



Title of meeting: Health and Wellbeing Board

Date of meeting: 27th September 2023

Subject: Portsmouth as an age-friendly city

Report by: Andy Biddle, Director of Adult Social Care, Portsmouth City Council

Wards affected: All

Key decision: NO

Full Council decision: NO

1. Purpose of report

1.1 To invite a discussion with Health and Wellbeing Board partners about the approach the city takes to being Age Friendly.

2. Recommendations

2.1 The Board is recommended:

a) To consider the information in the paper, and agree next steps as set out in paragraph 6.1.

3. Background

3.1 On 9th November 2021, Council supported a Notice of Motion on Adult Social Care which committed the authority to a number of actions:

1. Use the Local Government Association and other available channels to bring pressure on central government to agree cross-party plans to:
 - a. Increase funding for Adult Social Care
 - b. Improve morale among care workers by increasing resources to alleviate problems of staff shortages and enable them to provide the quality and level of care needed
 - c. Ring-fence social care funding and ensure there are no further cuts to council social care budgets.
2. To request that Cabinet review the implementation of the Ethical Care and Residential Care Charter agreed by the Council in 2019.
3. To request that the Cabinet Member responsible for Adult Social Care, namely Health, Wellbeing and Social Care, be tasked with a mandate to send a strong signal of support to older people and those working in the care sector by initiating an update of the Portsmouth Ageing Population Strategy 2010-2021,

and further the Council agrees to ask Cabinet to work towards Portsmouth being recognised as an Age-Friendly city

4. Request that the Cabinet Member for Health, Wellbeing and Social Care takes all practical steps to improve the communication exchange between the council and care providers and further investigate ways of delivering social care in a more collaborative way by involving care service user representatives, carer support and interest groups, voluntary and community organisations, care providers, trade unions and care workers.

5. Request officers provide a bi-annual report to councillors on the scope and outcomes from the above or the relevant Director takes steps to include within any statutory reports to Full Council comment upon the above directives.

- 3.2 An update report, setting out progress on the actions is intended to be presented to the Cabinet Member for Health, Wellbeing and Social Care in 2023.
- 3.3 The preferred recommendation of the report is to note that in respect of point 3, partners in the city have recently completed a refresh of the Health and Wellbeing Strategy that cover a number of the domains of an age-friendly city, as identified by the World Health Organisation in their Age Friendly Communities Framework.
- 3.4 In particular, the document addresses the domains around housing, transport, respect and social inclusion. The document also includes a focus on tackling poverty and the economic wellbeing of the population, through which we are exploring how we can support people, including older people, with lower incomes, particularly as the cost of living crisis makes its impact felt.
- 3.5 The local authority works closely in partnership with local health organisations, including the Integrated Care Board (ICB), community health provider (NHS Solent), Portsmouth Hospitals University Trust and primary care colleagues to look at the services and responses that we are providing to support health and care in the population, including for our older residents.
- 3.6 On this basis, the suggestion from the local authority is that it is not necessary or helpful to design a separate strategy for the Ageing Population, which would represent duplication in many instances. However, there are clear opportunities to look at some issues around the Age Friendly city where the local city response could be developed further.

4. Portsmouth as an age-friendly city

4.1 An age-friendly city or community is health promoting and designed for diversity, inclusion, and cohesion, including across all ages and capacities. Age-friendly cities or communities might have, for example: accessible and safe road and transport infrastructure, barrier-free access to buildings and houses, and public seating and sanitary facilities, among others. Age-friendly cities and communities also enable people to stay active; keep connected; and contribute to their community's economic, social, and cultural life. An age-friendly city can foster solidarity among generations, facilitating social relationships between residents of all ages. Age-friendly cities and communities also have mechanisms to reach out to older people at risk of social isolation, falls or violence through personalized and tailored efforts.

4.2 The World Health Organisation Age-friendly Cities framework proposes eight interconnected domains that can help to identify and address barriers to the well-being and participation of older people. These domains overlap and interact with each other. For example, respect is reflected in the accessibility of public buildings and spaces and in the range of opportunities that the city offers to older people for social participation, entertainment, volunteering or employment.

4.3 The domains are:

- 1) **Community and health care:** Accessible and affordable community and health services are crucial in keeping seniors healthy, independent and active. This involves an appropriate supply of aged care services conveniently located close to where older people live and trained health and social workers to provide these services
- 2) **Transportation:** Accessible and affordable public transport is key to ensuring a city's elderly population is able to age actively and remain engaged with their community, with access to health and social facilities. Driving conditions and parking facilities in a city should also keep older drivers in mind.
- 3) **Housing:** The housing conditions of older people are often linked to their quality of life and whether they are able to age independently and actively in their community. Appropriate housing design and its proximity to community and social services allow older residents to live comfortably and safely, while housing affordability gives them peace of mind.
- 4) **Social participation:** Participating in leisure, social, cultural and spiritual activities in the community fosters seniors' continued integration with society and helps them stay engaged and informed. Seniors' participation in such activities, however, is affected by access to transport and facilities, their awareness of such activities and their affordability.

- 5) **Outdoor spaces and buildings:** The external environment has a major impact on the mobility, independence and quality of life of older people as they go about their daily lives beyond the comfort of their homes. A clean city with well-maintained recreational areas, ample rest areas, well-developed and safe pedestrian and building infrastructure, and a secure environment provides an ideal living environment for seniors to age-in-place in.
- 6) **Respect and social inclusion:** An inclusive society encourages older people to participate more in their city's social, civic and economic life. This, in turn, promotes active ageing.
- 7) **Civic participation and employment:** Older people are an asset to the community, and they continue contributing to their communities after retirement. An age-friendly city and community provides ample opportunities for older people to do so, be it through voluntary or paid employment, and keeps them engaged in the political process.
- 8) **Communication and information:** Staying connected with events, news and activities with timely, accessible and practical information is a key part of active ageing, especially with the trend of information overload in urbanised cities. Technology can be tapped on to spread information quickly, but also plays a role in social exclusion. Cities must provide access to information to seniors in an accessible format, and bear in mind the wide range of needs and resources older people have.

4.4 In the UK, the framework is promoted through the Centre for Ageing Better, which has established a network of Age Friendly Communities and a series of resources.

4.5 Age UK has adapted the framework to take a pragmatic approach to age-friendly communities, expressed in their Age-Friendly Communities guide, where it is explained:

"In practice, an 'age friendly' community is one where local people have decided their priorities to better support people as they age. These can include physical design, promoting better access and mobility, promoting people's social engagement and developing support and relationships between the generations. The most important aspect in creating an age friendly community is taking an integrated approach to thinking about the places where people live and how best to promote older people's wellbeing and engagement with their physical and social environments."

4.6 The guide describes age-friendly communities as places where age is not a barrier to living well and where the environment, activities and services support and enable older people to:

- have opportunities to enjoy life and feel well
- participate in society and be valued for their contribution
- have enough money to live well
- feel safe, comfortable and secure at home
- access quality health and care.

4.7 The full Age UK guide is attached as Appendix 1.

5. Ensuring Portsmouth is applying an age-friendly lens

5.1 Many of the areas highlighted in the WHO framework, and prioritised in the Age UK documents are being addressed through the Health and Wellbeing Strategy and associated documents and forums. For example:

- The range of services and responses to support the health and community care for older people are set out in the developing Health and Care Portsmouth plan, and associated schemes such as the Better Care Fund.
- The Local Transport Plan is in development, with a number of sub-documents to be developed looking at issues including parking and active travel. This will be a key document in terms of addressing areas of concern including safe and easy access to local amenities.
- The Health and Wellbeing Strategy theme around housing provides the opportunity to examine wider issues around housing, and an accommodation strategy for older and vulnerable people is in development. Work has taken place to look at developing new models for housing, supported by the LGA Housing Advisers programme. Under the auspices of the Market Sustainability Plan, the local authority is also working with the market to look at the quality and range of nursing and residential accommodation in the city.
- The Cost of Living Response recognised that many of the issues around fuel and food poverty would be of particular relevance to some of our older residents, and the inclusion of a support worker function recognised the need to think about different ways of communicating and navigating services where online self-serve options might not be suitable.
- As part of developing a citywide strategy around physical health and preventative measures, the opportunities to help people preserve good health and wellbeing for as long as possible, and to support people to enjoy the best quality of life are being considered.

5.2 It is also the case that for some areas, we could collectively seek to work together to strengthen the city offer. One example is around the civic participation and employment, where we can challenge ourselves further around what we are doing in the city to encourage age-friendly employers, and developing participation opportunities. The work that has been undertaken to



develop an approach to social value, previously discussed at the Health and Wellbeing Board, is a helpful enabler to this work. It is likely that there are some other areas that could be developed more fully too, and it would be helpful to gather information to get a full picture of activity underway and where there might be some gaps in the citywide age-friendly response.

6. Next steps

6.1 It would be helpful to audit activity in the city to ensure an age-friendly approach is being taken and to identify areas for development and future collaboration. It is recommended that the Health and Wellbeing Board members agree to contribute to this information gathering exercise to contribute to a discussion about Portsmouth as an Age Friendly City at a future meeting.

7. Reasons for recommendations

7.1 The Health and Wellbeing Board is asked to agree to an information gathering exercise to enable Portsmouth to identify areas of strength and for development to ensure it is an age-friendly city.

8. Integrated impact assessment

8.1 No integrated impact assessment has been undertaken because the individual projects and key activities that might arise from an audit of activity will be subject to their own assessments.

9. Legal implications

There are no legal implications specifically associated with this report. Any projects undertaken will be subject to their own assessments.

10. Director of Finance's comments

There are no direct financial implications associated with approval of this report. Any projects that flow from this will be subject to their own individual financial assessments.

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Signed by:

Andy Biddle

Director, Adult Social Care, Portsmouth City Council

Appendices:

Appendix 1 - Age UK age-friendly places guide



Background list of documents: Section 100D of the Local Government Act 1972

None

The recommendation(s) set out above were approved/ approved as amended/ deferred/
rejected by on

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Signed by: