AND WELLBEING**

**Actions for Adult Social Care**

- Offer grant funding for carers groups/schemes
- Commission community outreach support to help people to self-manage, including preventing falls, and staying physically active and mentally stimulated

**Actions in partnership**

- Offer grant funding for memory cafes and mental health self-help. This activity is being led by NHS Kernow
- Develop self-management and education models for long term conditions. This activity is being led by NHS Kernow
- Review effectiveness of the falls prevention services and explore community falls prevention approach and fracture liaison service. This activity is being led by NHS Kernow
- Implement ‘Living Safe and Well’ project expanding Home Fire Safety Checks to include health and wellbeing advice. This activity is being led by Cornwall Council’s Neighbourhoods directorate (Fire, Rescue and Community Safety)
### MAXIMISED INDEPENDENT LIVING

#### Actions for Adult Social Care
- Commission community outreach support to help people develop independent living skills, including support to access primary health, housing, benefits, employment, education/training, leisure and transport.
- Commission volunteer reablement to offer low level practical support for people during and after leaving hospital or a temporary care home/reablement placement to ensure a smooth transition home.
- Consider how aids, adaptations and assistive technology (including telecare and telehealth) can support people to live independent lives, achieve their outcomes and get out into the community.

#### Actions in partnership
- Develop Individual Placement and Support (employment support) for people with mental health problems. This activity is being led by NHS Kernow in partnership with ASC and CFT.
- Increase employability and reduce worklessness through Access to Employment: Inclusive Labour Markets in Cornwall and the Isles of Scilly schemes and the existing Inclusion Cornwall Hub Conversations. This activity is being led by Local Enterprise Partnership and Inclusion Cornwall.
- Reduce fuel poverty with focus on private sector housing. Deliver Winter Wellness programme and home energy efficiency scheme. This activity is being led by Public Health and Inclusion Cornwall.
- Ensure people are supported to assess for hazards in the home, the potential need for equipment and housing adaptations. This activity is being led by Cornwall Council’s Economic Growth and Development directorate (Home Solutions).

### IMPROVED SUPPORT FOR HOMELESS PEOPLE

"Being treated with dignity and respect – as a “normal person” should, and being accepted... enabled me to organise and save financially and think about the future."

Homeless Support Service User, 2016
**Actions for Adult Social Care**

- Commission assertive outreach service for people who are rough sleeping to help them to access accommodation and support
- Commission support for the Housing First model in Cornwall to ensure that people moving into identified properties (coordinated under the Rough Sleeper Reduction Strategy) have access to support
- Commission supported accommodation for homeless people with complex needs who are unable to access accommodation in the community due to high levels of risk/need. Services will be tolerant to substance misuse, mental health and offending behaviour within the legal framework and will take a harm reduction approach
- Commission outreach/resettlement support for people with low level needs, including people moving on from supported accommodation
- Work with the provider and partners to implement the newly commissioned direct access crisis accommodation service for people who are rough sleeping and/or homeless with complex needs

**Actions in partnership**

- Review the Homeless Families and Homeless Young People services and recommission to meet needs. This activity is being led by Children, Schools and Families
- Develop a partnership between Cornwall Council, Cornwall Housing, Registered Providers, Private Rented Sector to help develop the accommodation offer for homeless people with complex needs, linked to the changes to Housing Benefit for short term supported accommodation. This activity is being led by Cornwall Council’s Economic Growth and Development directorate (Strategic Housing)
- Develop emergency/move on/long term accommodation (including Housing First Properties) for people with complex needs. This activity is being led by Cornwall Housing under the Rough Sleeper Reduction Strategy
- Develop a multi-disciplinary team offering a co-ordinated and effective case management approach that can accommodate the rehabilitation of people that have overlapping and complex needs (Making Every Adult Matter approach). This activity is being led by Cornwall Housing under the Rough Sleeper Reduction Strategy
- Roll out Naloxone, Time Credits, Safer Towns and the Blue Light programme linked to the reduction and management of substance misuse. This activity is being led by Cornwall Council’s Neighbourhoods directorate (Drug and Alcohol Action Team)
- Ensure people with needs related to substance misuse are able to access appropriate support for mental health. This activity is being led by NHS Kernow and Cornwall Council’s Neighbourhoods directorate (Drug and Alcohol Action Team)
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<th>DELIVER PREVENTATIVE CARE (Tertiary Prevention)</th>
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<td>IMPROVED CARERS SERVICES</td>
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<td><strong>Actions for Adult Social Care</strong></td>
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<tr>
<td>• Review and improve the pathway of care and support for Carers supporting adults in Cornwall</td>
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<td><strong>Actions in partnership</strong></td>
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<td>• Review and update the all age Carers Strategy (2014-16) to ensure it is aligned to national guidance. This activity is being led by the Carers Partnership Board</td>
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<tr>
<td>• Review and improve the pathway of care and support for Carers supporting children and for young carers in Cornwall. This activity is being led by Cornwall Council’s Children, Schools and Families directorate</td>
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<td>IMPROVED PREVENTATIVE MEASURES IN CARE SERVICES</td>
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<td><strong>Actions for Adult Social Care</strong></td>
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<td>• Ensure Home Care, Supportive Lifestyles, Shared Lives, Day Opportunities and Residential Care providers take an asset and strengths based approach to planning the care and support with the person</td>
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<td>• Develop Supported Living and Extra Care housing provision, offering an alternative to residential care to people in the community</td>
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<td>• Review options for short term accommodation to respond to crisis/hospital discharge and avoid unnecessary placements in Residential Care</td>
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<td>• Ensure reablement services (Short Term Enablement and Planning Services) are meeting needs and effectively supporting the crisis/hospital discharge pathway</td>
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<td>• Ensure people are supported to understand the resource committed to them through personal budgets, real choice through using Direct Payments and options for purchasable services</td>
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<td><strong>Actions in partnership</strong></td>
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<tr>
<td>• Ensure people receiving intermediate and long term care services commissioned by NHS Kernow take an asset and strengths based approach to planning the care and support with the person. This activity is being led by NHS Kernow</td>
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