

Older People:

Digital Health and Wellbeing or an Electric Wok?

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Digital is important to all of us



Leeds Health and Wellbeing Strategy 2016-2021

We have a bold ambition:

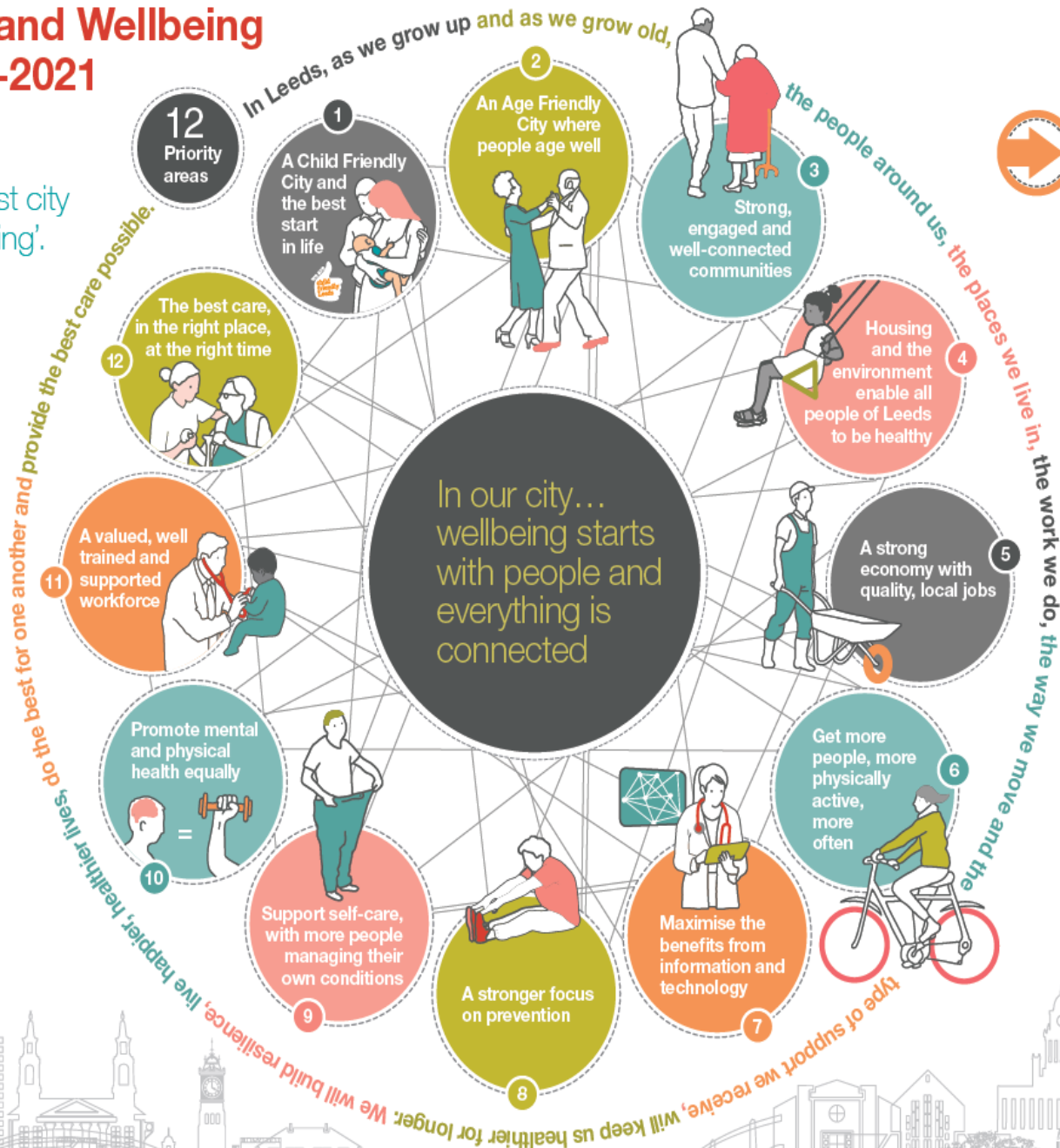
'Leeds will be the best city for health and wellbeing'.

And a clear vision:

'Leeds will be a healthy and caring city for all ages, where people who are the poorest improve their health the fastest'.

5 Outcomes

1. People will live longer and have healthier lives
2. People will live full, active and independent lives
3. People's quality of life will be improved by access to quality services
4. People will be actively involved in their health and their care
5. People will live in healthy, safe and sustainable communities



Indicators

- Infant mortality
- Good educational attainment at 16
- People earning a Living Wage
- Incidents of domestic violence
- Incidents of hate crime
- People affording to heat their home
- Young people in employment, education or training
- Adults in employment
- Physically active adults
- Children above a healthy weight
- Avoidable years of life lost
- Adults who smoke
- People supported to manage their health condition
- Children's positive view of their wellbeing
- Early death for people with a serious mental illness
- Employment of people with a mental illness
- Unnecessary time patients spend in hospital
- Time older people spend in care homes
- Preventable hospital admissions
- Repeat emergency visits to hospital
- Carers supported

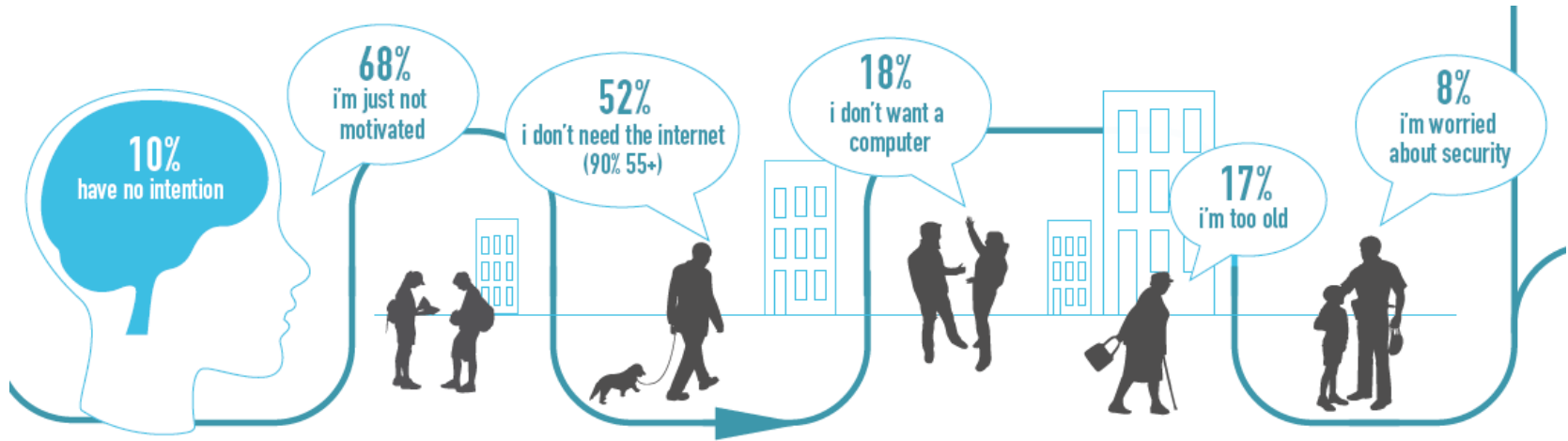


Lincat Silverlink 600 Wok Induction Hob

£959.98



A Long Way from Digital Equality



- Out of the 774K population of Leeds we know that 90K Leeds adults are without basic digital skills
- 45K Leeds adults have no internet access
- 13% of Leeds adults have never been online
- and out of the 119K people over 65+yrs, only ¼ are on social networks
- But to deliver Health and Wellbeing we need to develop a range of digital interventions.....

*2017 Digital Nation Survey, Good Things Foundation

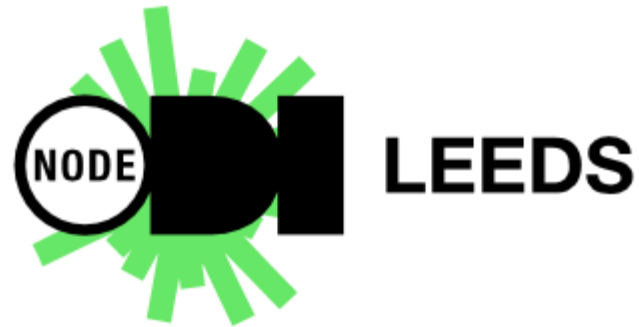


Developing Digital Areas

- (Big) Data
- Information (Personal, Services, Advice)
- (back office – support and challenge ‘digital by default’)
- Apps’ and Wearables
- Internet of Things
- ‘Digital Literacy – A priority



Data Mill North



<https://datamillnorth.org/dataset>



Information

- Leeds Directory <http://leedsdirectory.org/>
- Mindwell/MindMate <https://www.mindwell-leeds.org.uk/>
- One You Leeds <http://www.oneyouleeds.org.uk/>
- Through the Maze <http://www.through-the-maze.org.uk/>
- LCC Web Site
- National Web Sites
- The 'Leeds Repository' (Cloud)





Leeds Care Record


<https://www.leedscarerecord.org/>

- Leeds Care Record provides health and social care professionals directly involved in your care access to the most up to date information about you. It does this by sharing appropriate information from your medical and care records between health and social care services in Leeds
- If you live in Leeds you have a Leeds Care Record created for you. It is held on a secure computer system and includes some key information about you. The information is taken from existing medical records you may have such as your GP record, hospital records or social care records
- Next Stage is to Develop a Person Held Version (HELM)




Leeds City Council & Carers UK: Digital Resource for Carers

Brought to you by  In collaboration with 




Looking after someone?

FREE
digital resources
for carers



Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.

Register for our FREE digital resources and get the help you need today.



Turn over to find out more.

We've teamed up with Carers UK to give carers in our area access to a wide range of digital tools and essential resources that may help make their caring situation easier.

Visit:

www.carersdigital.org



Your Free Access Code is: **DGTL8267**

Use this code to get free access to all the digital products and online resources, including:

About Me eLearning Course

This online course aims to help you identify and find resources, technology and sources of support to prevent your caring responsibilities from becoming overwhelming.



Jointly Care co-ordination app

A central place to store and share important information about the person you are caring for. Set up appointments, allocate tasks, save files and notes, manage medication and lots more.



Free publications Carers UK guides

Essential reading for carers including: Upfront guide to caring, Looking after someone – Carers Rights Guide and Being heard: A self-advocacy guide for carers



More resources & info Links to local resources

Access links to further resources and sources of information and support for people who are looking after a loved one.



Scan to register without using a code:





HORIZON 2020

The EU Framework Programme for Research and Innovation

European Commission > Horizon 2020

HORIZON 2020 – Call ‘Information Communication Technologies’ Topic: IoT-01-2016 Large Scale Pilots – Innovation Action

ACTIVAGE: ACTivating InnoVative IoT smart living environments for AGEing well
<http://www.activageproject.eu/>

UK Roles:



**Use Cases and
Deployment Cohorts**



Technology Partner



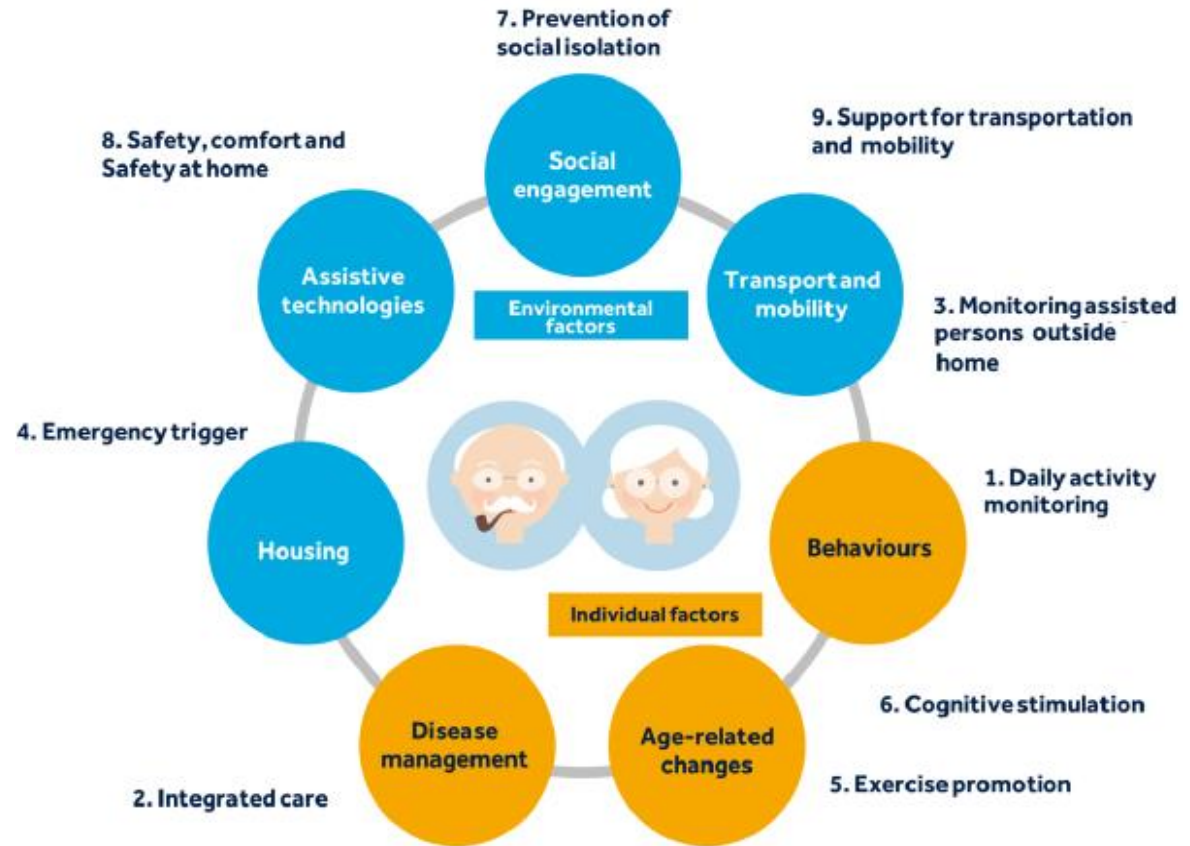
**Research and
Evaluation**



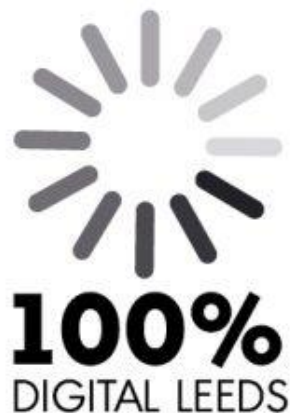
ACTIVAGE overview in Leeds

Leeds Use Cases

- a. Daily activity monitoring
- b. Emergency trigger (inc. Falls Prevention)
- c. Reducing social isolation



100% Digital Leeds



100% Digital Leeds (led by Libraries)

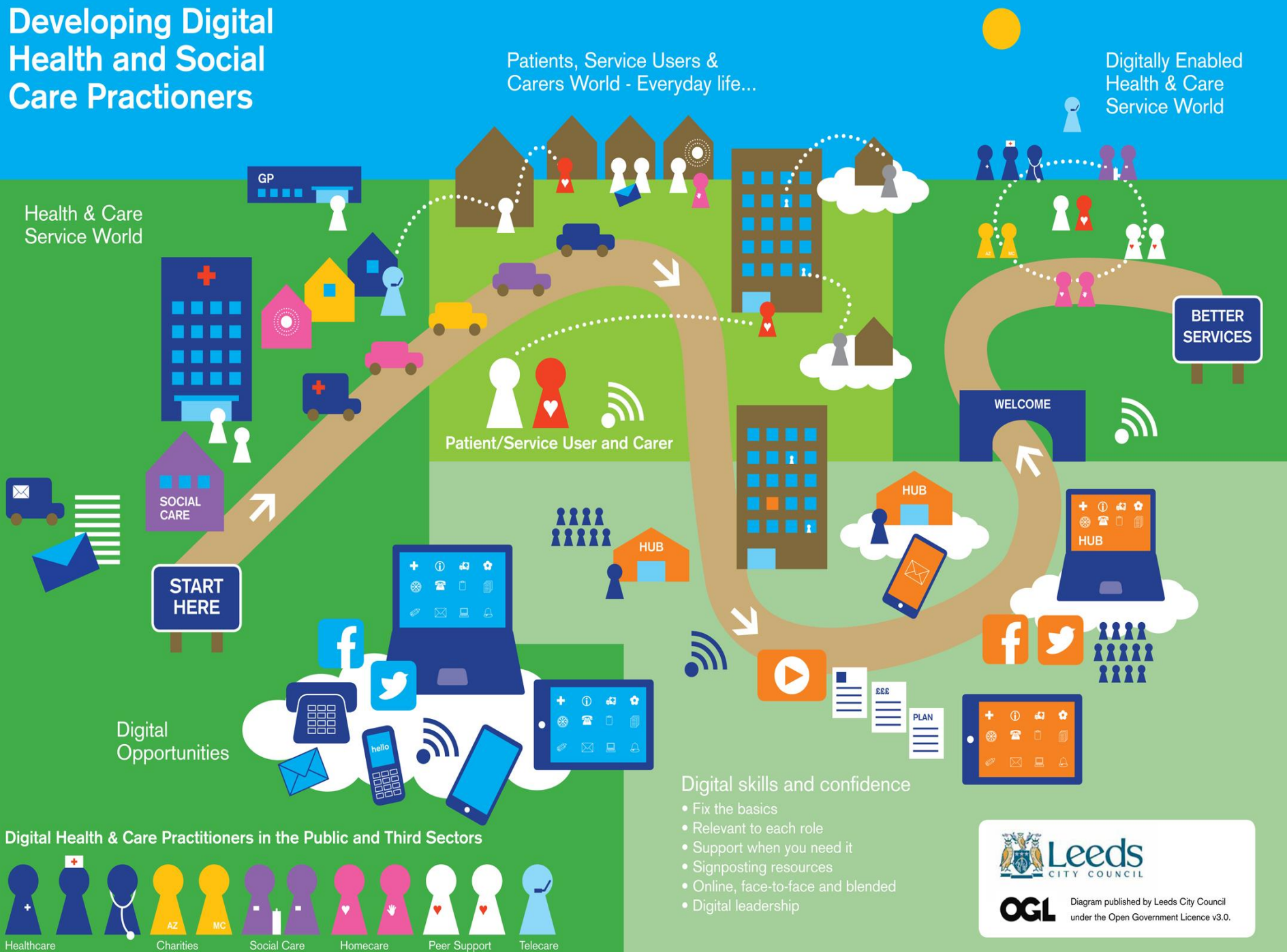
- In partnership with various orgs
- Targeting most digitally excluded
- Tablet Lending
- Digital Champions
- Digital Inclusion Officers

Adults and Health

- LGA design in Social Care Programme – people living with frailty (focusing on digital)
- Range of small opportunistic projects e.g. SKY Digital
- Digital Inclusion focus in a range of Third Sector Services



Developing Digital Health and Social Care Practitioners



Key Challenges/Questions

- ❖ How do we respond to approaches from digital providers? (Inc. crowded market place and The Electric Wok)
- ❖ Generic Digital v Specialist Digital Solutions?
- ❖ Need to do a lot of small scale testing
- ❖ Balanced with:
 - ❖ How to mainstream successful projects (Leeds and Elsewhere)?
 - ❖ Deliver at scale?
- ❖ We need to:
 - ❖ Commission new digital solutions
 - ❖ Expect providers to deliver within existing contracts
 - ❖ Stimulate individual purchase



What
will be
Enhanced?

What
will be
Restored?

Community
Building
Efforts

What
will be
Replaced?

What
might this
Mutate into?