

Prevention and Early Intervention Strategy 2024 - 2028



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Message from the Director of Adult Social Care and Wellbeing

Prevention and early intervention services in adult social care are critical components for improving a person's physical, mental and emotional wellbeing, helping them maintain independence and a higher quality of life. We will focus on preventative services that can help reduce loneliness and social isolation by connecting individuals with community resources and social networks to enable all our residents to live their largest lives. This strategy sets out a framework for how we will work with people to retain or regain their health, independence, confidence and intervene early to prevent the need for care and support. Our ambition is for all of our residents to live independently, for as long as possible in a place they call home, for as long as they choose.



"Our vision for adult social care is to support people to live their largest lives by building on their strengths, social networks and community connections equitably and responsively to promote health, wellbeing and independence by way of co-designed solutions that meet outcomes and needs."

Cath Gormally, Director of Calderdale Adult Social Care and Wellbeing

The Care Act 2014 places a legal duty on local authorities to:

- Promote a person's wellbeing
- Provide preventative services and
- Prevent or delay the needs for formal or informal care and support and reduce the needs that already exist.

This strategy, therefore, has two aspirations:

1. To work proactively to build residents' skills and resilience, and
2. Make positive and sustainable changes in the community.

To accomplish this, we will:

- Identify the prevention services that are available in the local area and the extent to which we utilise them
- Assess the methods by which we can identify individuals in the area who require care and support but are not receiving it, whether through the local authority or otherwise
- Combine these elements to develop a comprehensive plan for delivery over the next five years.

What do we mean by prevention?

Prevention in the context of the Care Act 2014 is about taking proactive steps to maintain and improve wellbeing, reduce the incidence of care needs and delay the need for more intensive support. By focusing on prevention, the Care Act seeks to create a more sustainable and person-centered social care system that prioritises long-term outcomes for people and communities.

Prevention in relation to adult social care services focuses on four main areas:

1. Supporting people to live as healthily as possible, both mentally and physically
2. Reducing the need to use health services, including primary care, emergency services and hospitals
3. Preventing or reducing the escalation of health issues and
4. Supporting people to remain as independent as possible.

When considering our adult social care prevention approach, we recognise that:

- Prevention isn't a standalone principle but one which links closely with wellbeing, empowerment, and partnership
- It should be an ongoing consideration, rather than something that happens only once before people develop more significant needs and,
- The duty to prevent needs from developing or increasing is distinct from the duty to meet eligible needs.

Our responsibility to prevent needs from developing applies to all adults living in Calderdale.

It is separate from our legal duties under the Care Act to meet the needs of eligible adults for care and support and to provide support for carers.

Preventative approaches can be divided into three categories: prevent, reduce and delay. This approach ensures a process that both reduces and delays needs.

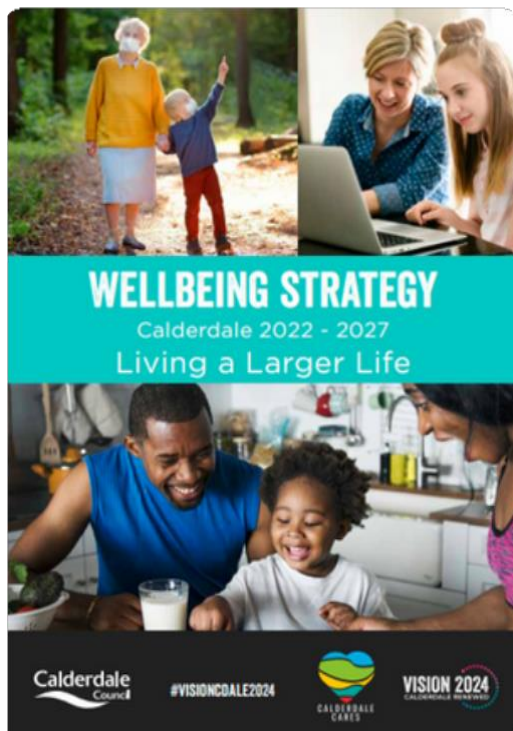
Prevent: This applies to everyone. A range of services, facilities and resources are provided that help avoid the need for care and support by maintaining people's independence, good health and overall wellbeing.

Reduce: Targeted at people at risk of developing care and support needs. Support may slow this process or prevent other needs from developing.

Delay: Aimed at people with established complex health, wellbeing and mental health conditions. To minimise the effects, support is provided to regain skills and reduce their needs wherever possible.

National and local context

The need for adult social care is increasing nationally and locally. To deliver this strategy, we need to think differently, work collaboratively and encourage innovative solutions to challenges that already exist or may arise. This strategy will deliver more personalised and joined-up services.



This strategy outlines the preventative work already in place and in development across our Adult Social Care and Wellbeing Directorate. It supports Calderdale's overarching Health and Wellbeing Strategy, 'Living a Larger Life,' which promotes good health and wellbeing throughout the course of our lives and has four priorities:

- **Starting Well.** For babies, very young children aged 0-5 and expectant families.
- **Developing Well.** For childhood and young adulthood (aged 6 to 25 years).
- **Living and Working Well.** For working-age adults.
- **Ageing Well.** With a focus on older people aged 50 and over.

Calderdale Council is committed to delivering services that prevent, reduce and delay the need for long-term care and support. Reducing inequalities is the first of three overarching priorities.

1. Reducing and challenging inequalities and the causes of deprivation, focusing on individuals and groups who experience the most disadvantage and discrimination.
2. Ensuring that residents have access to high quality social care and health services.
3. Promoting physical and mental well-being through various community initiatives and support services.



Our Wellbeing Principles

We have developed six Wellbeing Principles to help deliver our Adult Social Care strategy and this Early Intervention and Prevention strategy. These principles are a benchmark against which Calderdale Adult Social Care, our residents, people who use our services and their carers can measure our performance.

Principle 1

We will listen to you, determine outcomes that matter to you, draw upon your strengths and connect you to local voluntary and community groups.

Principle 2

We will ensure that you have the correct information and advice you need to make informed choices about your care and support needs.

Principle 3

We will continue to work with you and learn from you to improve the quality and consistency of our services.

Principle 4

We will promote equality and diversity in our communities and workplaces to ensure that everyone is treated equally and respected in the same way.

Principle 5

We will work with you to strengthen your sense of safety, wellbeing and belonging.

Principle 6

We will be accountable and transparent about the outcomes delivered by Adult Social Care and support services, enabling local people to hold us accountable for the quality of services we provide, commission or arrange.

Prevent, Reduce and Delay Services

Within the approaches to prevention, a range of support is available which cover universal, early intervention and formal services. Some of these include:



Prevention/Universal Service

- Information and advice
- Support for safer neighbourhoods
- Activities that promote healthy and active lives
- Schemes to reduce loneliness and isolation
- Support with mental health and wellbeing
- Discussions about preparation for the future



Reduce/Early Intervention Services

- Falls prevention
- Carers' support
- Housing adaptations
- Support to manage finances
- Technology/equipment for the home



Delay/Formal Intervention Services

- Rehabilitation and/or reablement services
- Meeting a persons' needs at home
- Respite care
- Safeguarding interventions
- Mental health support

Most people contacting Calderdale Adult Social Care will be in touch via Gateway to Care, our social care 'front door'. After discussions with staff, people will be signposted accordingly and given choices, information and advice to promote their independence and wellbeing.

Prevention services for carers

A carer is someone who provides unpaid support and care to an adult (18 or over) who may be a relative, partner or friend who is ill, frail, disabled or has mental ill-health or substance misuse problems. A carer may provide emotional support, medical care, personal care, physical care and/or domestic tasks.



Development of skills and knowledge

Support to help develop carer's knowledge and skills to effectively care for their loved one and to manage their own health and wellbeing.



Information, advice and support services

Advice about choices and options available to carers and the person they care for, which may include advice and support with benefits, IT and equipment.



Replacement/respice care

Replacement/respice care to ensure the carer has time to manage their own wellbeing and retain their resilience.



Peer and support groups

Access to peer support groups to maintain social connection, reduce isolation and provide information and guidance.



Support for people with care and support needs

Support or services for the person to enable the carer to manage their caring role.

We will ensure that prevention and carer identification occur in every contact, in whatever form. This may include people accessing universal services and community groups, initial requests for information and advice, assessments, support planning and reviews.

Our early intervention and prevention key priorities

To promote our early intervention and preventative approach across Calderdale Adult Social Care, we will focus on three key priorities:



Reducing social isolation and loneliness

- Offering connections and creating opportunities for social interaction for residents across Calderdale
- Providing education and training to enable the workforce to identify social isolation and loneliness and offer support to people in the community as required.



Ageing Well

- Working closely with Housing colleagues, Public Health and the VCSE to offer opportunities to improve physical health from young adults into later life.
- Providing education and information to encourage and enable people to age healthily and well.



Advice, guidance and information

- Enabling people to make informed choices about their needs.
- Promoting choice and control to prevent or delay the need for care and support.

Key priority 1

Reducing social isolation and loneliness

Social connections

- We promote and provide inclusive spaces within the community to offer social connections.
- We understand the needs of our residents in rural communities and those requiring specialist provision.
- Our wellbeing principles will be embedded and improve the quality of life for Calderdale residents.

Providing support

- Through the broad network of our community assets, residents will have access to a wide range of activities and support.
- We offer a wide range of services to support people through key life changes and events.
- We work to reduce social isolation and loneliness by working together with our key partners.

How we will achieve this

- Working with our housing and community colleagues and the VCSE, we will promote community services such as libraries, museums and leisure centres as inclusive spaces. We'll also work closely with Public Health to support the development of the Staying Well Hubs.
- We will review our transport offer to ensure the inclusion of people requiring specialist provision and residents of rural areas.
- We will embed our wellbeing principles, focusing on our primary services (advice, guidance, information, libraries, museums and the Adult Social Care front-door 'Gateway to Care').
- We will strengthen our support for people following life-changing/key events.
- We will provide our staff with training and education to ensure they identify social isolation and loneliness at the earliest opportunity and offer support/signpost appropriately.

Key priority 2

Ageing Well

Confidence and opportunity

- Working closely with Active Calderdale, we have embedded consideration of physical activity into every initial conversation, assessment and review as part of our 8P strength-based practice framework.
- Workforce will identify the risks of falls at the earliest opportunity.
- This will promote confidence to be physically active and we will support people to access opportunities.
- We will work hard to identify risk and prevent falls and we will encourage those people who have been 'inactive' for a period of time, for example following a hospital stay or illness/injury to build the confidence to be more physically active.

Physical activity and access

- Access to a range of classes that support strength and balance.
- Increased access to a range of equipment at the right time to prevent a decline in people's physical health.
- Access to advice and support regarding benefits.
- A wide range of appropriate and adequate housing to meet a person's changing needs throughout their life.
- Access to adaptations to homes.
- Access to leisure services and green spaces across our local communities.

How we will achieve this

- When people contact us or use our services, we consider whether they may be at risk of falling so we can offer early help, advice or support.
- We will work closely with our housing colleagues, NHS colleagues and PCNs to reduce the barriers to accessing equipment and assistive technology as well as ensure people receive it when they need it.
- We will work closely with housing colleagues and support the implementation of the Housing Strategy to ensure that suitable, local housing is available for people as their health and wellbeing needs evolve.

Key priority 3

Advice, guidance and information

Self-management

- Robust carers support offer in place.
- Analyse trends/data to co-produce and shape future service provision in coproduction with those who use our services and their carers.
- Provide a broad range of information that is inclusive and caters to the diverse needs of our residents.

Choice and control

- Emphasise individual strengths, which consider all aspects of life, using our 8 Ps strength-based practice model and jointly agree on goals to promote well-being. [8Ps Framework FINAL.pdf](#)
- A preventative approach is embedded across all areas of the local authority to maximise people's independence.
- Provide high-quality advice, guidance and information that is easy for people to find, enabling them to maintain control and exercise choice at whatever point in their life.

How we will achieve this

- Through our newly designed front-door Gateway to Care, we will collect data when people contact us to help us better understand the needs of the local population, ensure we have the right services available to meet these needs and target inequalities.
- We will ensure information is available in a range of formats and is easy to find, mindful that not everyone can use or has access to the internet. We will work with the Calderdale Learning Disability Partnership to ensure that our communication is inclusive and accessible.
- We will continue to develop our reablement offer to enable more residents to access the service.
- We will work closely with Carers to ensure we provide the right support, at the right time, and at the right place.

Monitoring our progress

Our success will be measured several ways, and we will track our progress towards achieving our Early Intervention and Prevention Key Priorities and Wellbeing Principles.



Transformation Plan

- Our transformation plan includes a focus on early intervention and prevention.
[x here](#)



Assurance Boards

- We will provide details of our progress to the CQC Assurance Board chaired by the Chief Executive of Calderdale Council. Additionally, we will provide Scrutiny and Cabinet with updates during Member's Briefing sessions.
- We will provide monthly updates of our progress to the Adult Social Care and Wellbeing Directorate Assurance Board.



Working with our partners and those who draw on our services

- We will review our successes and priorities with our residents and those who draw on our services and their carers.
- We will set up task and finish groups with our key partners to ensure we work collaboratively and jointly monitor progress.

Moving forward

We recognise that our key priorities of early intervention and prevention cannot be delivered in isolation and the successful delivery of this strategy will only be achieved through collaborative working to provide a joined-up approach for the residents of Calderdale.

We are collaborating with people who use our services, carers and key partners to refine this strategy further. Our primary objective is to ensure that our key priorities have the greatest possible impact on the outcomes of the residents of Calderdale.



