



Public Health  
England

Protecting and improving the nation's health

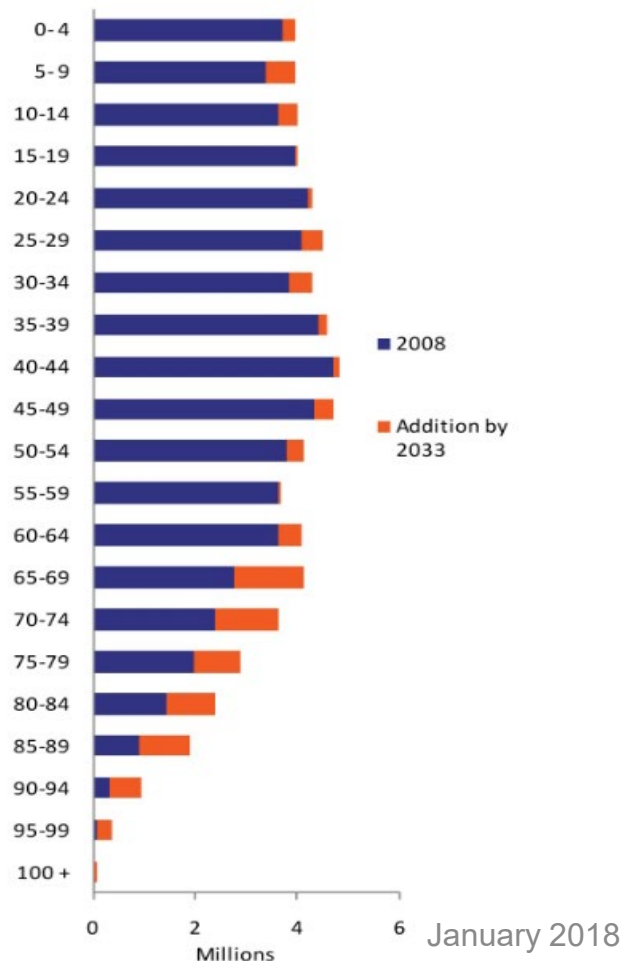
# Productive Healthy Ageing – The Benefits of Taking a Positive Approach

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National Children & Adult Services Conference 16 November 2018

# An ageing population

## UK demographics 2008-30



- The **pace of population** ageing is set to increase in coming decades.
- By 2040, more than one in four of us will be over 65
- The number of people over 85 in the UK is predicted to more than double in the next 23 years to over 3.4 million
- It is estimated that up to 1 in 3 babies born today will live to be a 100 years old

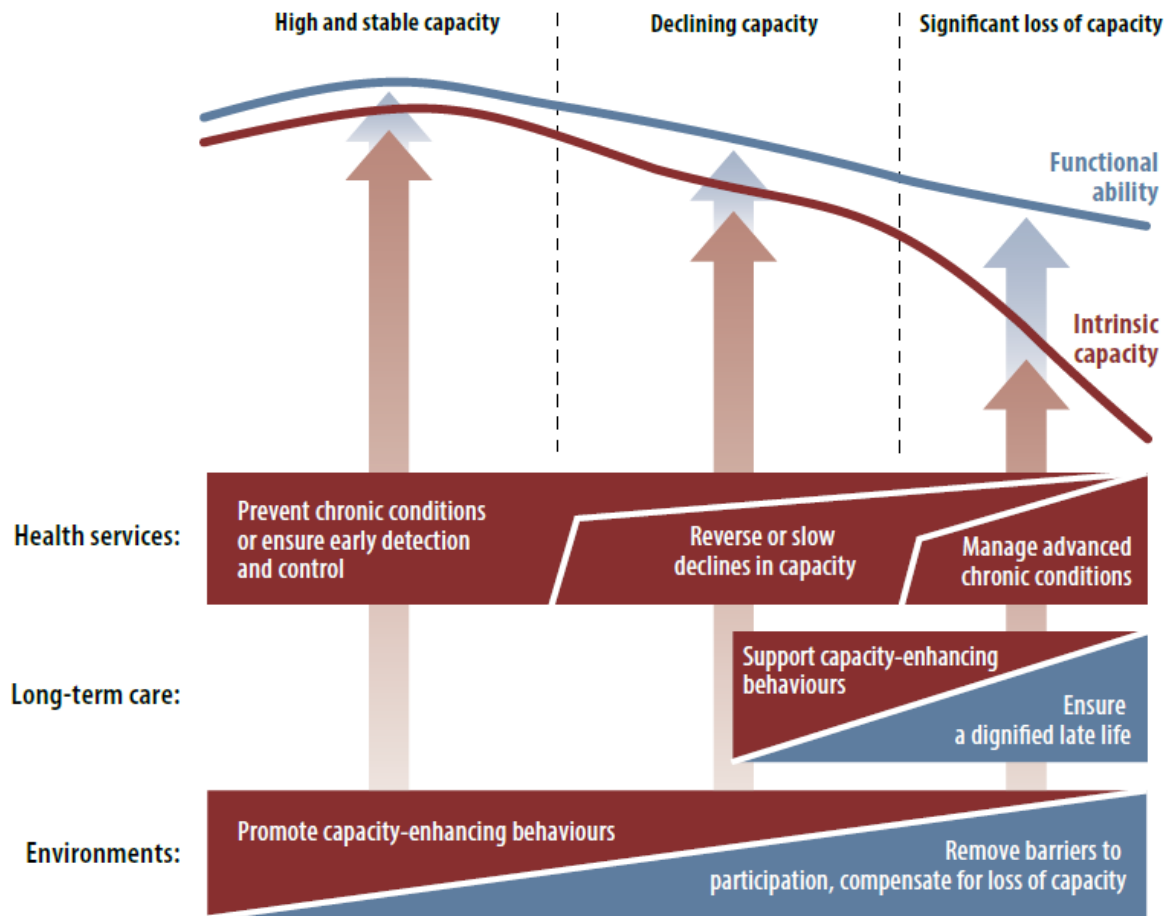
## How do we make the most of the longevity dividend?

- Almost one in ten people over 85 provide **unpaid care**, with this number set to double over the next 20 years
- Grandparents play a key role in influencing younger generations
- 1 In 3 UK workers will be aged over-50 by 2020. 1 in 5 workers do not expect to retire until they are over 70
- Role of volunteering & pivotal life triggers

# What is productive healthy ageing?



# Function, not age



The WHO model emphasises ‘functional ability’ which is a combination of ‘intrinsic’ abilities, such as physical, mental and social assets, combined with an environment that enables you to realise your goals.

It’s not about age as such!

Removing environmental barriers is critical as people age

Source: WHO report on ageing and health (2015)

# Inequity

- Healthy life expectancy varies across different geographical areas and varies with gender after 65
- Higher likelihood of disability among women and those from more disadvantaged areas in later life



## Disability-free life expectancy



### Top 5

1 Wokingham 14.0 years	Richmond upon Thames 16.7 years
2 Westminster 13.7 years	Wokingham 14.2 years
3 Sutton 13.7 years	Kensington and Chelsea 14.0 years
4 Dorset 13.6 years	Windsor and Maidenhead 13.9 years
5 Richmond upon Thames 13.6 years	Dorset 13.8 years

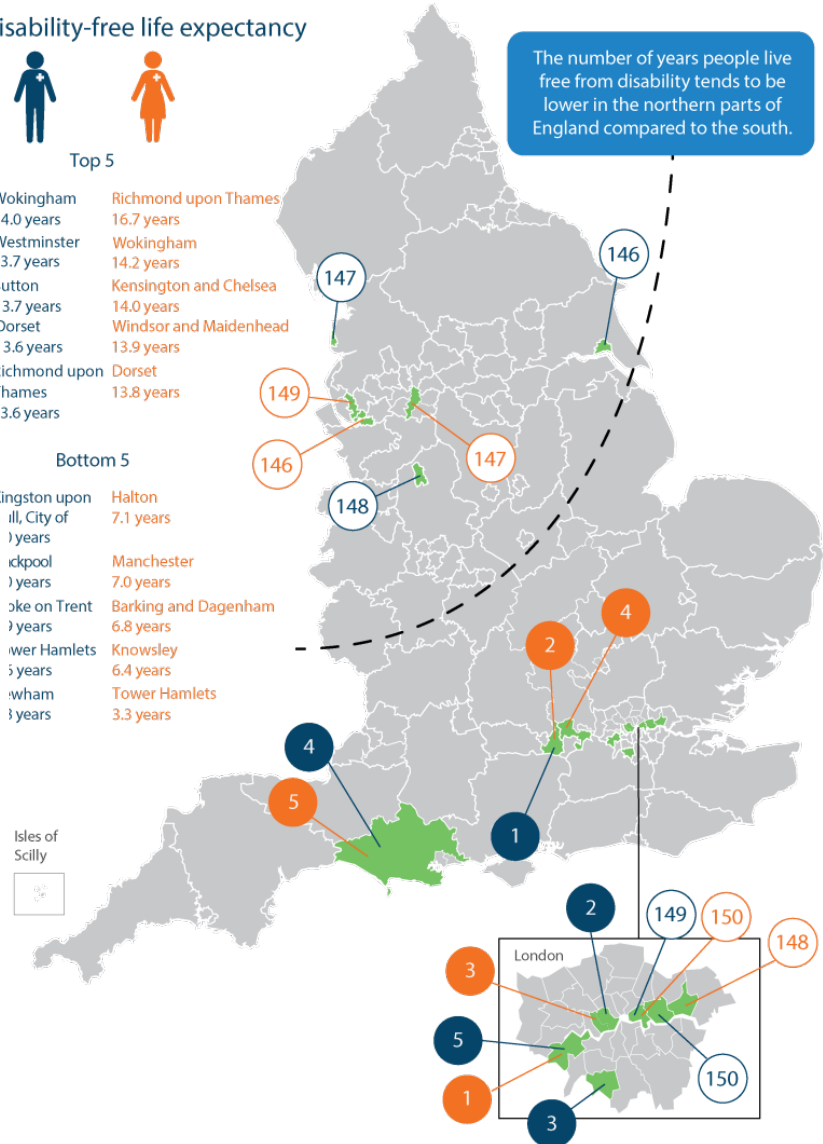
### Bottom 5

146 Kingston upon Hill, City of 7.1 years	Halton 7.1 years
147 Walsby, Walsby 7.0 years	Manchester 7.0 years
148 Stoke on Trent 6.8 years	Barking and Dagenham 6.8 years
149 Tower Hamlets 6.4 years	Knowsley 6.4 years
150 Waltham 3.3 years	Tower Hamlets 3.3 years

Isles of Scilly



The number of years people live free from disability tends to be lower in the northern parts of England compared to the south.



- Non Traditional Health Inequalities project

Contains Ordnance Survey data © copyright and database right 2016

# PHE's Productive Healthy Ageing programme

## 10 High Impact areas for action:

1. CVD prevention including NHS Health Checks
2. Falls Prevention
3. Digital approaches to behaviour change
4. Promotion of physical activity
5. Prevent and treat Muscular-Skeletal conditions (MSK)
6. Reducing the impact of hospital admissions
7. Reducing social isolation and loneliness
8. Home adaptations
9. Work and health
10. Dementia Risk reduction

= Improved  
quality of life



**PHE can't do it alone  
Co-production is critical**

# Return on Investment – Falls & MSK

## Falls Prevention

Total costs to the NHS from falls among older people alone estimated at approximately

**£2 billion**

around **250,000 falls**

were reported in total in 2015 to 2016 across acute, mental health and community hospital settings

## PHE's ROI tool shows

For every £1 invested, there is an ROI in terms of health and social care savings and quality of life gains:

**£7.34**  
for the Home Assessment and Modification (HAM) intervention

**£1.97**  
for the Tai Chi intervention



**£2.28**  
for the Falls Management Exercise (FaME) intervention

**£2.20**  
for the Otago Strength and Balance programme

STarT Back (Stratified Risk Assessment and Care), saves £226 in healthcare savings, quality of life year & productivity gains



Self-referral to physiotherapy, saves £99 in healthcare



ESCAPE-pain, saves £5 in healthcare savings



PhysioDirect, saves £47 in healthcare savings & quality of life year gains





# Exploring data sources



## Introduction

This is the Productive Healthy Ageing Profile test tool. We aim to develop the first version for release March 2019, building on and replacing the [Older People's Profile](#). This development is being informed by PHE policy on productive healthy ageing and stakeholder advice.

The majority of indicators from the original profile and selected relevant indicators from other PHE profiles have been included in 'Example Indicators' as a starter position. However, these are under review and appropriate domains and further potential indicators are being explored.

The following material on this Introduction page is based on the Wider Determinants Profile as a template and will be adapted as the domains and content for the new tool are agreed.

## Further resources

As an addition to the data, the further resources pages provide resources to help you go beyond highlighting variation in the profile and take further action. They contain links to more data, information and ideas that can help you to explore the issues raised in this profile in more detail and inform actions to improve health outcomes. The following examples are provided from the Wider Determinants Profile.

*Click on an image below to access further resources for a specific domain. For resources which are not domain specific, see [general resources](#).*



Technical Guidance Contact Us Your data

**START**  
Go to the data

## Recent updates

### March 2019

Launch of the Productive Healthy Ageing Profile, replacing the Older People's Health and Wellbeing Profile

**PHE is developing a new 'Productive Healthy Ageing Profile'**

**Examples for short, medium or longer-term development:**

Other PHE Profiles	Annual Population Survey
Understanding Society Survey	Health Survey for England
Community Life Survey	English Housing Survey
Active Aging Index (AAI)	Integrated Household Survey
GP Patient Survey	Hospital Episode Statistics
GP Prescribing data	Adult Social Care Statistics
Other GP & pharmacy data	Care Quality Commission data
Carer Survey	Frailty predictive indicators
Projecting Older	PHE multi-morbidity estimates
People Population Info (POPPI)	MOSAIC data
Natural England Survey	NESTA – work re smartphones





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# Community Hubs in Southwark

**Pauline O'Hare, Assistant Director – ASC - Older Persons and Physical Disabilities Team, Southwark Council**

National Children & Adult Services Conference 16 November 2018

# How will the Hubs Work?

Bermondsey & Rotherhithe  
Locality

Prevention and  
early intervention

Mental Health



Borough &  
Walworth  
Locality

Integral support  
for Carers

Working from a  
strength based  
place

Older People



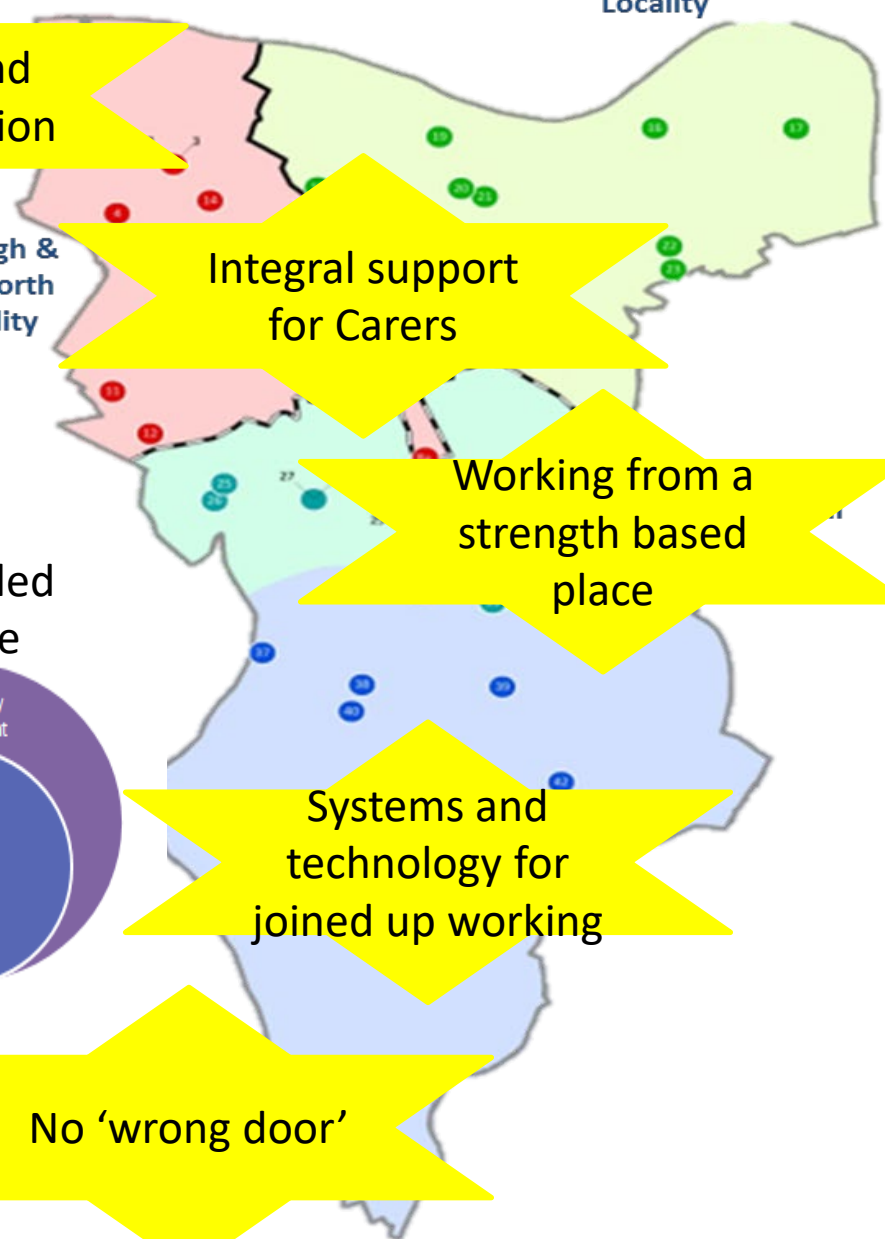
Disabled  
People



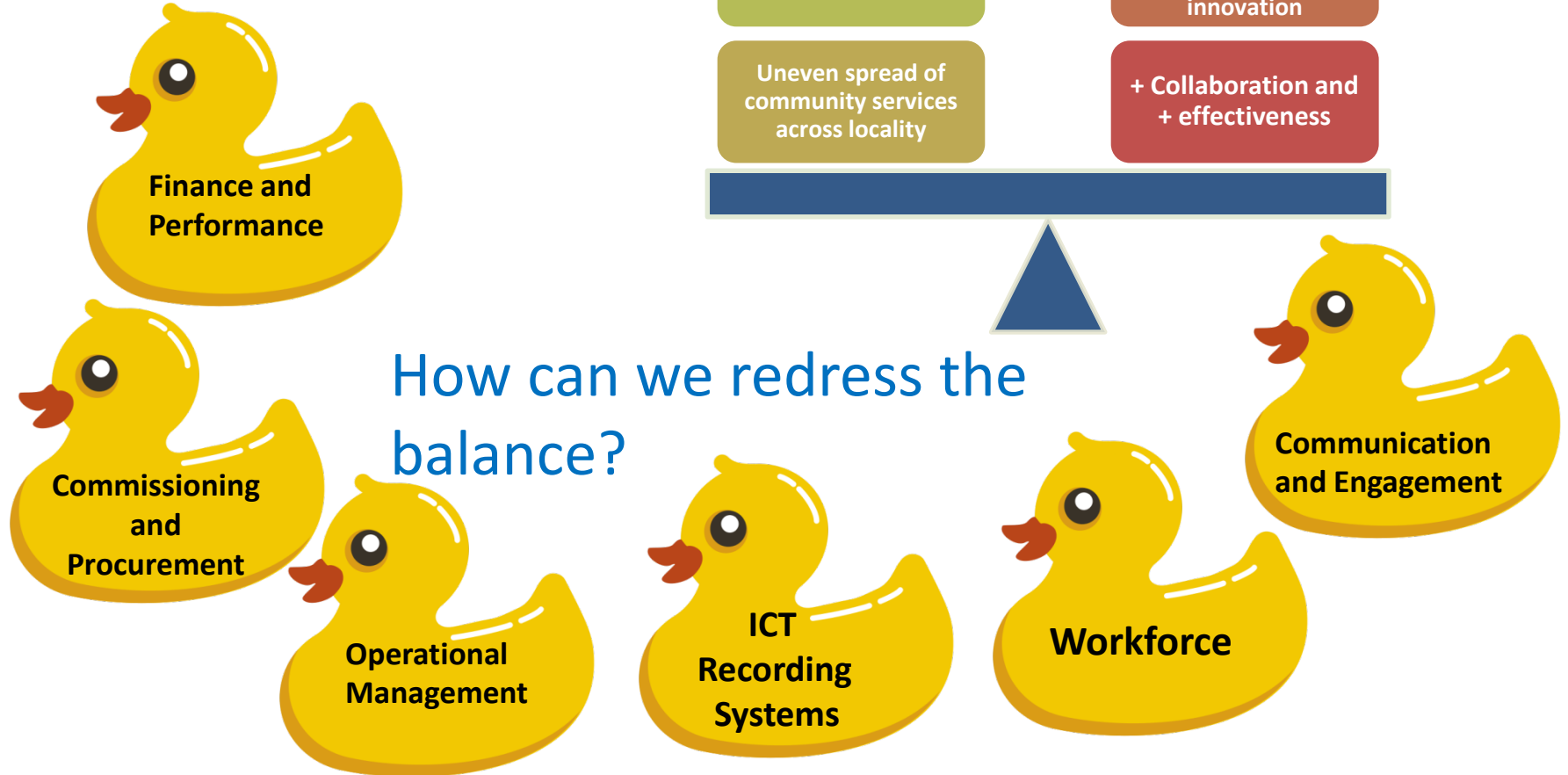
Systems and  
technology for  
joined up working

Health and  
community  
connections

No 'wrong door'



# Community Hubs in LB Southwark





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# Making Leeds the best city to grow old in

**Lucy Jackson, Chief Officer /Consultant in Public Health FFPH  
Older people, Long Term Conditions and Cancer, Leeds City Council**

National Children & Adult Services Conference 16 November 2018



### Healthy and Independent Ageing

If I am unwell I know that I can easily access the health care and help that I need.  
If I have to go into hospital I know that when I am discharged I will get the help and support I need to return home.

I care for people

### Housing

I feel safe and comfortable when I am at home  
I have the support and advice I need to live independently  
I feel financially secure in my home

### Employment and Learning

I am in paid employment  
I am enrolled in education or training, either formal or non-formal.

### Travel and Road Safety

When I travel I feel safe and am treated with respect  
I can travel to places I need to visit on accessible and affordable transport  
My neighbourhood and the places I visit are safe and accessible for walking

## Making Leeds the Best City to Grow Old in

### Active, included and respected

I enjoy taking part in a range of activities  
I feel respected and socially included  
I feel involved in decisions concerning my community.  
I volunteer on a regular basis  
I don't feel lonely

### Communications, Marketing / digital

I know where I go for information about services, events and activities when I need it  
I can get information which is easy to understand and in a format to suit my needs.

### Public Spaces

When I go out I can enjoy public spaces and buildings that are clean and accessible.  
When I go out I am confident that I will be able to take a rest and use a toilet when I need to.





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# Panel Discussion

National Children & Adult Services Conference 16 November 2018