

## Embedded and emerging good practice in health and social care

Aligned to the [Framework for Community Health and Social Care Integrated Services](#)

Health and Social Care Partnership: South Ayrshire				
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<b>Name of good practice: Staying ahead of the Curve: Addressing early frailty in localities, at a population level.</b>				
<i>Select (x) all areas that apply to your good practice (select more than one if applicable)</i>				
CLIENT GROUP	Children and young people		Older adults	X
	Younger adults			
SETTING	City	X	Remote & rural (incl islands)	X
	Corporate		Urban	
SERVICE AREA	Addictions		Management team	
	Admission avoidance	X	Mental health	
	Community care services incl care at home/care homes		Physical disabilities	
	Day services		Physical health	X
	Housing incl Homelessness		Primary care	X
	Intermediate Care incl Hospital at Home		Rehabilitation	
	Justice services		Social care services	
	Learning disabilities		Supported discharge	
	Other – please specify	Occupational therapy		
ELEMENTS of FRAMEWORK	Anticipatory care planning		Live independently at home or in a homely setting	X
	Assets based approach		Manage own care	X
	Connect with communities		Reablement	
	First point of contact		Seamless working with acute	
	Enhanced care in care homes / supported accom		Short term targeted interv to meet more complex needs	
	Fully integrated community teams	X	Teams aligned with general practice	X
	Other – please specify			
ENABLERS	Agile working	X	Information sharing	X
	Aligned plans		Infrastructure	
	Clarity of vision	X	Management information	
	Clinical and care governance		Shared accountability	
	Collaborative leadership	X	Strong team ethos	X
	Culture and values	X	Technology	
	Fit for purpose premises		Well-developed lead professional roles	
	Improvement capacity		Well-developed relationships	X
	Other – please specify			

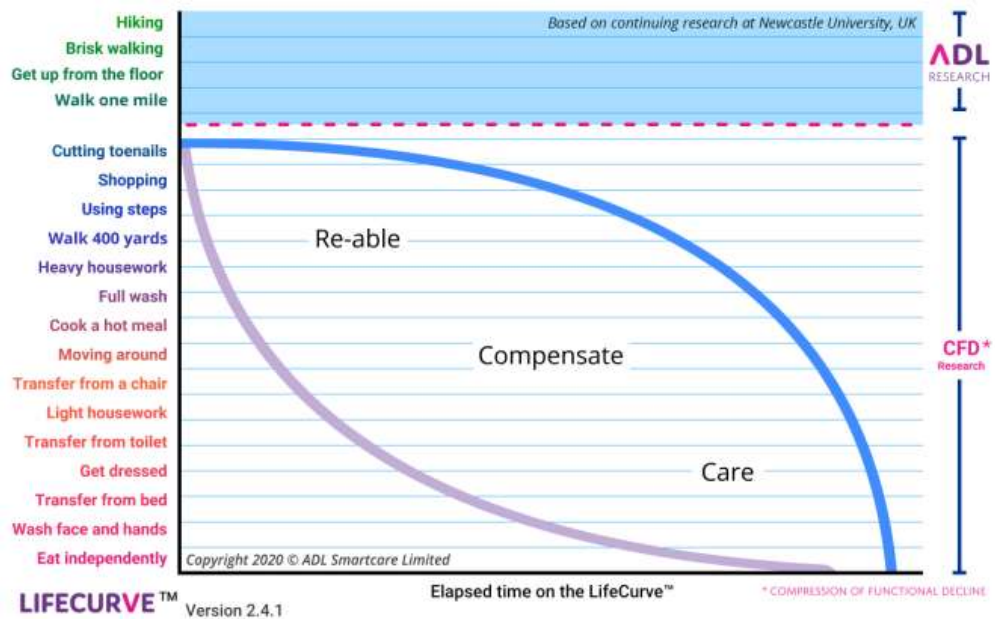
# South Ayrshire HSCP

## Staying ahead of the Curve: Addressing early frailty in localities, at a population level.

### Summary of situation

Frailty is a complex condition, associated with a decline in functions associated with ageing. These issues can include reduced mobility and falls, reduced appetite, reduced muscle strength and mental health decline. The life curve is a useful way of considering frailty and the impact upon functional performance. The life curve lays out the frailty journey in relation to the ability to carry out activities of daily living. Alongside the trajectory for people with no interventions – which leads to higher dependency and use of services, there is a better trajectory where there are interventions in place to mitigate and arrest the development of frailty.

South Ayrshire Health and Social Care Partnership (SAHSCP) recognised that without interventions to ameliorate the impact of frailty, then there would be an increasing demand on services, in terms of increase urgent admissions, increased use of home care and GP services etc.



### Actions taken

- Funding was secured from SAHSCP, to establish an Early Frailty service. This has been branded 'Staying Ahead of the Curve.' This is directly related to the Life Curve and maintaining independence.
- Six (Band 4) Occupational Therapy staff were recruited and were all in post by May 2022.
- Each of the 6 members of the team were assigned to a locality within South Ayrshire.

	<ul style="list-style-type: none"> <li>• The team have been developing extensive networks within their localities - by talking to and attending locality planning groups, community groups, shops and other community resources.</li> <li>• Profiling the importance of early interventions, in the maintenance of independence and encouraging individuals to self-refer into the service - to have conversations and co-create wellbeing plans.</li> <li>• Staff are working closely with toe cutting services - as difficulty cutting toenails is the first step on the Life Curve and is a pivotal time to give individuals advice on the maintenance of independence.</li> <li>• Measurement plan put in place.</li> </ul>
<b>Outcomes / impact</b>	<p>Six Occupational Therapy Assistant Practitioners embedded in the localities within South Ayrshire. This service encourages self-referrals from the public and each individual receives a health and wellbeing review.</p> <p>After this conversation takes place, a bespoke plan is co-created with Individuals, based on what matters to people.</p> <p>To date the most common interventions are documented below:</p> <ul style="list-style-type: none"> <li>• Falls prevention education (using Positive Steps booklets and Super 6 exercises) <a href="#">positive_steps_a5_jan2018.pdf(nhsaaa.net)</a> <a href="#">Strength and balance exercises   NHSinform</a></li> <li>• Referrals to Invigor8 (falls prevention classes)</li> <li>• Signposting to local social opportunities</li> <li>• Signposting to local transport solutions (eg MyBus scheme)</li> <li>• Support to attend Community resources</li> <li>• Support to re-engage with hobbies and activities to alleviate boredom and maximise wellbeing</li> <li>• Signposting and support to recognise family members as carers when appropriate</li> <li>• Confidence building sessions</li> <li>• Relaxation sessions</li> <li>• Carers support, and signposting onto appropriate organisations.</li> <li>• Early messages from the multi disciplinary team</li> <li>• Referral onto more specialist services</li> </ul>

**Measures / indicators of success**

106 referrals have been received since July 2022, with 77 of these being self-referrals (see graph below for referral sources).



Although it is still early, the team have begun to identify impact data. EQ 5D 5L is being used currently before and after input.

From 27 completed EQ 5D 5L

Pre average score - 11

Post average score – 9.5

Patient feedback


“Practical advice that I was given has helped my day to day activities”

“I feel much more confident!”

“I am over the moon with the service I received.”

**GIRFE principles:**

- 1. Focused on individuals care needs, ensures that every person is empowered and involved in MD decision making**
  - Approx. 30% of individuals referred to another member of the MDT, the team are in the process of getting training in all the early messages from the various MDT members. This will support early intervention in the widest sense.
- 2. Holistic assessment**
  - Holistic assessment carried out.
- 3. Early intervention**
  - Engaging with individuals at a population level, to profile the benefits of early intervention and encourage individuals to have early conversations about improving self-management.
- 4. Integrated working**
  - Working closely with third sector, SAHSCP staff and health.
- 5. Based on a human rights based approach**
  - Guided by human rights based principles of healthcare

<b>Even better if ...</b>	
One of the biggest barriers to the work is around the public's perception of when they need support. We will continue to work with our local communication team to profile the merits of Early Intervention.	
<b>NATIONAL HEALTH AND WELLBEING OUTCOMES</b>	
1. People are able to look after and improve their own health and wellbeing and live in good health for longer.	X
2. People, including those with disabilities or long term conditions, or who are frail, are able to live, as far as reasonably practicable, independently and at home or in a homely setting in their community.	X
3. People who use health and social care services have positive experiences of those services, and have their dignity respected.	X
4. Health and social care services are centered on helping to maintain or improve the quality of life of people who use those services.	X
5. Health and social care services contribute to reducing health inequalities.	X
6. People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	X
7. People who use health and social care services are safe from harm.	X
8. People who work in health and social care services feel engaged with the work they do and are supported to continuously improve the information, support, care and treatment they provide.	
9. Resources are used effectively and efficiently in the provision of health and social care services.	X
<b>Health and Social Care Scotland's 5 Essential Elements</b> ( <a href="#">click link to listen to statement of intent</a> )	
1. Transforming the approach to improving health, wellbeing and independence	X
2. Building stronger community care systems and primary care services	X
3. Establishing a new focus on mental health	
4. Securing a sustainable acute hospital service and specialist care service	
5. Strengthening future partnerships to ensure a modern sustainable workforce	
Links to any published reviews/evaluations	<b>Additional files on good practice example webpage:</b> <ul style="list-style-type: none"> <li>• <b>IJB Frailty Report</b> (<i>see Additional File 1</i>)</li> <li>• <b>3-minute Brief MDT Implementation Group (Dec 2022)</b> (<i>see Additional File 2</i>)</li> <li>• <b>Staying Ahead of the Curve poster</b> (Feb 2023) (<i>see Additional file 3</i>)</li> <li>• <b>Case study</b> (<i>see Additional File 4</i>)</li> </ul>
Before submitting this example of good practice please ensure approval and sign-off by your head of service / chief officer.	
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