

A Snap Shot of Older Adult Services in Herefordshire and Worcestershire

PPN Midlands Showcase Event

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PPN Vision

To transform lives and communities by extending and embedding psychological knowledge and practice across the whole of health and care

The Two Counties: People and Communities

Rural and urban with cultural variations

	WORCESTERSHIRE	HEREFORDSHIRE	NATIONAL
POPULATION 2016	583,000	190,000	-
POPULATION 2020	595,000	193,000	-
% POPULATION AGED 65+	21.9	23.7	17.9
Area	1,741 km ² (672 sq mi)	2,180 km ² (840 sq mi)	

Table 1: Comparison of Worcestershire and Herefordshire 65+ population

Source: NHS Herefordshire and Worcestershire Clinical Commissioning Group

People and their needs

Age related complexity and different reasons for distress

- Physical health comorbidity
- Mobility, sight, hearing, frailty
- Age related cognitive changes
- Loss – role, abilities, identity, meaningful relationships and connections
- Greater number of life events
- Larger existing body of knowledge
- Different cohort related beliefs
- Dementia – different stages
- Carers and wider system

18+ Mental Health Transformation Service Structure



- Transformation – Neighbourhood Mental Health Services
 - Herefordshire and parts of Worcestershire primary care and WAA secondary care went through a process of transformation as early implementation pilot sites.
 - The rest of Worcestershire has now followed
- Older adult secondary care specialist services remain separate.
- Older adults cluster 1- 3 or 4 care is offered in IAPT and the Neighbourhood MH Teams

Herefordshire Neighbourhood Mental Health Service

Herefordshire Neighbourhood Mental Health Teams

HoNOS Clusters 1-17

Herefordshire Psychological Services

IAPT Healthy Minds

NMHT Psychological Therapies Team

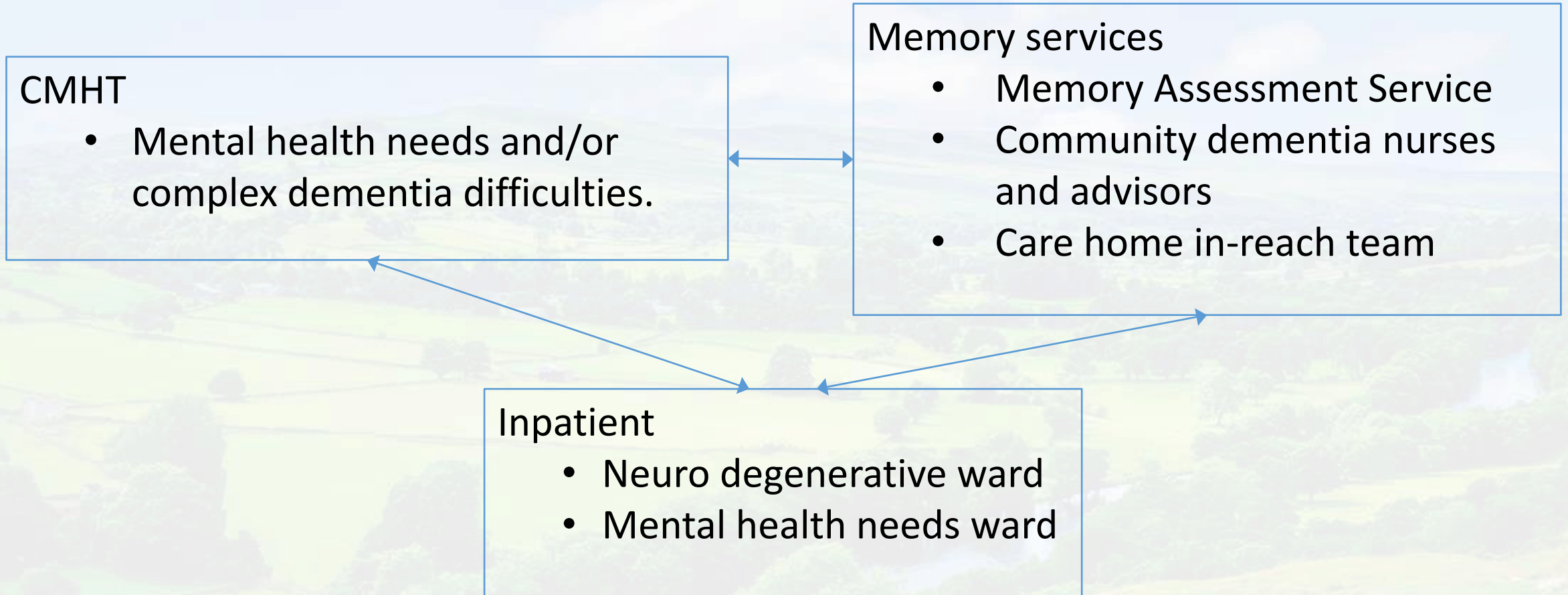
Enhanced Psychological Interventions (EPI)

MDT Complex Psychological Interventions (CPI)

HoNOS clusters 1-3/4

HoNOS clusters 3/4 and above

Development of Specialist Older Adult Psychological Services in Herefordshire



CPN's, OT's, SALT, Support workers, Psychiatrists, Psychologists, Dementia Advisors, MIND workers

All can be consider the psychological professions extended family

Psychologically informed mental health needs service developments

Assessment

- Referrals to the OA CMHT – cluster 4 upwards
- Multi disciplinary team assessment and allocation
- Engagement and Formulation

Intervention (direction of travel)

- Psychological intervention within the CMHT MDT
 - 1:1 - informed by CBT, Solution focused Therapy, BFT, SCM informed work
 - Groups – Relaxation skills group, ESG
 - Carers – individual and carers cafe.
- Specialist psychological interventions offered by psychologists

Inpatient

- Admissions to the ward are mostly from the CMHT
 - Limited psychological interventions
 - Currently piloting an ESG with a long term aim to link with SCM
 - Historically offered an ACT group



What's going well?

Unite and increase diversity in the psychological professions

- Acknowledgment that increasing evidenced based psychological interventions in all care as the new way of working is increasing
- Psychological Therapies - CMHT
 - Solution focused training for staff
 - SCM training for staff
 - BFT training in the pipe line
- Meeting the need
 - Working more collaboratively with VCS
 - Ongoing conversations and recognition in the wider organisation that the needs of older adults differ from younger groups and therefore the need to adapt.

What are the challenges?

Unite and increase diversity in the psychological professions.

Put people first and help our communities to thrive

- Psychological therapies
 - Evidence base for psychological therapies for older adults is less than other age groups – Ongoing evaluation
 - Training a small team of staff in a range of therapies – time and capacity for training
 - Recruitment – Creative and flexible
- Meeting the increasing needs for the older adult population
 - Older adults accessing the appropriate services that can meet the needs
 - Funding for older adults specialists and/or services
- Meeting the dementia related needs

What does this mean for psychological professionals?

We are heading in the right direction but we need to work towards

- Increasing patient involvement
- Further workforce planning to develop skills across all psychological professions extended family
- Developing the infrastructure around skills development.
 - PROMPT project and skills transfer model.
 - <https://content.hee.nhs.uk/prompt/index.html>

Wider organisational and community focus

- Being visible and leading change including with the work around dementia
Eg. Dementia friendly organisations and increased links with communities, VCS and ICS
- Parity of esteem and funding for older adults