

2023

Adults' Health and Care Strategy

Our vision for health and
care – a five year journey

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An introduction from Graham Allen, Director of Adults' Health and Care

I am pleased to introduce the refreshed Adults' Health and Care five-year Strategy. The Strategy provides the platform for me to reaffirm the directorate's vision and to highlight the ambitions that we want to deliver on over the coming five years.

This strategy will continue to be affected by events over the coming period; who could have predicted when we signed off the previous Strategy in the Spring of 2018 that within two years we would have been responding to a global pandemic and all that resulted from that, with the challenges for the Country and for public services having increased significantly during the period of the existing five-year Strategy. Therefore, we will continue to be strategically and operationally agile and flexible.

It is well documented that as a society, we are living longer and, as a result, an increasing number of people, including those with complex needs, require the support of the health and social care system. This situation is only going to develop further and faster with the number of people aged 65 and above in Hampshire set to increase over the coming period by more than 80,000 and with complex needs such as Dementia Care set to rise disproportionately during this period across our communities.

The complex care challenges also encompass increasing numbers of young people with learning and physical disabilities who are moving from Children's Social Care to Adult Social Care and often need high levels of support. Furthermore, people of all ages who

have mental health support needs and the very significant and on-going impacts and consequences of the COVID-19 Pandemic. It is only now becoming clearer to see how the already immense challenges for everyone connected to Health and Social Care, have gone to another level.

This is all happening at a time of continued reductions in public funding, a cost of living crisis, a significant workforce challenge and other uncertainty that largely speaking, only Government can put an end to. This includes plans for the NHS, Health and Social Care integration, and in terms of a putting Social Care on a sustainable financial footing. Challenges long in the making that are proving incredibly difficult to resolve.

As a response to the challenges we face, and, amid the uncertainty that surrounds us, we will, where possible, continue to modernise and look for new and different ways of using our (reducing) resources in the most appropriate way to support the most vulnerable. In doing so, we will ensure that we continue to provide safe services and meet our statutory responsibilities.

In essence, it is vital that through this strategy and because of the challenges our county currently faces we aim to fully support the ambitions to make Hampshire a great place to live in, to work in and to play in – making the very best of our fantastic natural environment, our great and committed workforce and our quality of life opportunities.

This means continuing to:

- Support (more) people to make healthy choices about the lives they lead.
- Invest in ways for people to find information and advice, as well as care and support.
- Work hard to secure people's independence wherever possible, recognising the importance of recovery, improvement and maintenance.
- Explore and facilitate accommodation models that support people to live as independently as possible within their local communities.
- Ensure we are making the very best use of new technology, in every aspect of our work, from delivering services, to working more efficiently, to making it easier for people to deal with us.
- Recognise that happiness and reduced social isolation play a key role in maintaining people's independence and supporting their mental health and wellbeing.
- Work (even more) collaboratively and effectively with partners including the NHS, independent providers, the Voluntary and Community sector, other stakeholders and importantly with the people that need our advice, help and support, in all that we do.
- Establish Hampshire County Council as an 'enabler' - an organisation that supports communities to work together to look after those who live there.
- Strive to create the right employment conditions to enable both ourselves and those we work with to attract and retain the very best employee workforce.

“
**Our vision, put simply,
is to help people to live
long, healthy and happy
lives, with the maximum
possible independence.**”

The measure of our success will be if we are able to deliver more person-centred care and support, keep people safe and help people to have reasonable choices and control. Making sure that there are enough care and support services available. We will need to work ever better in partnership and do all of this within the (reducing) financial resources that are available to us.

Our progress against our goals will rightly be subject to more independent scrutiny as we work more closely with the Care Quality Commission (CQC) as they finalise and then formally introduce their Self-Assessment approach. Additionally, we can expect our future performance to be measured in other ways including greater exposure to different metrics contained in the now bi-annual Better Care Fund (BCF) arrangements.

There will be a particular emphasis on local Hospital Discharge Performance and how well Health and Social Care are integrating their efforts, services and use of the recently introduced National Discharge Fund, in what continues to be a relentlessly challenging landscape.

This refreshed strategy builds on work we have successfully implemented since the launch of our initial directorate Strategy back in 2018. We have continued to deliver on our Care Act responsibilities including to promote the wellbeing of adults living in Hampshire, protecting (safeguarding) adults at risk of abuse or neglect, and to prevent the need for care and support wherever possible.

Collectively, we need to ensure the right building blocks for wellness and strong health are in place, narrow gaps and create a healthier Hampshire. The links between health and wealth are well documented and increasing economic productivity and growth will lead to improvements for everyone.

In delivering on our Strategy ambitions, we will also work closely with other County Council directorates and our Public Health colleagues, recognising that Healthy People, Healthy Lives and Healthy Places are vital to delivering this aspect of Hampshire's vision for 2050.

Specifically, we will work with our Public Health professionals on issues such as Falls Prevention, Mental Wellbeing and on the 'Live Longer Better' initiative, all aimed at helping to increase the number of years we all spend in good health. This is not only a key aim of the recently published Public Health Strategy but is critically important for the future of Adult Social Care so that our scarce resources really can be invested on the people who most badly need our help and support.

More information on the Public Health Strategy can be found in a separate document.

Public Health Strategy 2023 to 2026

“The following pages thus primarily focus on how we intend to deliver our Adult Social Care obligations and responsibilities, continuing to work in a strengths-based way, focusing on what people can do rather than what they cannot.”

I commend this strategy to you and welcome your support in our work to help achieve its objectives.”



Graham Allen
Director of Adults' Health and Care

Portfolio holders foreword

Councillor Liz Fairhurst, Executive Member for Adult Social Care and Public Health

As the elected Portfolio Holder for Adult Social Care and Public Health in Hampshire, **I am committed to ensuring that Hampshire residents live long, healthy, and happy lives with the maximum possible independence.** Our plans for how we achieve this are set out in this Strategy refresh and are very much complemented by the recent publication of our Public Health Strategy that at its heart is focused on healthy people and healthy lives and increasing the number of years we all spend in good health.

Adult Social Care has always sought to support and improve the lives of vulnerable younger adults and older people in Hampshire. In these extraordinary times post the pandemic, of financial constraint, of an ever-aging population, of higher acuity and growing demand for support, we must continue towards a system of working across Health and Social Care that emphasises wellness, and the maintenance of independence.

Hampshire County Council has long demonstrated approaches to innovation and responsiveness in our support for residents. Despite the financial constraints that we continue to experience we see significant investment into our services, continuing to make them fit for purpose for the coming period, such is our confidence and commitment.

We will continue to **focus on what people are able to do for themselves** and support individuals, families, and communities to take the initiative wherever possible. We also recognise that **some people will**

continue to need direct help and support from the County Council.

We will continue to collaborate with our partners, providers, and key stakeholders, **promoting independence** in all that we do.

As we transform the way we work, continue to maximise the role that technology can play and invest further in modernising our services, we will work even more closely with our colleagues from Public Health and use their knowledge, skills, and networks so that together we can improve people's health and wellness. In turn, this will mean that our scarce resources can be targeted to those most in need of our help.

Whilst not underestimating the context in which we operate and challenges we face, I look forward to our strategy turning into reality for the benefit of all. I hope you find the following pages informative.



Councillor Liz Fairhurst
Executive Member for Adult Social Care and Public Health

Councillor Jan Warwick, Executive Member for Younger Adults and Health and Wellbeing

As the Portfolio holder for Younger Adults and Health and Wellbeing, I am committed to supporting the ambitions across both Adult Social Care and Public Health that are reflected in the very complementary strategies that have recently been developed.

Both promote healthy living and independence as core themes and both are absolutely committed to ensuring equal access for all, to the information, advice, help and support that the two service areas can offer to Hampshire residents.

Good health and good wellbeing have never been more important. We live in difficult times with numbers of our people under a lot of pressure and where public services are challenged from the perspectives of reducing resources (workforce and finances) and in terms of demands on services. However, Hampshire County Council remains confident and optimistic in the face of these challenges.

The County Council is committed to achieving the best for all its citizens, ensuring that the most vulnerable have all the opportunities and support they need to maintain their current abilities and live as independently as they can.

At the same time we will encourage others to lead healthier lifestyles, or simply to stay well for longer, and in so doing, we will work hard to increase the number of years we all spend in good health.

I look forward to the next five years confident that Adult Social Care and Public Health will continue to adapt and change the way support is provided and services are delivered to ensure our most vulnerable citizens get the support they need and that year on year, we see an improvement in the overall health and wellbeing for all.



Councillor Jan Warwick
Executive Member for Younger Adults and Health and Wellbeing

Context for the vision and the refreshed five year plan

Our obligations and responsibilities

Adult Social Care is there to support people who need help with daily living so they can live as independently as possible in the place of their choice (usually at home), within the resources available. The care and support that Adult Social Care arranges or provides, is based on a needs assessment of adults who are supported using public money or pay for their own services.

Keeping people safe is a critically important part of our obligations and we take this very seriously, as evidenced in our recently updated Care Governance Strategy.

The main responsibilities of Adult Social Care are set out in three main pieces of legislation: the Care Act 2014, the Mental Health Act 1983, and the Mental Capacity Act 2005. As the overarching piece of legislation, the principal responsibilities we have are listed in the Care Act 2014. These include:

- Promoting wellbeing
- Protecting (safeguarding) adults at risk of abuse or neglect
- Preventing the need for care and support
- Promoting integration of care and support with health services
- Providing information and advice
- Promoting diversity and quality in providing services

Our operating environment

The environment in which we are operating has never been more dynamic or challenging especially in relation to service demand, workforce levels, partner and provider challenges and our ability to contain costs to a budget that is reducing in real terms.

That said, opportunities to modernise services, to innovate, to benefit from the latest advances in technology and to work closer and more effectively with partners and providers **to achieve improved and/or a greater number of outcomes with less resources** remain and continue to provide optimism for the future.

Despite an unprecedented period of austerity, a relentless strategic programme of transformational and innovative change has improved efficiency and ensured services have been modernised and improved.

This is a critical aspect of our approach given the growth in our population over the coming period which will see more than 80,000 more people transition into later life in Hampshire, a proportion of whom will require our support. This alongside continuing to support and create opportunities for independent living for young adults with significant disability require us to remain agile and forward looking in our approaches.

Just some of our achievements over the past few years include:

- Every young adult with a learning disability and/or autism who can benefit, is now living with greater independence in the community rather than in a long-term care setting.
- Over 27,000 people, young and old, have had the benefit of care technology, with 13,000 current service users, which they tell us has increased their independence, safety, and security.
- Our multi-million pound investments in Extra Care housing is enabling 900 people to live where they have the balance of privacy and the support they want with projects at Romsey and Gosport recently delivered and the latest initiative at New Milton a matter of months from being ready to occupy.
- Securing good or outstanding Care Quality Commission (CQC) ratings for our Reablement service and for all but one of our directly run 21 in-house homes that provide residential, nursing and respite services to older people and younger adults with complex support needs.
- Jointly developing discharge to assess short stay services with the NHS at three HCC Care facilities which is helping to enable as many as clients as possible to return home as independent and as resilient as possible.
- Working with all partners to provide support to vulnerable and clinically vulnerable residents through the pandemic, developing new ways of working and relationships that have continued.
- Supporting and leading work to assist Afghan evacuee families to resettle into the UK through exemplary partnership working.

Whilst the challenges we face now are significant and are only likely to grow, the directorate does possess the expertise and the resolve to continue to re-shape and improve the social care offer wherever it is possible to do so. We are further supported by excellent co-production networks and the insights and support of 'experts by experience' are fundamental in guiding and shaping our approaches.

The strategy that we have developed demonstrates this. It outlines any number of service areas where we have strong ambitions to drive improvement and deliver better, stronger outcomes.

Success will rely upon us understanding and proactively responding to the different elements of our operating environment as summarised below.

One

We have less money available to pay for Social Care

There have been some recent high profile one-off increases in Government funding. These include the ability to increase Council Tax, the Social Care Support Grant and additional funding provided as part of the Improved Better Care Fund, designed to support the social care market, and to help more people to be discharged quickly, but safely from hospital.

Whilst welcome, **this additional investment is more than offset by year-on-year reductions to the County Council's social care budget,**

meaning we must continue to make difficult choices about what we fund, ensuring our services are increasingly focused on those with the greatest needs and the least ability to pay.

The financial challenge we face also places a heavier emphasis on us being successful with our prevention and demand management initiatives and ultimately with our stated vision to focus on and achieve maximum independence for people wherever we can. These are outlined later in this document.

Two

The number of people in need of help and support is increasing

Our older person's population continues to grow. In the next five years the number of people aged 85-89 is set to rise by 14% (4,076) with an even higher 26% (4,604) increase in those aged 90 and above. Whilst this is a cause for celebration in many ways, **inevitably longer lives mean more people succumb to illness and lose the ability to care for themselves.** In addition, there is an increasing number of children and younger adults with highly complex needs surviving into older age and often living into old age. It is a fact, that the County Council spends more of its directorate resources supporting younger

adults with a range of care needs including Physical Disabilities, Learning Disabilities, Autism and Mental Health, as it does on those aged over 65. The changes the County Council is experiencing in social care are mirrored in increasing demand for local health services. The Joint Strategic Needs Analysis, which looks at the health needs of Hampshire's population, confirms that the County has an increasingly ageing population with a life expectancy already above the national average and set to improve further if the ambitions of the recently published Public Health strategy begin to be realised over the coming years.

Three

The provider landscape is challenging and unstable

Around 80% of our budget for Adult Social Care is spent on commissioned services providing direct care. We have a significant and very **diverse provider care market with whom we are working increasingly closely** in response to the operational, financial and demand challenges that we both face. In this vein, **we have co-produced Market Position Statements** covering independent living at Home, Older Adults Residential and Nursing, Learning Disabilities and Autism, Mental Health services and Physical Disabilities. In addition to these, we have also produced two brochures covering Older Adults Extra Care and Younger Adults Extra Care and Supported Accommodation.

We have a duty of care under the Care Act 2014 to shape the local care market. We are **supporting providers to better understand supply and to meet demand** especially as more people have control over their own care and support by being self-funders, or through personal budgets.

We have also made a number of public commitments to our providers in our Market Position Statements, and we will continue to work diligently through each of these throughout and beyond the life of the five year strategy.

We are in no doubt that providers across all care groups are facing a myriad of business challenges and we want to work with them and support them wherever we can including paying them promptly, engaging with them regularly, using and trialling new care technology and working together on workforce issues such as recruitment and retention and learning and development.

The marketplace is especially volatile at present, best exemplified by the constantly changing residential and nursing care market with numerous closures and new additions a regular feature of market life.



Our (public sector) partners are facing similar challenges to us

In Hampshire, **we work with different NHS health and care systems involving Acute hospitals within and beyond the County boundary.** Hampshire residents are served mainly by the Hampshire and Isle of Wight (HIOW) Integrated Care Board that covers around 88% of the total 1.4 million population. The remaining 12%, mainly those living in North-East Hampshire, are covered by the Frimley Integrated Care Board that caters for North-East Hampshire residents.

Pressures on the local NHS are intense and at an all-time high. This extends to both the unrelenting requirement for urgent care support and a much publicised and very significant elective waiting list and also to workforce recruitment and retention.

Furthermore, changes to the way in which the NHS operates, both strategically and operationally will mean continued transformation of services. It will be important that joint arrangements and determined efforts in the planning and delivery of services between the NHS and local government and all partners continue and are reinforced.

Without clear coordination across services and service outcomes there is a risk of instability and a lack of resilience.

We will continue to work collaboratively and remain a strong, reliable, and trusted partner and will work together where

appropriate for the benefit of residents and to best ensure that our own increasingly scarce resources have the maximum possible impact but there is little doubt that we are in the midst of a turbulent period.

“**Turning to our wider planning for winter, we are clear that the challenges are not just in ambulance services or emergency departments, and recovery requires all types of providers to work together to provide joined-up care for patients.**”

NHS England July 2023

Separately, our **relationship with the Voluntary Community and Social Enterprise (VCSE) sector is strong** as we look more and more to the contribution that local communities and volunteers can make in terms of improving contact, networks and helping people to maintain good levels of independence. More on our work with the VCSE is included in the Prevention Chapter later in this document.

Maintaining and/or increasing the workforce supply has never been harder

The number of people retiring and changing occupations away from Health and Social Care in the past few years, especially since the beginning of the pandemic has been far greater than predicted. We are increasingly competing and often coming second to other sectors including retail and hospitality. This is for any number of reasons, but includes pay and benefit levels and the challenge that goes with needing to support a higher number of more complex and dependent clients.

The estimated number of Adult Social Care jobs in Hampshire is currently around 38,000. The requirement, given predicted increases in people needing social care support is expected to rise by between 18% and 20% over the next five years. It would be fair to say that workforce challenges are unprecedented and present a significant risk to the sector. As part of our strategy to maintain, and where appropriate (or necessary) add to overall workforce numbers, **the County Council will work with the market to provide strategic leadership around workforce planning and workforce development** and to support providers as employers to meet their own workforce challenges, including recruitment and retention.

Our **Partnership and Care Training (PaCT)** activity and work programmes will facilitate partnership working with and between care providers, training providers, NHS partners and other key stakeholders to help develop a workforce to meet the future care and support needs of the people of Hampshire. There will also be a focus on delivering

training in **Positive Behavioural Support and Least Restrictive Practices** to providers who are meeting the needs of those with the most complex needs.

We are committed to developing our own workforce including the 1,600 employees who we directly employ across the range of our in-house services. We will also continue to **create the optimum conditions for our social worker and other front-line staff to perform including improving our business processes** and ensuring flexible/hybrid working are now the norm, so that they can focus fully on achieving service and client focused outcomes.

In conclusion, the trends of diminishing resources and increasing demand, alongside ongoing challenges for providers, partners and social care workforce recruitment and retention, have led us to reassess how we provide support to those most in need, whilst still ensuring we fulfil our responsibilities under the Care Act 2014. This document sets out our approach to managing demand, to maximising independence and to providing support to the most vulnerable. We have developed our approach through consistent and regular engagement with a wide range of knowledgeable and supportive stakeholders.

We will continue to engage as we develop and implement our approach, in consultation with those who use our services, carers, voluntary and community groups, partners and our providers to best ensure that together, we can have a successful next five years.

The vision and five year plan – what we want to achieve

Our vision for Hampshire residents remains unchanged. We want to help Hampshire residents to live long, healthy and happier lives with the maximum possible independence. We will do this by:

Encouraging you to stay well

- We will help and encourage you to do as much as you can with support from your family, friends, and community networks.
- We will work with other organisations to ensure you can access information and advice and find out about local support and other services to help you look after yourself in your community.
- We will work tirelessly with all partners to make local places, healthy and safe places.

Supporting you to help yourself

- When you need more help, we will provide information and advice about where you can find help.
- Where you have specific care needs, we will work with you to find the help and support that will increase your ability to manage these.

Carefully working with you when you need help

- When you are vulnerable and in need of direct support, we will ensure that you have access to social care services that meet your needs and are affordable for the County Council.
- If you are referred to Adults' Health and Care, we will ensure you are assessed, and should you need support, we will ensure that you receive the right services to enable you to live as independently as you can.

Our vision will be underpinned by key principles and values that enable people to maximise their independence. These include:

- Providing good quality, and easily accessible information and advice to enable people to **make informed choices about their own care and support.**
- Using **strengths-based working**, collaborating between our services and the individual, their family and community, drawing on their own skills, abilities and networks. In this way, helping to maintain or progress towards independence and recovery and staying socially connected.
- Supporting people to **make their own decisions safely.**

- Working in **positive collaboration** with our providers and partners to ensure that care of the **right type and quality** is available when it is needed.
- Spending public money wisely, achieving **best value** for every pound spent.
- Supporting a **knowledgeable and informed workforce**, helping our staff to develop their professional practice.
- **Monitoring our performance**, ensuring that our managers, staff and the organisations we buy care from can deliver the best outcomes possible for service users and carers.
- **Engaging** regularly with service users, carers and partners to co-produce new approaches.

Who is it for?

Our **vision** and **five year plan** set out how we will work with those who use our services and other stakeholders to help people to live long and healthy lives with the maximum possible independence.

While this plan is for adults of all ages, the **focus is on those at most risk of ill health and developing long term conditions.** Our services will also ensure that the needs of young people with disabilities from the age of 14 onwards are taken into full consideration as they move from childhood to adulthood.

The following pages set out in more detail some of the initiatives and approaches we will use to appropriately help and support adults in Hampshire. Our work will be underpinned by the relevant national and local policies and protocols, for example in relation to keeping adults safe and in terms of equality. Our approach to how we commission will ensure that our reducing resources can be used to help the growing number of people who need our direct.



How we will achieve our vision

In this section we summarise how our vision will be achieved – in short, by focusing our efforts, time, and resources into three key areas.



Prevention (incorporating demand management)

Preventing and/or reducing demand for formal social care services. This will include helping people to remain fit and well, or to maintain their current abilities for longer, by making informed choices.

Our Demand Management and Prevention work will build on people's strengths, enabling them to improve their health and take more personal responsibility for looking after themselves with support from their family, friends, and community network. We will encourage this by making the healthy choice the easy choice, developing accessible and inclusive information and advice services, raising awareness of support for Hampshire residents to remain independent and well.

We will also carry out targeted prevention work for certain groups of people who are most at risk of poor health to keep them well and to avoid or delay the need for social care services. We will promote the use of technology where it can play a role in helping to maintain independence. We will work with Public Health colleagues and our partners, including the NHS, GPs, District Councils, the Voluntary sector, and service user groups to achieve the above aims.



Independent living at home

Supporting people with emerging care needs to live independently in their own homes for as long as they can.

Supporting people in this way will involve providing help and advice to people who need it, but this will be balanced with an expectation that those who have the financial and/or other resources to help themselves, will do so. Our aim is to promote wellbeing and independence, reducing the need for social care services.

We will enhance the opportunities for less able people to access support and will promote affordable care technology solutions to support people to remain able to live at home independently or with reduced levels of paid for care.

We will also work closely with the NHS to ensure as many people as possible can return home well and in a timely and safe manner following a hospital episode. We will use our reablement service wherever possible to support people to regain their independence as quickly as possible.



Accommodation

Maintaining the independence of people with the greatest needs.

We will take further action to target our direct support to those who are most vulnerable or who could most benefit from progression towards independence and recovery. We will support people by commissioning accommodation services that promote and maintain independence as far and for as long as possible, by developing more modernised settings and maintaining short term, recovery focused opportunities.

We will utilise and expand the reach of our reablement service and use therapists to reduce dependency and to support people back to their own home or to more independent accommodation, thus reducing paid for service levels.

We will further invest in more new, modern Extra Care and Supportive Living facilities and will play a more direct role via our HCC Care service in supporting adults with higher end dementia and the increasing number of frail older people who are in poor health, often living with multiple conditions.

Everything described above will be underpinned by a way of working that builds on an individual's strengths.

Strengths based working is a collaboration between our service professionals, the individual and where appropriate, their family, friends, and community. Drawing on a person's own skills, abilities, and networks. By using people's strengths, we maximise what they can achieve. The person remains happier and independent for longer or progresses towards independence and recovery whilst staying socially connected.

Prevention

(incorporating demand management)

The following paragraphs highlight just some of the areas that the directorate is investing in to meet one of the core aims of the Care Act 2014, namely preventing the need for care and support. Success in this area is critical if we are to sustainably support a growing demand for social care advice, help and support against the backdrop of reducing financial resources.

The County Council's recently approved **Public Health Strategy** is committed to improving the health of everyone living in Hampshire. In particular, it aims to increase the number of years we all spend in good health and to reduce the gap in healthy life years between the most and the least. The Strategy promotes the benefits of Healthy People, of Healthy Lives and of Healthy Places, recognising the important linkages and the individual and wider benefits that will accrue from achieving these goals.

The Strategy includes particular attention to wanting to increase the number of healthy adults by better preventing the causes of ill-health and long-term conditions, focusing on those entering mid-life, and in terms of older adults, leading on initiatives and enabling them to remain healthy and independent for longer. This includes extending the provision of high quality evidenced based falls prevention interventions. **Mental wellbeing work** is also a key feature particularly in terms of improving mental health and general wellbeing. Diagnosed Mental Health conditions are a significant contributor, accounting for 14% of disability in Hampshire.

Whilst it is acknowledged that the improvements being targeted will take time to deliver, Adult Social Care colleagues will continue to work relentlessly with Public Health professionals to enable early benefits to be secured and for momentum to build. Initiatives such as **'Live Longer Better'** and **'Energise Me'** are just two examples of work that will enable the Public Health Strategy aims to be delivered on and at the same time, help slow down and/or prevent the need at all, for Social Care and support.

Connect to Support Hampshire is now a well-established online resource that is making a significant and growing contribution to helping adults identify a wide range of support in their communities that they can access to help maintain independence without the need to approach the County Council or indeed GP's/the NHS.

“**The information on CTSH and the guides are very useful for patients, especially at the point where they need to access ongoing support.**”

Nurse at local hospital

In the past year the web-based forum received more than 20,000 'hits' per month (over 250,000 for the year) and this is helping to reduce demand by directing Hampshire residents to local support offerings being

delivered by a wide range of community organisations or by volunteers. Successful pilots with GPs, focused marketing campaigns and extensive promotion, including in the different Acute hospitals, is helping to make a real difference and accounts for a fourfold increase in 'hits' since the launch of the initial Strategy back in 2018.

Over the next 12-months, **Connect to Support Hampshire** will be re-procured as its existing contract expires. There will be a strong emphasis on increasing its public appeal and making it even more user friendly. Alongside this, further work will be completed with key partners, including the NHS, with a view to making the successor web-based tool, the place to go for those looking to access different forms of local help and support that can transform lives.

For those who wish to make contact directly with Adults' Health and Care, the most common way remains by telephone and on-line to our **Contact and Assessment Resolution Team** (CART) with some 120,000 enquiries received in the past 12-months.

Using a strengths-based approach, CART staff **help residents identify the best solutions to meet their needs** which can include the offer of information, advice, and signposting. Where Social Care services may be required, CART will undertake a wellbeing check or a Personal Assessment to help clarify needs and to identify possible solutions, many of which are deliverable by CART often working closely with different teams and external partners.

The service, which **prides itself on quality and productivity**, makes a telling contribution in terms of being solution orientated and in turn, securing low, or indeed no cost support solutions including recognising where care technology can help to maintain independence.

Recognising the need to go further in terms of reducing the demand on front line operational teams, improvement opportunities will continue to be pursued. These include more effective web integration that will **better serve customers and help to reduce service demand**, and CART will also look at how it can reduce repeat contacts and improve the quality of professional referrals.

Having touched on Technology as a means to help maintain independence, our **Technology Enabled Care** (TEC) partnership with Argenti continues to go from strength to strength with some 15,000 people supported on a day to day basis by different forms of care technology. A staggering 39,000 Hampshire residents have committed to support our service users as responders which is 'community capital' at its best and is a positive affirmation of our strengths-based approach.

“**The service was perfect as far as I was concerned... it was smooth, it was easy and it was painless.**”

Mr. S, Havant

In the majority of cases, TEC reduces or eliminates the need for more traditional forms of paid for care, thus reducing the already overwhelming care workforce challenges across the public and private sectors and at the same time delivering on our resolve to maximise people's independence. Furthermore, the **security and confidence** family and friends gain from the knowledge that their loved ones are benefiting from TEC is impossible to quantify.

Pleasingly in the past few years we have extended our TEC offer to residents who do not qualify for Social Care and positively we have accrued more than **1,300 private pay beneficiaries of TEC**. We will look to build on this number over the coming years by continuing to promote the virtues of TEC for anyone interested in being installed, in some shape or form, in their homes.

The contribution that **Carers** make to our society (and to preventing the need for paid for services) continues to grow and is significant. It is estimated that some 15-20% of our population are providing unpaid care to adult family members or others. People aged over 65 provide almost 25% of all unpaid care. With an ageing population, carer numbers will inevitably increase further.

Our **Carers Strategy**, which is also in the process of being refreshed by the Hampshire Carers Partnership, was co-produced with health and social care professionals, voluntary sector representatives and carers. It is designed to ensure that carers are identified and recognised, it supports carer health and wellbeing, and it strives to enable carers to have a life alongside caring. The key aim of the existing strategy is for the co-producers to work in partnership to establish and coordinate easily accessible support for carers across the county.

The refreshed strategy will look to build on the range of services we currently commission to support carers, including carer specific information and advice services, carers contingency planning, respite care and one-off carer direct payments. The refreshed strategy will sit alongside an updated Hampshire Carers Charter which importantly outlines what carers can expect from the different organisations that benefit from their invaluable personal and collective contributions.

Further developing our relationships and ways of working at the community level with **Voluntary Community and Social Enterprise Sector** (VCSE) partners and providers remains an essential part of our Prevention and Demand Management strategic approach.

Adults' Health and Care have a long-standing relationship with voluntary organisations in Hampshire and in ever changing times and tighter budgets, working flexibly, imaginatively, and collaboratively is essential to ensuring the health, wellbeing and independence of Hampshire residents.

The importance of working with key partners in this space has also never been greater as anchor institutions such as Adults' Health and Care, the NHS and District and Borough Council's will all be relying on the voluntary sector to support healthier outcomes for Hampshire residents. Identifying new funding opportunities to increase the resilience and capacity of the voluntary sector in the coming period will be a key ambition; from both local and national sources of funding.

The **Hampshire and IOW VCSE Health and Care Alliance** (HIVCA) is a prime example of a collaborative arrangement arising from an NHS England requirement for all integrated care systems, that is developing well and aims to enhance the impact that the VCSE has in delivering health and wellbeing, including prevention messaging and support, and creating opportunities for cohesion, social connection, and inclusion.

In addition to the six different key areas highlighted above, the directorate leads on, or is directly involved in a wide range of other preventative type initiatives that all link to our vision of wanting to maximise people's independence. Examples include our work with the VCSE in terms of the provision of **Day Services**, our commitment to the

'**Hitting the Cold Spots**' initiative which helps to ensure that people's homes have efficient boilers and insulation to reduce fuel poverty (reducing the need for social care as a result of poor heating) and our commissioning of a '**Meals on Wheels**' service that delivers in the region of 6,000 meals a week (300,000+ meals a year) to some 1,500 vulnerable older people across Hampshire, again aimed at ensuring that health doesn't suffer and need for services doesn't increase due to poor nutrition or even hunger.

Hitting the cold spots - helping you to stay warm

Where we will be in five years time:

- Tangible progress will have been made with the Public Health Strategy, with Falls Prevention outcomes positively reducing demands on Acute hospitals and on Adult Social Care.
- Information and advice, via Connect to Support Hampshire, will be accessible and user friendly, to help people to make informed choices about their care and support needs and the wider community opportunities available to them.
- Our contact centre will directly resolve a higher percentage of client enquiries, having been successful with its web integration that will enable better upfront options for residents.
- Private Pay technology solutions will be routinely requested and provided, benefiting at least 2,500 users per year.
- The refreshed Carers Strategy will have been successfully introduced and strong progress will have been made against its stated key aims.
- The HIVCA arrangement will have developed, and tangible progress will have been made in terms of social connection and inclusion.
- Additional funding opportunities to support the activity of the voluntary and community sector will be secured.
- Meals on Wheels service user numbers and overall meals provided will have increased from today's levels.



Independent living at home

There is continuing strong evidence that most people in need of social care prefer to receive it in their own home. People are generally happier living as independently as possible in familiar surroundings, staying connected to their families, friends, and neighbours.

This preference is at the heart of our carefully developed vision for Hampshire residents to **live long, healthy, and happier lives with the maximum possible independence and sits strongly within the Hampshire County Council vision and values.**

We recognise that living at home offers greater autonomy and control, as well as the freedom to continue with or further develop their chosen lifestyle. Some of our work aimed at maximising independence for adults of all ages is described below.

All those eligible for social care support will receive a personal budget. People may then choose to take control and organise their own social care through a **direct payment**. We will encourage people to take control of their own care and support and to use direct payments, reducing the need for the County Council to directly buy services on their behalf. We will encourage the growth in the market of **Personal Assistants (PAs)**, who are paid to help an individual with their care needs.

Over recent years we have worked successfully with system partners to develop and implement an **integrated intermediate care (IIC) function** that is delivering improved client outcomes linked to timelier discharges and is helping to reduce cost for the NHS

and for the County Council especially in terms of minimising our exposure to onward home care costs. Our **reablement service** is very much at the heart of the IIC initiative and is also working closely with the NHS's Community Partner on an Urgent Community Response (UCR) arrangement that is helping to reduce hospital admissions through the organisation of rapid responses to concerns raised by professionals or indeed residents themselves. This is another means by which we are enabling people to be supported in their own homes.

Going forward, **our ambition is to increase the contribution of reablement further**, safe in the knowledge that their involvement with people requiring help and support either in the community, direct from hospital or having been discharged to short-term service environments **leads to differing but positive forms of recovery and independence**, and in turn, reduced onward care exposure that helps to contain the demand on care providers and helps to reduce costs for the directorate.

Our **Help to Live at Home** framework which we successfully introduced in 2018, is serving us well with up to 40,000 hours of support to just under 3,100 clients being provided every week. This service is enabling people to live safely and comfortably in their own home. Help to Live at Home support is designed around the individual, but with an emphasis wherever possible on **increasing independence** and encouraging people to do as much as they can without help, or with the help of family, friends, and neighbours.

To help with this aim, we are working hard to ensure that prior to receiving long term Help to Live at Home services, as many people as possible can benefit from a period of reablement support delivered by our in-house Community Response Team. **This helps people to regain their independence**, with paid for support gradually decreasing as the individual regains confidence and ability.

We will continue to build our **Strengths Based Practice** to prevent and delay the need for services. One example is **Proactive Enhanced Care** which is a preventative social work intervention for people over 85 years to ensure that early help is available to promote wellbeing and prevent deterioration. Living Longer Better is a joint endeavour with public health to ensure that physical activity is promoted at every stage of life. We will continue to work closely with the voluntary sector and public health to support people more likely to be subject to health inequalities due to their age or disability.

We are also prioritising work with our NHS partners the Hampshire PLACE Board on developing a more collaborative, **more joint commissioning approach for (and possible integration of) mental health services**. Mental Health challenges which manifest in varying forms, are on the increase and have been exacerbated by the COVID-19 Pandemic. Several areas are being looked at including how we might develop a more cohesive and integrated pathway that will facilitate earlier intervention, prevent crisis, and reduce inpatient hospital admissions. Other benefits will include single assessments,

more positive behavioural support, reduced institutional care and greater uptake of personal budgets.

The Hampshire autism strategy is about to be published. It has been co-produced with people with autism and their families with the aims of:

- Improving understanding and acceptance of autism within society.
- Improving autistic children and young people's access to education, and supporting positive transitions into adulthood.
- Supporting more autistic people into employment.
- Tackling health and care inequalities for autistic people.
- Building the right support in the community and supporting people in inpatient care.
- Improving support within the criminal and youth justice systems.

We continue to work closely with co-production groups such as the Learning Disability Partnership and the Personalisation Expert Panel (PEP) to co-produce our approaches. We will continue to work with organisations to **help improve the employment rate for people living with mental health needs**. We will increasingly focus on supporting healthy lifestyle choices, employment and help and advice for carers. We will also work with communities to enable them to play a greater role in supporting people with mental health needs.

For people with learning disabilities, **day opportunities will be focused on preparation for work, and integration into mainstream community activities**. We will continue to shift the focus of support for people with learning disabilities away from residential care towards supported living, and to extend the range of Young Adults Extra Care and other community-based services enabling people to live in their own home.

Where we will be in five years time

- More service users will be using direct payments as a means of taking greater control and organising their own social care.
- The urgent community response function will have grown and as a result a higher number of avoided hospital admissions will be achieved.
- The reablement service will be benefiting a higher proportion of residents requiring social care support, thus helping to contain and/or reduce the overall quantum of support that is required.
- The Help to Live framework will be benefiting more residents and delivering more than 40,000 hours a week of support, contributing to a reduction in the need for long-term residential and nursing placements.
- Embedded Strength Based Practice to prevent and delay the need for services.
- Continue to work closely with the voluntary sector and public health to support people more likely to be subject to health inequalities due to their age or disability.



How we work daily with the over 85s as part of our Proactive Enhanced Care



Accommodation

Commissioning accommodation and directly providing in-house services to help maintain or increase independence of people with the greatest needs, are important elements of our forward Strategy.

The County Council has a long tradition of facilitating accommodation-based services and for directly operating our own suite of residential and nursing homes partly to complement and add to market provision. We also benefit from greater control especially in relation to higher cost placements and geography, recognising both the size and rurality of the Hampshire administrative area.

We have high but realisable ambitions for the next five years and significantly beyond, in terms of our Older Adults service and our care home portfolio. We aspire to focus our future service in three areas, Nursing care, Complex Dementia care, and Short-term care mainly for residents being discharged from hospital who are not able at that stage, to return home.

Through the late summer/autumn of 2023 a consultation will be undertaken to determine the future direction of travel for the County Council's in-house portfolio of care homes and associated services. Whatever the outcomes of that consultation it continues to demonstrate the determination within the Council for the directorate to remain a direct provider of residential and nursing services for some of Hampshire's most frail and elderly residents, for years to come and recognises the importance of HCC

Care (our in-house direct service provider) being able to operate from fit for the future care home stock.

Separate to the above outcome, the directorate recognises that it will continue to rely on the **independent sector for close to 80% of its annual long-term residential and nursing care needs**, and thus recognises the importance of continuing to work closely with **Hampshire Care Association** and individual care providers so that key topics such as workforce, quality of care and the use of technology (to name but three) can be successfully tackled together to help increase service resilience and market sustainability.

In relation to **short-term provision**, we have jointly developed with the NHS, three main short-term services hubs aimed at **significantly improving hospital discharge performance** and supporting people who are not able to immediately return home, to recover and work towards greater independence. The focus has very much been on helping people to regain or further develop their function and confidence so that they live in their own homes, often with some form of support, wherever possible. This again plays to our determination to maximise independence, recognising that with appropriate and timely support can **avoid many hundreds of people every year from being institutionalised.**

As we learn more from **our venture into short-term services**, we have recently extended the offer to people living at home

who our social work staff believe to be on the brink of a referral for residential or nursing care. For those benefiting from a short-stay service admission, **this has led to many being able to ultimately return home** and for some, has enabled a more orderly transition to the right type of long-term care. We will almost certainly have avoided some unscheduled admissions to hospitals as well. Across the next period, we will look to extend the **'step-up'** arrangements further which will provide another welcome contribution to our efforts to reduce long-term need and avoid costs in what are among our most expensive service areas.

Moving on from institutionalised residential and nursing care, other types of long-term accommodation for adults of all ages and abilities will continue to be available including through **Extra Care Housing, Supported Living**, or other forms such as **'Shared Lives.'**

Extra Care Housing schemes are a fundamental and growing component of our service, enabling people with a range of needs to live in their own home in the community and with care and support on site. It can be an option for all the groups of people we support and is an alternative to residential accommodation providing far greater independence and autonomy.

Over the past decade we have invested significant sums to facilitate older persons Extra Care provision and, working with District and Borough Council's, private sector partners and other agencies, some 900 units

are now in place across a range of sites serving most parts of Hampshire. This is in addition to the growing number of private developments that we are increasingly seeing.

Just this year we have helped to facilitate a new Extra Care home in Gosport and in the coming months we expect to see our latest project in New Milton also open. Positively, we have two further schemes in-flight, and **we have circa £20m of remaining investment from the initial £45m fund**, that should enable at least five new pipeline schemes to be agreed and commenced over the Strategy period. To ensure success, and to maintain high occupancy in our existing schemes, we will continue to work hard with Social Workers and in conjunction with our District and Borough Council colleagues to ensure that access to Extra Care housing is made as straight forward as possible.

We will also continue to pursue Extra Care housing opportunities for younger adults with physical disabilities and for people with mental health needs in the form of **Supported Living as part of our ambition to move away from residential settings wherever possible.** Supported Living enables people with complex and high levels of need to live with support in a domestic setting.

Having already developed approximately 200 new Supported Living beds since 2015, we will look to develop more such places, for example by purchasing private properties to convert and transform care homes into supported living accommodation. This will

be the default provision for people with autism and learning disabilities who will be encouraged to move into supported living where they will have more independence, choice, and control over their lives.

We also have strong ambitions to grow our **Shared Lives** service, where a person with support needs, lives with a family at home and shares their life. While many of those currently benefiting from the Shared Lives scheme are adults with learning disabilities, older people are also enjoying family placements and we want to further develop the number of placements available for people living with mental health needs.

We recognise that the Shared Lives scheme needs to remain attractive to the families/ carers who take on the caring responsibilities and we also recognise our obligations when it comes to appropriately reimbursing carers, especially in an era of spiralling living costs. We are currently mid-way through a Shared Lives review with carers to best ensure that our arrangements are both efficient and fair. We want to be in a position whereby we can satisfy the needs of today's carers but also attract new interest so that we can **enable more people to benefit from living independently in a friendly and safe environment.**

Where will we be in five years time:

- The County Council will have improved its existing older adults and younger adults service portfolio's ensuring that its services are delivered from fit for the future accommodation.
- Hospital discharge performance will be strong, especially for frail, elderly people who will continue to benefit from short-term recovery and reablement type services that offer the best opportunity for them to return home.
- HCC Care will be better able to meet the needs of more people requiring complex dementia support, or nursing support linked to having multiple conditions.
- The relationship with Hampshire Care Association and the independent sector will be strong, with care home services across Hampshire offering good quality care as assessed by the Care Quality Commission.
- Additional Extra Care housing schemes for older adults will have been agreed and will have commenced with the County Council investing its remaining £20m in new pipeline schemes across Hampshire.
- Extra investment will have been made for younger adults who are able to benefit from new Supported Living accommodation.
- The directorate will have attracted more Shared Lives carers and at least 50 additional Shared Lives places will be actively in place.



Clarence Short Stay Service unit



Nightingale Lodge Extra Care unit

In summary

This document outlines a five year Adults' Health and Care vision for Hampshire residents to **live long, healthy and happier lives with the maximum possible independence**. This supports and underpins the vision that Hampshire County Council has to make Hampshire a great place in which to live, work, play and visit and supports our wider organisational vision and values.

It set out clear priorities about how we will support people to make the best possible choices about their health and care, **while ensuring that the most vulnerable in our society, whatever their age, continue to receive the care and support they need**.

We know that **we will only achieve our aims in collaboration** with service users, carers, our partners including the NHS, providers, and the Voluntary Community and Social Enterprise (VCSE) sector.

We are **very aware of our complex operating environment** including the unrelenting demand for help and support services from a more diverse, complex, and ever ageing population and in an era where workforce pressures are at their most extreme and solutions are hard to come by and are not easily won.

The unrelenting service demand and workforce difficulties that we are experiencing, sit alongside an extremely challenging financial climate, not just for Local Government but for the entire Public Sector and in a period when the NHS locally are in their worst ever financial position. Regrettably, and very much linked to the extreme costs of responding to the COVID-19

Pandemic, and the subsequent inflationary and cost of living pressures, there is no obvious light at the end of the financial tunnel.

Despite this, **we are confident that our Strategy is well thought through, that our focus is in the right areas and on the right things and that whilst ambitious, it is deliverable**. We have set out clearly our intentions and have confirmed where we expect to be in five years in terms of:

- Our progress with our prevention work (incorporating demand management).
- Helping people to live independently.
- Facilitating and/or directly delivering new and improved models of accommodation.

The achievement of this vision is predicated on working in a **strengths-based way** which will flow through everything we do - especially the conversations we have with people seeking information, advice, guidance, help and support.

We will continue to focus on a person's own skills, abilities, and networks (including family and friends). By using people's strengths, we maximise what they can achieve. **The person remains happier and independent for longer or progresses towards independence and recovery whilst staying socially connected**.

Key to success will be our ability to continue to embrace change, to be flexible and innovative, e.g. by making the most of new thinking and advances in technology to improve the quality and effectiveness of the

way we work and the services we provide. In this we will continue to be guided and challenged by those who use our services, especially our co-production 'experts by experience.'

Robust annual business plans will be developed so that we are able to **track progress and remain on course** to achieve everything we need to and have set out to.

Whilst our focus in this document is on the coming five years, we must not forget that people will continue to need care and support well beyond then. **We have a responsibility to future generations of vulnerable people to make the changes set out in this document** as a means of building sustainable Public Health and Social Care services into the long term. The way in which our achievement of these aims is assessed will be subject to annual assurance by the Care Quality Commission (CQC) who will ensure that the voices of those using our services are at the centre of their judgements.

“**We hope you have found this document clear and informative. We look forward to working with you to turn our vision and strategy into reality.**”

Where we will be in five years time



Prevention

- Progress will have been made with the Public Health Strategy, with Falls Prevention outcomes positively reducing demands on Acute hospitals and on Adult Social Care.
- Information and advice, via Connect to Support Hampshire, will be accessible and user friendly, to help people to make informed choices about their care and support needs and the wider community opportunities available to them.
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- Private Pay technology solutions will be routinely requested and provided, benefiting at least 2,500 users per year.
- The refreshed Carers Strategy will have been successfully introduced and strong progress will have been made against its stated key aims.
- The HIVCA arrangement will have developed, and tangible progress will have been made in terms of social connection and inclusion.
- Additional funding opportunities to support the activity of the voluntary and community sector will be secured.
- Meals on Wheels service user numbers and overall meals provided will have increased from today's levels.



Independent living at home

- More service users will be using direct payments as a means of taking greater control and organising their own social care.
- The urgent community response function will have grown and as a result a higher number of avoided hospital admissions will be achieved.
- The reablement service will be benefiting a higher proportion of residents requiring social care support, thus helping to contain and/or reduce the overall quantum of support that is required.
- The help to live framework will be benefiting more residents and delivering more than 40,000 hours a week of support, contributing to a reduction in the need for long-term residential and nursing placements.
- Embedded Strength Based Practice to prevent and delay the need for services.
- Continue to work closely with the voluntary sector and public health to support people more likely to be subject to health inequalities due to their age or disability.



Accommodation

- The County Council will have improved its existing older adults and younger adults service portfolio's ensuring that its services are delivered from fit for the future accommodation.
- Hospital discharge performance will be strong, especially for frail, elderly people who will continue to benefit from short-term recovery and reablement type services that offer the best opportunity for them to return home.
- HCC Care will be better able to meet the needs of more people requiring complex dementia support, or nursing support linked to having multiple conditions.
- The relationship with Hampshire Care Association and the independent sector will be strong, with care home services across Hampshire offering good quality care as assessed by the Care Quality Commission.
- Additional Extra Care housing schemes for older adults will have been agreed and will have commenced with the County Council investing its remaining £20m in new pipeline schemes across Hampshire.
- Extra investment will have been made for younger adults who are able to benefit from new Supported Living accommodation.
- The directorate will have attracted more Shared Lives carers and at least 50 additional Shared Lives places will be actively in place.

Adults' Health and Care

Supporting and caring for adults in health and social care across Hampshire

Who we support

Over **250,000** people use **Connect to Support Hampshire** online directory for information, advice and guidance.



Over **6,500** carers receive support.



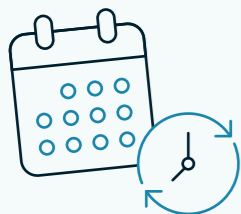
Some **29,000** people receive some form of **support helping them** back on their feet.



Around **1,500** people are **cared for** in our nursing and residential homes.



We provide **long term support** to over **18,400 residents**



66% Older people



15% Learning disability



11% Physical disability



8% Mental health



What we do in a year

Some **360,000** **Meals on Wheels** lunches are provided.



Some **4,750** **falls prevention classes** are held.



Nearly **4 million** **hours of homecare** are provided.



Over **130,000** items of **support equipment** are delivered to people in their homes.



Over **2,220** of those leaving hospital, are supported into **bed-based short term services**.



More than **860** **Extra Care apartments** are enabling older people to continue **living independently** in a home of their own, with care on site 24/7.



11,000 people are **supported to leave hospital**.



Some **22,000** people are **assessed**.

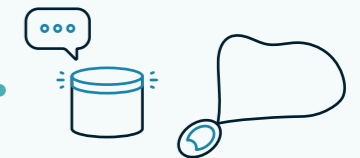


Nearly **10,500** **Occupational Therapy interventions** are delivered.



Over 12,000 adults are currently provided with **care technology** to help them live

independently.



Our challenges

1 in 10

Hampshire residents are **over 75**.



Over the next five years... ... the number of people aged 18–64 years **predicted to have a moderate to serious physical disability** is projected to increase by a learning disability is projected to increase by

3%



... the number of people aged 18 years and over **predicted to have a learning disability** is projected to increase by

11%



... the number of **residents aged 75 or over** will increase by

19%

Public Health

Encouraging and supporting people to stay well and prevent ill health

What we do in a year

Promoting sexual health

Over **30,000** unique patients accessed specialist sexual health services for **sexual health advice and STI testing** (2021).



Reducing tobacco use

5,300 people are supported to quit. **Over 64%** are successful after four weeks.



Reducing dependency



on drugs and alcohol. **Over 3,000 people currently being helped in drug and alcohol treatment** programmes with a further 4,100 receiving short term support.

Promoting healthy weight

More than **5,300** people were supported to **achieve a healthy weight** using Hampshire's adult weight management service.



Improving the public's health

Around **12,750** Hampshire residents have a **health check**.



Reducing violence



within communities. Some **3,000 victims were helped** on an ongoing basis by the domestic abuse support service.

Smokefree Hampshire



offer **free and accessible support** for residents who want to improve their health by quitting smoking.

Supporting families, children and young people

Every family with children (0–4 years old) can access Hampshire's Health Visiting Service – **currently supporting over 70,000 children**.



Over 215,000 children being educated in Hampshire can get help from the School Nursing Service.



In 2022, over 95% of Year R and Year 6 children have their **height and weight measured by school nurses** in Hampshire schools in our National Child Measurement Programme.



Over 7,600 new mothers in Hampshire supported to continue breastfeeding into the first two months after birth, giving their baby a healthy start.



Other key work

Championing innovation. This includes leading work to improve mental health and prevent number of suicides, including training for front line workers and

introducing digital service solutions, as well as ensuring the health of the public is taken into account when planning of major developments and spatial plans.



Programmes to support behaviour change and protect health. Leading county-wide and targeted campaigns and programmes to improve and protect the public's health

including losing weight, quitting smoking, managing alcohol intake, falls prevention, childhood immunisations, mental health, flu and the management of outbreaks.

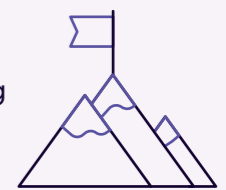
COVID-19 response. Since March 2020, Public Health have worked with a wide range of partners across Hampshire, leading and informing the local pandemic response

through case surveillance, outbreak control, testing, vaccination and test and trace. Over 132,000 local cases have been contacted by the Hampshire Local Tracing Service.



Our challenges

Recovering services after the pandemic has been very challenging and work is ongoing. Currently, activity levels within services are improving and approaching pre-pandemic levels in most areas.



Hampshire's 1.42 million population are

living longer in poorer health men spend nearly 15 years and women spend nearly 19 years of their lives in poor health.



becoming more unequal in deprived areas men live nearly seven years less and women live nearly five years less than those in least deprived areas of Hampshire.



