

Ageing Well in Cheshire East Programme
A plan for people aged 50 and over
2012-16

Suggested Letter from the Council Leader:

We believe that Cheshire East is a good place to live and to grow old. We also recognise that the older people who live in Cheshire East contribute a great deal of talent, experience and knowledge to our communities. Through the Ageing Well Programme, we want to enable our older population to;

- Have a strong voice in influencing local policy and services
- Take and maintain responsibility for their lives
- Remain healthy and active
- Retain their independence
- Be able to access services
- Benefit from and contribute through employment, volunteering and learning
- Live in a safe environment that maintains links with family and friends
- Maintain their roles as partners, carers, grandparents, employees

Cheshire East has the fastest growing ageing population in the North West¹; by 2033 more than 45% of our population will be over 50 years of age². The Ageing Well Programme aims to ensure that services are planned in such a way that they will continue to meet the needs of our population as more of us live for longer. The Programme is bringing together local people, communities and organisations to make those plans and to ensure that they become a reality.

The Ageing Well Programme focuses on the three stages of ageing and as you read through this document you will see how the programme aims to support our older people at each stage:

- Planning for later life
- Living well during later life
- Having access to services if required

The programme's success depends upon everyone taking responsibility for our older population. As individuals, we can all play a part by taking responsibility for preparing for our own later lives and keeping ourselves healthy. At the same time, our services must continue to support older people to retain their independence and the public, private and voluntary sectors must work together to make the best use of their resources.

The Ageing Well programme aims to make Cheshire East a better place to grow old. If the programme is successful then Cheshire East will see a fundamental cultural and organisational shift, so that over time:

- Older people will have more choice and control, can receive the help they need and are valued and respected within their communities
- Public, private and voluntary sectors will work with communities to ensure that services, facilities and resources are accessible and able to meet demand
- Services and support will be locally based, cost-effective and sustainable

Cheshire East Council is committed to leading the Ageing Well Programme and we hope that you will agree to work with us to make the programme a success for all our older people.

Signature and photo

Introduction to the Programme

What does “Ageing Well” mean?

Ageing Well means different things to different people and we all have different hopes for, and expectations of, our later life. Our priorities may change as we get older, and our own definitions of Ageing Well may change as a result.

When we asked older people what would help them to age well, they identified a wide range of issues that have an impact, either positive or negative, on older people’s wellbeing. The issues that were raised most often gave us the basis for the work streams within the Ageing Well Programme:

- Care and Support services
- Community Safety
- Healthy Ageing, Culture and Learning
- Housing
- Income and Employment
- Transport

What was clear from our discussions with older people is that Ageing Well is not just about staying physically and mentally healthy, important though that is. Ageing Well encompasses every aspect of an older person’s life, including their ability to stay involved and connected with other people, having their contributions recognised, feeling safe and being able to stay independent for as long as possible.

What is the Ageing Well Programme?

Cheshire East has the fastest growing ageing population in the North West and the Ageing Well Programme was set up in July 2010 to provide a response to this demographic challenge, particularly as the increase in the number and proportion of older people within our communities is taking place at a time when public sector resources are shrinking. These factors present us with a unique and significant challenge, however the Ageing Well Programme is not just about tackling the perceived “problems” of providing services to an increasing number of older people; the programme also aims to make Cheshire East a place where independence, wellbeing and participation of older people is supported and developed.

In the course of our discussions with local people and partners about the Ageing Well Programme, we have agreed a vision and a set of principles that will underpin our work;

Our vision

The ageing population of Cheshire East represent an enormous resource in terms of talent, experience and knowledge.

“Ageing Well in Cheshire East” will seek to make the borough a good place to grow old, by maximising the opportunities for the ageing population to prepare for the later stages of life, maintain their quality of life during later life and have access to person centred services when required.

Our principles

To enable our ageing population

- To have a strong voice in influencing local policy and services
- To take and maintain responsibility for their lives
- To remain healthy and active
- To retain their independence
- To ensure access to services
- To benefit from and contribute through employment, volunteering and learning
- To live in a safe environment that maintains links with family and friends
- To maintain their roles as partners, carers, grandparents, employees, etc

We see the Ageing Well Programme as a journey that we are taking with and for local people. No one person or organisation has all the answers to the challenges that we face, and we are relying on strong partnerships and good communication to help us to deliver the vision described above.

The programme partnership is made up of local people and organisations from the public, private and voluntary sectors and consists of the six work streams listed above. There is also a work stream looking at communication and engagement. Each work stream is led by a member of staff from one of the partner organisations and each work stream has identified a set of priorities which are described in more detail on pages X-Y. These priorities have been discussed and agreed with local people.

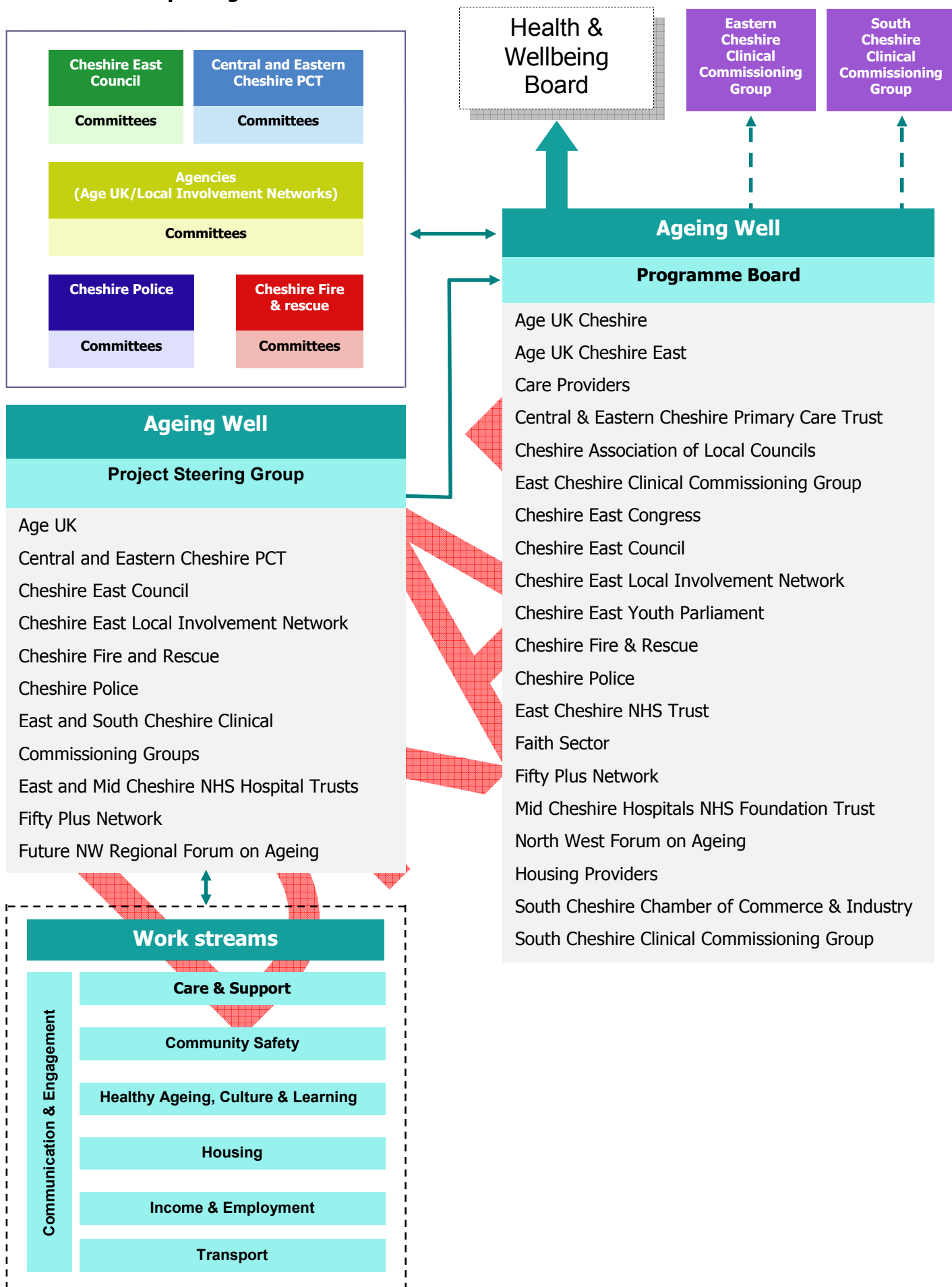
The programme is overseen by a Programme Board which is responsible for leading the programme and ensuring it delivers its plans. The Programme Board membership includes representatives from a range of different sectors as well as members of older people's forums. The Ageing Well Programme Board is planned to be a sub-group of Cheshire East's Health and Wellbeing Board.

What do we want to achieve?

If the programme is successful then Cheshire East will see a fundamental cultural and organisational shift, so that over time:

- Older people will have more choice and control, can receive the help they need and are valued and respected within their communities;
- Public, private and voluntary sectors will work together with communities in a seamless way to ensure services, facilities and resources meet demand and are accessible;
- Services and support will be locally based, cost-effective and sustainable.

Ageing Well Programme Governance Reporting Structure



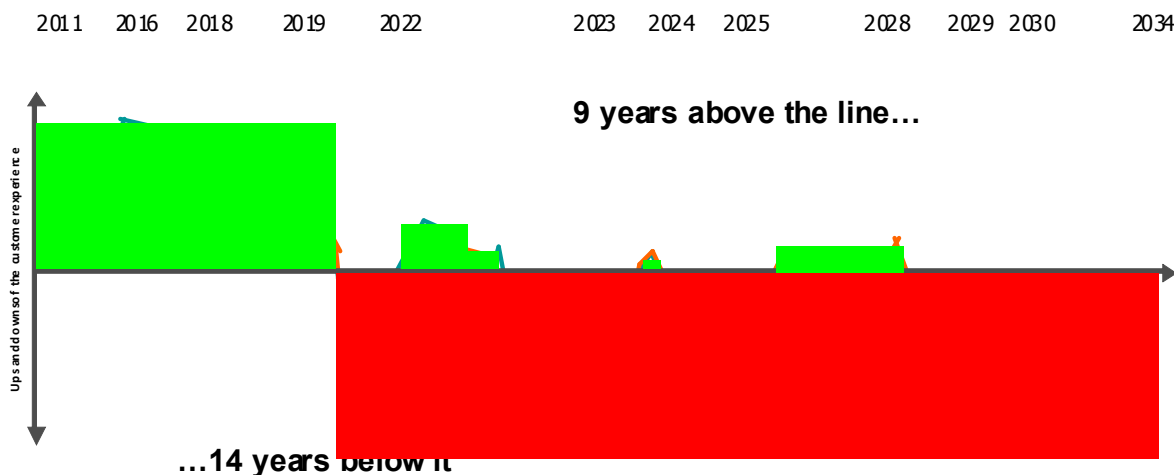
What difference will the programme make to older people's lives?

As we described earlier, "ageing well" means different things to different people. Excellent Ageing Lincolnshire have developed a scale of wellbeing and happiness to measure the impact of their own ageing well programme and there are many lessons that we can apply within Cheshire East from the work done in Lincolnshire.

Excellent Ageing Lincolnshire looked at the journey of a typical couple, "Mr and Mrs Smith" over the course of twenty years from retirement onwards, based on the experiences of a real local couple.

Over the course of two decades, Mr and Mrs Smith experienced debt, long term health problems with diabetes, acute illness and disability, caring responsibilities, loss of independence, bereavement and isolation. They came into contact with a wide range of different services over the years, but despite everyone's best efforts, they still spent the majority of their later life below the wellbeing and happiness line.

Mr and Mrs Smith's ups and downs



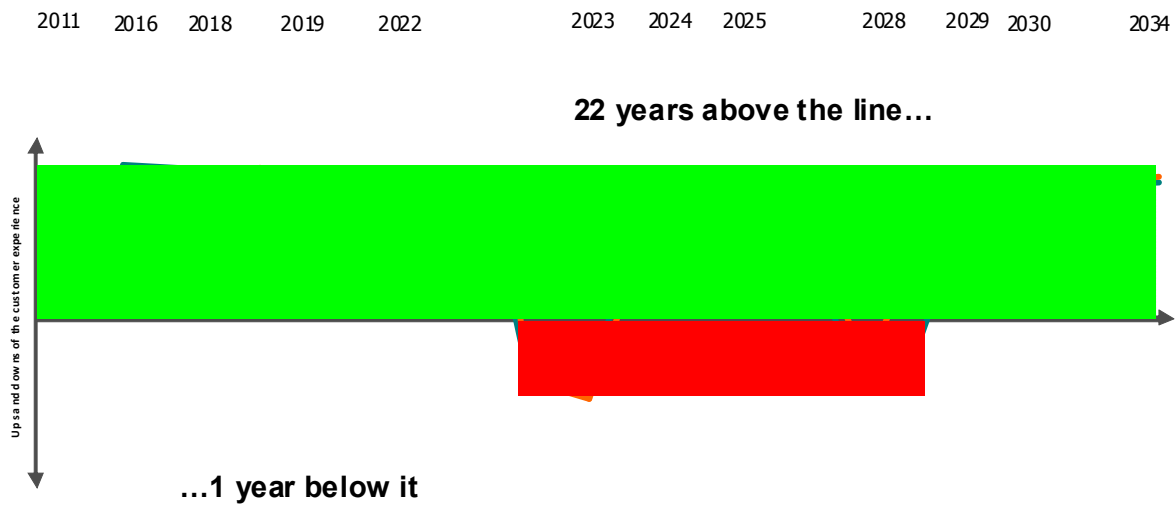
Excellent Ageing Lincolnshire then looked at how the Smiths' journey could have been improved if different approaches had been taken at various key points in their journey.

This included offering more information and training pre-retirement to help the couple plan their finances and remain active in their community through volunteering and social clubs.

They also had better access to preventative services which helped the couple to maintain a healthy lifestyle and avoid developing some of the health problems they had experienced previously.

Information and services were well co-ordinated, which made it easier for the Smiths to find out the help available in relation to a range of issues, including financial planning, driving skills and benefits. As time went on, the Smiths were supported to stay living in their own home by a multi-skilled team including a meals delivery service and telecare.

What could their journey look like?



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What do we know about older people in Cheshire East?

Information about our older population comes from a range of different sources. The main source for the local data shown below is the Joint Strategic Needs Assessment for Cheshire East. Where local data is not available, we have used reliable national information sources and references are available at the end of this document.

In addition to the facts and figures shown below, we have included the comments of local people who attended events to give us their views about living in Cheshire East.

Older people feel positive about:

- Cheshire East is generally a good living environment where people feel safe
- We have good quality statutory services
- The police support local communities
- We have thriving voluntary organisations and faith organisations
- There are good opportunities for volunteering,
- There is a good sense of community in some areas
- There is a good variety of accommodation available, including extra care housing
- Local colleges provide good opportunities for older people
- There is good access to transport in our more urban areas

Older people had concerns about:

- Variation in quality of life and life expectancy across the area
- Levels of apathy among older people
- Our responses to social exclusion need to be more innovative and creative
- Services feel disjointed
- Communication about services available is ineffective
- Issues affecting our rural communities, including social isolation, fuel poverty, hidden poverty, decline in village life, closure of post offices, poor broadband access and poor public transport links
- Variable quality of care, particularly in care homes and making decisions about care
- Improving access to services is not just about addressing physical issues; we need to address people's perceptions

In the course of developing the Ageing Well Programme, we have learned a great deal about the older people living in Cheshire East and the contributions that they make to our local communities. It is encouraging to hear that more and more organisations, including statutory bodies and our Local Area Partnerships, are recognising the contribution that older people can make and are calling upon older people to use their expertise and boost local economies, the environment and improve the quality of life for local residents.

We have also heard stories about the many thousands of people in Cheshire East who are over 50 and who are leading richly rewarding and full lives, helping in the voluntary sector, schools, and supporting statutory organisations to deliver services such as home safety checks. Many older people are also actively involved in activities within their local communities and there are numerous organisations that are run by and for people over 50.

The vision for our programme involves making Cheshire East a good place to grow old; it has become increasingly clear to us that the group of people most likely to make this vision a reality are older people themselves.

Demographic Data

By 2033, it is projected that 45% of the local population will be over 50 years of age, an increase of 33% or 46,300 additional people from 2008. During the same period the proportion of the population over 65 years is projected to increase by 72% (48,100 additional people), whilst the proportion of the population over 85 years is projected to increase by 188% (16,700 people).

Life Expectancy

In the UK, a newborn baby boy can now expect to live over 78 years and a newborn baby girl over 82 years - life expectancy at birth in the UK is now at its highest level on record for both males and females³.

Life expectancy for males and females in Cheshire East is the highest in the North West and higher than that for England.

In Cheshire East, life expectancy varies significantly from one area to another. Life expectancy for men varies by almost 11 years across Cheshire East, from 83.8 years in parts of Wilmslow to 72.9% in parts of Crewe. Whereas for women life expectancy varies from 93.8% in parts of Macclesfield to 77 in parts of Crewe, a variation of almost 17 years across Cheshire East⁴.

Older people and poverty

Despite increases in pensioner incomes over the last fifteen years, in 2009/10, 16 percent of pensioners in the UK were living in poverty. Two-thirds of these pensioners were women⁵.

Employment

May to July 2011 70.7 per cent of men and 59.4 per cent of women aged 50 and over in the UK were in paid employment. During the same period, 11.6 per cent of men and 6.2 per cent of women aged over 65 in were employment⁶.

Living arrangements

Older women are more likely than older men to live alone and the percentage increases with advancing age. In 2009 in Great Britain, 32 per cent of women aged 65-74 lived alone compared to 22 per cent of men in this age group; for those aged 75 and over the proportion living alone increases to 60 per cent for women compared to 36 per cent for men⁷.

Mental Health

It has been estimated that 40% of older people attending GPs, 50% of older general hospital patients, and 60% of older care home residents have mental health problems⁸.

Like any other group, older people experience a range of common mental disorders, which include dementia, depression, anxiety, phobias, obsessive-compulsive and panic disorders. The vast majority of older people with mental health problems receive no care. Dementia and mood disorders are the most frequent causes of admission to hospital for mental illness for people aged 65 and over⁹.

Dementia

The number of people aged over 50 with dementia living in Cheshire East is set to almost double by 2030, from 5,300 in 2009 to 9,100 in 2030¹⁰.

Disability Free Life Expectancy

Many older people live with health conditions which impact on their daily lives. These include diabetes, respiratory conditions, Parkinson's disease, circulatory diseases, rheumatoid and osteoarthritis, continence problems, depression and visual and hearing problems.

One measure of people's quality of life is Disability free life expectancy, in other words, how old someone can expect to be before they develop any serious complications with their health. In Cheshire East, disability-free life expectancy for males ranges from 60.9 years in the Crewe area to 67.5 years in the Poynton area. Disability free life expectancy for females ranges from 63.2 in Crewe to 68.5 in Wilmslow¹¹.

Healthy Lifestyles

Smoking is linked to both cardiovascular disease and cancer. Although giving up smoking at an earlier age is more beneficial for health, smokers who give up later in life can still attain health benefits. It was estimated that around 17% of people setting a quit date with NHS Stop Smoking Services were over 60 in 2008/09¹².

Being overweight or obese is linked to a range of health conditions, including cardiovascular disease, cancer, diabetes and osteoarthritis. The prevalence of people who are overweight or obese has increased across all age bands, with the percentage of those aged 65-74 classified as obese rising by 12.4% between 1993 and 2005¹³. In Cheshire East, the number of people over 65 classified as being obese is set to rise from 18,300 in 2010 to 26,900 in 2030.

Work Streams

When we asked older people what would help them to age well, they identified a broad range of issues that have an impact on older people's wellbeing. What became clear very early on in the development of the programme was that whilst health and social care are important issues to older people, they are not the only things that affect someone's wellbeing and should not be viewed in isolation from all the other areas of a person's life. As a result, the Ageing Well Programme encompasses issues from culture to housing and the breadth of the programme has resulted in connections being made between issues, organisations and services that may not have worked together in the past.

The issues that were raised most often in our conversations with local people became the work streams within the Ageing Well Programme and these are described in more detail below. Each work stream has also developed a vision and identified a set of five priorities that they will focus on over the five year course of the programme.

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Care and Support Work Stream

As more people live longer, more people will need help with health and personal care. For many, this care is provided by family, friends and neighbours, however this informal care may not be available to people who live alone or have no family close by. The demand for formal care provided by social care, the NHS and the third sector will continue to increase as the number of people living longer in Cheshire East rises.

Older people are the biggest group of people receiving care but are also the biggest group of carers, including roles caring for spouses or partners, grandparents, older parents or adult children with disabilities. The Care and Support work stream work aims to support both older carers and those who need care themselves to have a healthier and improved quality of life.

The focus of this work stream is on helping people to stay healthy and independent by providing services that prevent ill health and maintain quality of life. This approach will help people to stay in control of their lives for longer and decrease their dependency on care services.

This work stream encompasses the wide range of support and care services provided in Cheshire East. These services support all older people including those with severe or chronic physical diseases, disabilities, mental health and learning disabilities.

Services such as Reablement and Intermediate Care provide short-term intensive support at times of crisis to enable people to get their independence back as quickly as possible.

People who require longer-term social care services have the opportunity to choose and purchase care that they control to meet their personal needs through personal budgets.

Our Vision

Older people will have information and access to support that enables them to maintain their health, independence and a good quality of life. If a person has a need for care services these will be provided in a way that offers choice and control whenever possible, whilst also responding to the short and long-term needs of the individual and their families.

Our Priorities

- Expand the range of low-level prevention and early intervention services through partnerships with third sector organisations, including volunteer and befriending services (Preparation)
- Promote dignity and respect and health and well being (Living Well and Access)
- Increase access to technology and equipment to help people to stay independent at home (Living Well)
- Work with carers to improve the support and service available, Providing better joined up care for people and their carers (Access)
- Develop the links between health and social care integrated teams, GPs and hospital services, integrating services in times of crisis (Access)

Community Safety Work Stream

There are clear links between the levels of crime in an area and reported quality of life for local residents. Cheshire East is one of the safest places to live within the UK with low levels of crime and disorder reported throughout the borough, however there are pockets of crime across the area, including particular crimes that are targeted at older people such as door step crime and bogus callers.

The Safer Cheshire East Partnership* is responsible for community safety across all of our population, but their work includes carrying out regular reviews of information about crime relating to older people and putting measures in place to address this. The work may be linked to specific areas where door step crime has been recently committed, providing advice, guidance and equipment to ensure that elderly people are safe within their own homes.

Agencies use a range of different methods to identify vulnerable older people and ensure that resources are put in place to reduce the likelihood of them becoming victims of crime. Cheshire Fire and Rescue Service have been carrying out Home Safety Assessments throughout Cheshire East for a number of years whereby Fire Officers or Advocates visit properties to discuss fire safety issues, installing smoke alarms if necessary.

The Fire Service also works in partnership with Age UK Cheshire to provide Springboard contact assessments which help to identify whether people can benefit from a range of early interventions to help them to live independently & safely in their homes.

*The Safer Cheshire East Partnership consists of: Cheshire Police, Cheshire East Council, Cheshire Fire and Rescue Service, Youth Offending Service, National Probation Service, Registered Social Landlords and many other voluntary organisations.

Our Vision

Fewer older people will be victims of crime and anti social behaviour and older people will be safer within their homes and will be at less risk of fire related incidents within the home.

Our Priorities

- Carry out community engagement events to provide practical advice, guidance and equipment on home and personal safety to older people (Preparation)
- Older people will be given priority for Home Safety Assessments (Living Well)
- Provide extra resources in areas where vulnerable older people may be susceptible to door step crime or bogus callers (Living Well)
- Encourage agencies to work in partnership to support more vulnerable older people through the Individuals at Risk Scheme (Living Well)
- Use the Springboard contact assessment to ensure that older people are referred to early intervention services (Access)

Healthy Ageing, Culture and Learning

Across Cheshire East there is a wide range of opportunities for older people to take part in physical activities such as Tai Chi, seated exercises, walking programmes, swimming, bowls and gentle exercise to music.

Maintaining healthy lifestyles throughout life is vital in helping people to stay healthier and independent for longer and helping people to enjoy more years of life without limiting long term illness.

The health and wellbeing of older people is currently addressed mainly through traditional NHS and social care routes, and although many services and projects exist to meet the health needs of the current generation, there are some areas where services overlap, and others where there are gaps in the services provided.

Currently, services tend not to be based on intelligence about the needs of a particular locality and limited planning is carried out to address the future health needs of our population.

Our Vision

People will live longer and fuller lives and will experience more years of good health without long term illness. We will build on the skills and resources which exist within our communities to produce positive health outcomes.

Our priorities

- Improve information available to older people on learning, cultural and health and well being opportunities, by developing a range of appropriate formats, publishing these in the right places and checking that they are getting to the right people (Preparation)
- Increase participation in activities to improve health and well being by making sure that these activities are designed to meet people's needs (Living Well)
- Reduce the effects of social and economic isolation by building support in local communities such as volunteering opportunities and intergenerational activities as well as ensuring access for all (Living Well)
- Continue to consult with older people on what services would best support them to live longer and healthier lives so that the most suitable services can be commissioned and delivered in the most appropriate way (Access)

Housing

Older people's health, well being and quality of life are so closely linked to the suitability of their homes and neighbourhoods that connections across housing, health and social care are critical to ensuring independence in later life. Problems with poor housing conditions, unsuitable housing and difficulty with mobility in and around the home may significantly compromise a person's independence.

Most older people in Cheshire East wish to remain living in their own homes, whether as an owner or a tenant. However, as we get older our housing needs change. We may need support to be able to continue to live in our own homes, or we may want to move into housing more suited to our needs. As well as providing support for older people today we must also meet the challenge of making sure that the right type of housing and support is available for future generations of older people.

Older people are supported to live at home for longer through a range of solutions including home adaptations, community support programmes and housing support services. Housing related support has been expanded to include people who own their homes and with the projected increase in our 85 plus age group, we anticipate a significant increase in the number of adaptations required, particularly bathroom adaptations

Local communities have been involved in bringing about improvements to homes and services, including the remodelling of sheltered housing accommodation, the development of new build schemes such as specialist Extra Care Housing, the development of equipment and adaptation services, and handyperson services.

Our Vision

There will be a range of housing options that will enable older people to retain their independence. Older people will have the opportunity to reside in good quality, accessible and adaptable housing with access to support services and advice.

Our priorities

- Working through the Local Development Framework, continue to ensure that sites are allocated specifically for specialist housing for older people. Develop good practice guidance to ensure that provision is in the right location and close to amenities. (Preparation)
- Improve the quality of information and advice available to older people so they are able to make informed choices about specialist housing and housing related support services (Preparation)
- Tackle fuel poverty and improve the energy efficiency and condition of older people's homes through improved information and targeted awareness campaigns (Living Well)
- Develop the home improvement agency service to reach the most vulnerable older people and expand the range of handyperson services on offer (Access)
- Provide housing related support services that are accessible to everyone who needs them. Strengthen the links between housing support and specialist providers who can deliver services using personalised budgets (Access)

Income and Employment

The links between poverty, poor health, life expectancy and of having a sense of well being are widely recognised; our levels of disposable income affect the way we live, the quality of our home and work environment, and our ability to contribute to and participate in our communities.

The rise in the proportion of those aged over 50 will be accompanied by a decrease in the numbers of younger people in the local labour market, so local employers will need to recruit & manage more older workers to make up the shortfall. It is predicted that in the next twenty years 40% of those in employment in Cheshire East will be over 50.

We should note, however that financial concerns are only one of several reasons why many older people want to work; many wish to learn and continue to develop and utilise their abilities in their later years to the benefit of the community and themselves.

Many people, including those on low incomes, do not collect all the benefits and grants that are due to them. There are a variety of reasons for this, including a lack of knowledge, social stigma and difficulty accessing public services due to lack of transport in rural areas.

Access to good financial advice is becoming increasingly important so that people are able to manage their finances, make informed choices including decisions relating to personal debt.

Our Vision

We will make better use of the wealth of skills and experience we have in the borough by challenging stereotypes and promoting age positive employment.

Older people will maximise their incomes by making sure that they are claiming all the entitlements that are due to them and by identifying where they may be able to reduce unnecessary expenditure.

We will take measures to improve people's ability to plan their finances, seek out information & advice and then apply this to their personal circumstances.

Our priorities

- Encourage employers to promote healthy workforce schemes and to work with their employees to prepare for retirement (Preparation)
- Encourage the use of positive images and language relating to work in later life and promote the skills and benefits of older workers to employers (Preparation)
- Encourage partners to support people to remain in work when they experience poor health, caring responsibilities or other life changing events (Preparation)
- Work with banks, financial institutions and providers of financial advice to raise awareness of the importance of financial planning throughout life (Preparation)
- Support measures that increase the take up and access to the full range of benefits and grants including the use of positive images and language to combat stigma (Living Well)

Transport

In Cheshire East, free concessionary bus travel is well used and increasing numbers of people are continuing to drive for longer. Being able to travel independently and access a range of facilities and services helps older people retain a higher quality of life for longer, postponing the time when availability of specialist transport and access to healthcare services become the primary transport issues affecting them.

The English National Concessionary Travel Scheme ensures that bus travel, in particular, remains within the means of those on limited incomes and those who have mobility difficulties and is a step forward in tackling social inclusion for some of the most vulnerable people in our society. Bus travel remains the most used form of public transport, especially by older people.

A variety of measures are in place to counter the effects of disabilities that hinder mobility, including accessible low floor buses, dropped kerbs, and community transport schemes such as Dial a Ride and Shopmobility. The motor car is of increasing importance in later life, particularly for those in rural areas or living with disabilities, and a variety of design and technological approaches are being brought to bear to maintain the mobility of older people.

When planning to meet the needs of our older population we must ensure that use of transport systems and streets is not compromised by unnecessary barriers to mobility such as high kerbs or steps, lack of seating, or poor information, as well as minimising the risk of slips, trips and falls on streets and in transport systems. Our focus will be on areas likely to make the greatest impact to the lives of older people, for example routes approaching community centres, care homes and healthcare centres.

Our Vision

We will help improve older people's quality of life by providing accessible transport to key services including employment, healthcare, education, social, retail and leisure.

Transport will be reliable, comfortable and safe and we will offer a range of flexible transport services that are better suited to older people with less mobility than standard public transport.

Our priorities

- Extend services which help and support people to book and arrange appropriate transport (Living well)
- Develop volunteer driver/community car schemes (Living well)
- Increase the number of buses that are accessible for disabled people (Living well)
- Raise awareness of the services that are available, including pre-booked transport options, through targeted promotion and marketing (Access to services)
- Extend the personal budgets to enable people to pay for transport (Access to services)

Glossary and links to further information

Telecare: Technology that helps to give people a better quality of life by improving their confidence, developing and maintaining their independence, and enabling them to stay living at home. It offers more choices for people living at home and can provide reassurance for carers.

[Information from the Cheshire East Council Website about Assistive Technology and Telecare](#)

Cardiovascular disease (CVD): Also known as heart and circulatory disease, CVD is the biggest killer in the UK. It includes conditions such as coronary heart disease (angina and heart attack) and stroke.

[Information from the British Heart Foundation Website](#)

Care homes (nursing homes): A residential setting where older people live with access to on-site care services. Since April 2002 all homes in England, Scotland and Wales are known as 'care homes', but are registered to provide different levels of care. Some provide personal care only - help with washing, dressing and giving medication – whilst others have a qualified nurse on duty twenty-four hours a day to carry out nursing tasks in addition to the personal care provision.

Carer: a carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems.

[The Princess Royal Trust for Carers Website](#)

Equity Release: Equity release is a way of raising money against the value of your home. It is vital to take independent financial advice before signing up to a scheme, to make sure you consider all the possibilities and implications.

[Information from Age UK about Equity Release](#)

Extra Care Housing: housing developments that provide a safe and sociable environment which promotes independent and active lifestyles for older people and are a focal point for the local community. Each development has 24 hour on-site care and support teams, whose goal is to maximise residents' independence. There are currently ten Extra Care Housing Schemes in Cheshire East.

[Information from the Cheshire East Council Website about Extra Care Housing](#)

Fuel poverty: Households are considered by the Government to be in fuel poverty if they would have to spend more than 10% of their household income on fuel to keep their home in a satisfactory condition.

Health and Wellbeing Board: Health and Wellbeing Boards are intended to act as the 'glue' between the NHS bodies (Clinical Commissioning Groups, Providers, NHS Commissioning Board and others) local authorities and other agencies (Police, Fire, 3rd Sector) and give local people greater say in how care is provided - thereby improving local democratic accountability for local decisions about commissioned services.

[Information from the Cheshire East Council website about the Health and Wellbeing Board](#)

Home Safety Checks: these are carried out by Fire Fighters or Community Safety Advocates in people's home and include advice on how to make the home safer, what to do in the event of a fire and what to do if you are trapped by a fire. Free smoke alarms are also fitted if needed.

[Information from Cheshire Fire and Rescue Service about Home Fire Safety](#)

Personal budgets: If you are eligible for social care funding you will be offered a Personal Budget and the option to buy the services you need instead of having them arranged for you. You may also be eligible for an Empower Card to help you to manage your budget.

Private Sector: this includes private businesses and other commercial organisations.

Public Sector: this is the part of the economy that is paid for, and controlled by, the government. It includes local authorities and councils, the National Health Service (NHS), Police and Fire authorities. It may also be referred to as the "Statutory Sector".

Reablement: This is a social care service for people who need extra support (for example, for up to six weeks after a hospital stay) to remain in their own home and be as independent as possible.

[Information from the Cheshire East Council website about Reablement](#)

Social exclusion: 'Social exclusion' is a term that covers, but is broader than, poverty. It relates to being unable to participate fully in normal social activities, or to engage in political and civic life. This may be because of the people themselves, or the areas where they live. They are often experiencing high crime, poor housing, high unemployment, low incomes and so on.

Voluntary sector: this includes charities such as Age UK, not-for-profit organisations such as housing associations and faith organisations including churches. It may also be referred to as the "Third Sector".

Acknowledgements

Our thanks go to all those members of the community who contributed to the development of the programme through their attendance at workshops and engagement events. Many of these individuals came into contact with the programme through one of the following networks, who continue to work with us:

- Cheshire East Local Involvement Network
- Fifty Plus Network
- Crewe and Nantwich Senior Voice
- Macclesfield Senior Voice

We would also like to thank Excellent Ageing Lincolnshire for allowing us to use their work to demonstrate the impact we hope our Ageing Well Programme will have locally.

LINK: [Homepage for Excellent Ageing Lincolnshire](#)

The programme is a partnership made up of a wide range of organisations from different sectors:

- Age UK Cheshire
- Age UK Cheshire East
- Central and Eastern Cheshire Primary Care Trust
- Cheshire and Wirral Partnership NHS Foundation Trust
- Cheshire East Council
- Cheshire Fire and Rescue Service
- Cheshire Police
- CLS Care Services
- East Cheshire Clinical Commissioning Group
- East Cheshire NHS Trust
- Fifty Plus Network
- Mid Cheshire Hospitals NHS Foundation Trust
- National Probation Service
- Peaks and Plains Housing Trust
- Plus Dane Housing
- Regenda Housing Trust
- South Cheshire Clinical Commissioning Group
- Wulvern Housing
- Youth Offending Service

Finally, we would like to thank the Local Government Association's National Ageing Well Programme and the Centre for Public Scrutiny for their continued guidance and support.

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- ⁷ Office of National Statistics; Older Peoples Day 2011
- ⁸ Cheshire East Joint Strategic Needs Assessment
- ⁹ Association of Public Health Observatories: Indications of Public Health in the English Regions 9: Older People, 2008
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- ¹¹ Wilmslow Local Area Partnership
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