

being a part of it all

Hull's strategy for older people and their families

summary leaflet



What the strategy is all about

This strategy is about supporting older people and their families to find solutions to everyday needs.

In Hull there are more than 77,000 people over 50. Nearly 37,000 of those are over 65. People are living longer and so the number of older people increases year by year.

We wanted to put together a strategy that looked specifically at older people and their families, one that would be particularly concerned with how older people and their families find solutions to everyday needs and what kind of support they may need.

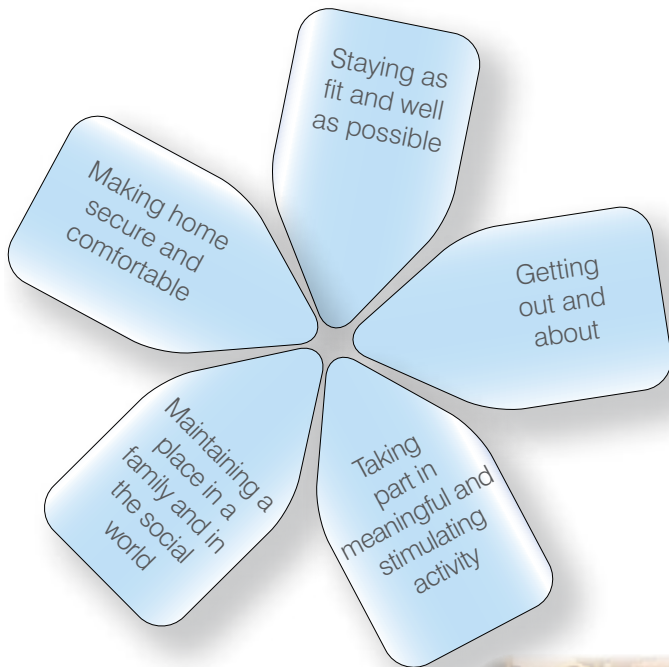
All the time people are finding solutions to everyday needs: staying well, keeping warm, keeping in touch with friends and getting out and about. Each person and family uses a wide range of resources to meet those needs: resources like shops, public transport and public services. As people get older they may need to rely more on the Health Service or the local authority or one of the voluntary agencies like Age Concern. It's the job of the Health Service, the local authority and others to help people to stay in control of their lives and to respond to problems that are sometimes associated with old age like disability, reduced mobility, isolation and loss of status.



Everyday needs

There are many ways of thinking about people's needs. We tried to make things as simple as possible by asking what do most people want to get out of life.

The five-petal diagram below shows a way of describing people's essential everyday needs.



Commitments

In the strategy we've made a number of commitments:

- ❑ to assist and enable older people to improve their health and well-being
- ❑ to assist and enable older people to improve their quality of life
- ❑ to assist and enable older people to make a positive contribution to their community
- ❑ to assist and enable older people to increase the choice and control they have in their lives
- ❑ to combat the discrimination that older people may experience
- ❑ to assist and enable older people to improve their economic well-being
- ❑ to assist and enable older people to maintain their security, dignity and respect
- ❑ to lead and manage services for older people effectively
- ❑ to commission and deliver services to a high standard and give value for money.

The strategy says a little about each of the commitments and about the actions that will be taken to translate each commitment into something of practical value for older people and their families.

By carrying out these commitments public services and others will support older people and their families to find solutions to their everyday needs.



Some of the key facts

Living longer

Life expectancy has increased in Hull over the last 10 years but is still 2.3 years below the national average. Women in Hull have a life expectancy of 79 years and men 74 years. The key issue, as life expectancy continues to increase, is what those extra years will be like. In Hull 46 per cent of people over 50 have a limiting long term illness rising to 80 per cent of the over 85's. Even where people experience illness and disability in their later years they still want to stay in control of their lives and get the support they need to meet the essential everyday needs.

Poverty in old age

Compared to the rest of the country Hull has a large proportion of its older people (around a quarter) on very low incomes. Clearly, this is going to have a big impact on people's ability to find solutions to their everyday needs.

Living alone

More than 8,000 people over 75 in Hull live on their own. Although some people choose to live alone, many feel a sense of isolation and loneliness. This affects people's ability to stay independent and well and is a major concern for the strategy.

Carers

There are about 20,000 people in Hull who provide care to a relative. More than 6,000 are providing care for 50 hours a week or more and this number is growing. Our success in providing care for the carers is fundamental to the success of the strategy for older people as a whole.



We've not got all the answers

There are some areas where we need to understand much more:

- ❑ As our community gets older we need to work out in more detail what an 'ageing population' means for the hospitals and other health care services, organisations who provide housing and social care, public transport .. and every other service that will have an increasing number of older customers.
- ❑ We need to do much more to support older people and their families to prevent problems before they get too big to manage. This could mean all sorts of things from healthy living initiatives to more social groups. We need to be clearer about what works to prevent problems and how much it might cost.
- ❑ People in future will expect to be much more in control of the support they get. That means having more information .. and it could mean being given the cash to buy they support you need. But if older people and their families are going to be more 'in charge' of the support they get, how should the local authority and other service providers change the way they work?
- ❑ Older people, particularly those that live alone, often feel that they are becoming increasingly excluded. We need a better understanding of how people are affected by exclusion and what changes we need to see for more people to be included in the life of their community.



Getting involved

As we've prepared the strategy, we have consulted older people and many of the organisations who support them.

We've now got a strategy but it doesn't mean that we've stopped consulting with people. We want older people and their families (and many other people) to tell us what they think of the strategy, how we can improve it and how we can make it work.

This is why, over the next year, we'll be talking to many people about the strategy.

Get in touch with us if you want to find out more about the strategy and about the different ways in which you can tell us about your views and experiences.

Send the slip below to: **being a part of it all**, c/o Brunswick House, Strand Close, Hull, HU2 9DB

Please keep in touch with me about the older people's strategy: **being a part of it all**

Name:

Address:

Phone:

Email:

being a part of it all

published december 2008

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