



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board

The Health and Care Strategy

For Powys

A vision to 2027 and beyond

Summary Version 2, March 2017



Welcome



Welcome to the Vision for Health and Care in Powys to 2027 and beyond.

We are delighted to publish our first integrated Health and Care Strategy for Powys. It builds on thousands of conversations between the people of Powys, Powys Teaching Health Board, Powys County Council and key partners over the last year.

We all know that these are challenging times, particularly with the prolonged period of austerity and the changing needs of the people of Powys. We know that people in Powys live longer and healthier lives than elsewhere in Wales. We also know that Powys is a place where we aspire to help improve the wellbeing of all people. This is why this strategy seeks to enable children and young people to **'Start Well'**, for people to **'Live Well'** and older people to **'Age Well'**.

Whilst it doesn't describe the detail of the developments at this stage—which will follow during 2017/18—it does outline the direction we feel is important to take. **Promoting wellbeing**; offering **early help and support** to people; **tackling the big four** diseases that limit life (cancer, circulatory diseases, mental health, respiratory diseases); and providing **joined up care** are the key areas that we suggest become priorities for action. This means that we will spend more time and effort helping people to stay well, to help them act early to prevent ill health and get support, and where care and treatment is required that we work with people to ensure care is joined up and based on what matters most to the individual.

We also want to provide as much health and care as possible in Powys. There has been real success over the last few years with the introduction of new services, and we feel that—with the development of new technology, for example—we could do more in Powys. We know that some people will continue to need to travel for services out of county, but we will focus on improving access wherever possible.

We would like to thank everyone who has helped to shape this strategy so far. We look forward to working with you during 2017/18 to put this into practice in towns and communities across the county.

Prof Viv Harpwood, Chairman, Powys Teaching Health Board
Cllr Barry Thomas, Leader, Powys County Council

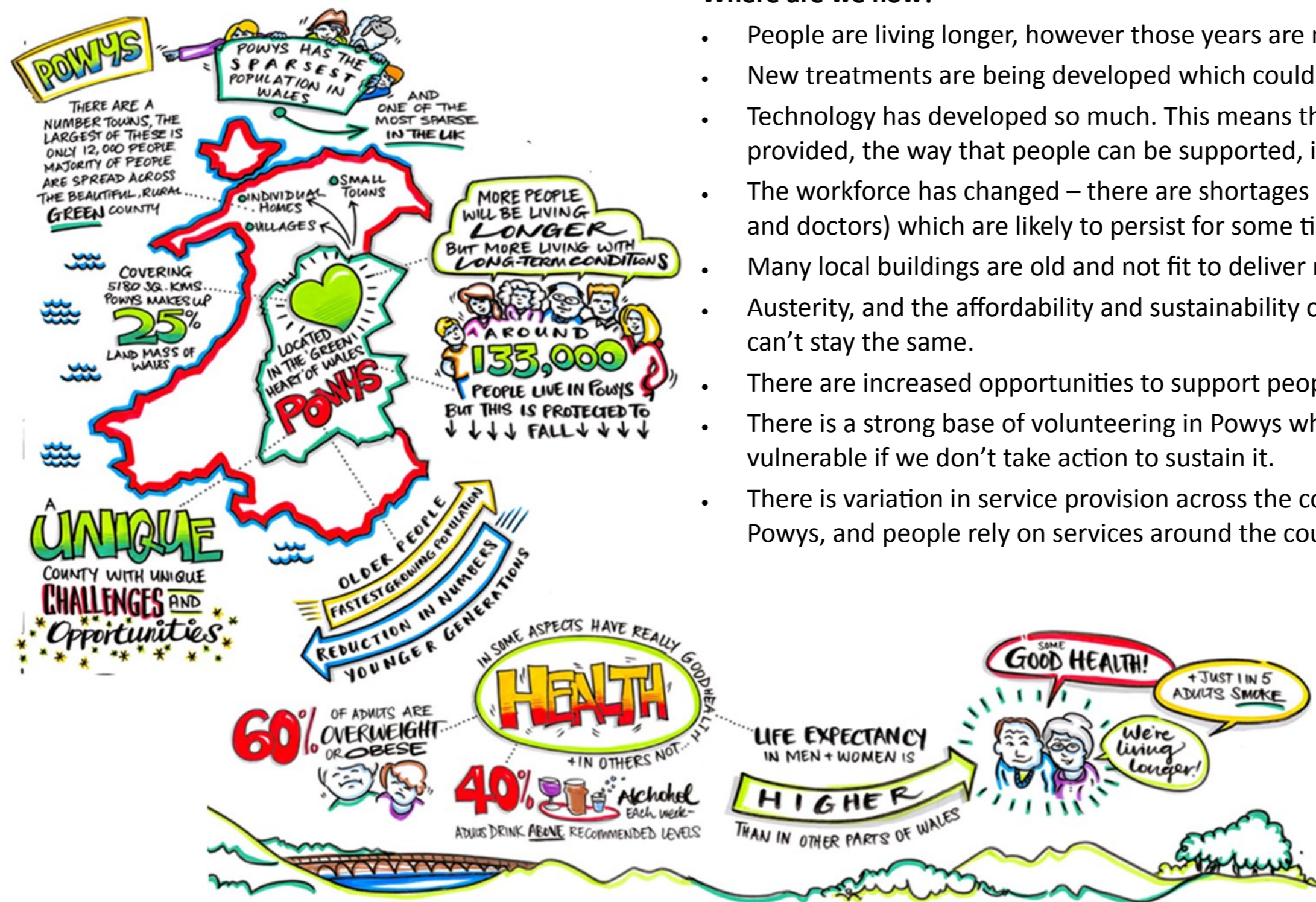
This document provides a high level summary of the Health and Care Strategy to 2027 and beyond. More information is available from the Powys Teaching Health Board website at www.powysthb.wales.nhs.uk/health-and-care-strategy. Check page 12 for details.

Why do we need a strategy for the future?

So much has changed in the last ten years—drones, smartphones, austerity. The next ten years will see even more change. Some changes we can predict. Others will take us by surprise. One thing is certain is that we need to work together to create a future where everyone in Powys has the best opportunity to live healthy, full and independent lives, where people aspire to live, learn and prosper. You have been sharing your thoughts on the changes ahead and here are the main themes.

Where are we now?

- People are living longer, however those years are not always healthy ones.
- New treatments are being developed which could help more people but they are costly.
- Technology has developed so much. This means the way in which health and social care can be provided, the way that people can be supported, is changing.
- The workforce has changed – there are shortages in several professions (such as care workers and doctors) which are likely to persist for some time to come.
- Many local buildings are old and not fit to deliver modern health and care services.
- Austerity, and the affordability and sustainability of current services, is a real issue – services can't stay the same.
- There are increased opportunities to support people in their own homes and communities.
- There is a strong base of volunteering in Powys which brings amazing benefits, but this is vulnerable if we don't take action to sustain it.
- There is variation in service provision across the county. Some services are not provided in Powys, and people rely on services around the county's borders. Access can be challenging.
- Many services around the county's borders are changing. Some District General Hospital services are becoming more specialised whilst others can be delivered more locally.
- Population changes mean that there will be more older people and fewer younger people in Powys in the future.
- People have different life expectancies depending on their income and where they live, which is unfair.



What the people of Powys have said



This strategy builds on what the people of Powys have said about their health and care— in service user surveys, complaints, compliments, engagement events, service user forums and conferences. This includes a Health and Care Futures event in December 2016, and the “visual minutes” from this event are included throughout this document.



Put people first: “Attend to the needs of carers” “Put the needs of citizens, and people using services, at the heart of your plans” “Overcome barriers for people with sensory loss, disabilities and other access needs.” “Provide services in the Welsh language” “Listen to and respect us”

Improve the use of technology: “Use technology more and use it better” “Better connections are needed in services and in the home through Broadband, 4G etc.” “We need support to use technology”



Local services: “Deliver services locally wherever as possible” “Consider putting a district general hospital in Powys” “Bring services together in community hubs” “Connect health and care with community activities” “Help me to prevent health and care problems arising”

Improve access to information and advice: “Let people know about the things they can do to keep themselves healthy” “Raise awareness and guide people to the right information and support for earlier help”

Co-ordinate & join up services: “Allow information to be shared safely” “Locate services in ways that reduce multiple appointments and allow me to see health and care professionals in one place” “Design services in ways that help people to work together”

Improve access and transport: “Travel to town or to hospital isn't easy for me” “I don't have a car and public transport is difficult for me to access” “Most hospital services are outside the county” “I find it hard to access healthcare around my own work and care commitments”



Our vision for a healthy, caring Powys

We will put the people of Powys first

We will make best use of the Powys Pound

People will choose Powys as a place to train, work, live

Powys will be a leader in effective, integrated rural health and care



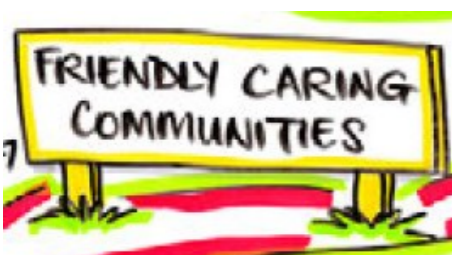
We will be “first in class” for improving health and wellbeing

We will focus on inequalities in Powys and people with greatest need

We will deliver health and care services in Powys wherever possible

What principles should guide us?

Based on what we have heard we have identified six principles that will guide us as we create a healthy, thriving future for the people and communities of Powys. Achieving our vision means finding the right balance between these six principles.



Do What Matters

We will focus on 'What Matters' to people. We will work together to plan personalised care & support, focusing on the outcomes that matter to the individual.

Do What Works

We will provide care and support that is focused on 'what works' based on evidence, evaluation and feedback. We will have honest conversations about how we use resources.



Focus On Greatest Need

We will focus resources on those with greatest need for help and support, in a way that looks ahead to future generations.



Offer Fair Access

We will ensure that people have fair access to specialist care and to new treatments and technologies, helping to deliver a more equal Powys and recognising rural challenges.

Be Prudent

We will use public resources wisely so that health and care services only do those things that only they can and should do, supporting people to be equal partners and take more responsibility for their health and care.



Work With People and Communities

We will work with individuals and communities to use all of their strengths in a way that maximises and includes the health and care of everyone, focusing on every stage of life—Start Well, Live Well and Age Well.

Start Well

Here are some examples of how we will support people to Start Well ...

Focus on Wellbeing

- We will provide integrated community hubs with education, communities and voluntary sector, ensuring local accessible services.
- We will develop a holistic programme with communities to support play, mental and physical activity, utilising outdoor green space.

Early Help and Support

- We will invest in emotional and behavioural support for families, children and young people to build resilience and support transition to adulthood.
- We will make the maximum positive impact within the first 1000 days of a child's life, focusing on preventing adverse childhood experiences.
- We will target resources towards disadvantaged families.
- We will support and assist young carers.

Tackling the Big Four

- We will support children and families to create the foundations of good health throughout their life. This includes healthy weights, positive diet & activity, personal resilience & relationships and other steps that will reduce the risk of developing the main four causes of ill health and premature mortality (cancer, circulatory diseases, respiratory diseases and mental health problems) in their later life.

Joined Up Care

- We will offer young people and families a fully integrated experience of health and care.
- We will ensure health and care work closely with education providers to support young people and develop healthy behaviours.
- We will work with partners to ensure young people are safeguarded.

“Remember that when a young person comes for help, they are often scared. You may know what's going to happen next, but they don't” (Service User)



Live Well

Here are some examples of how we will support people to Live Well ...

Focus on Wellbeing

- We will empower people to make informed choices based on tailored information that enables them to manage their own health and well-being, and focus on creating an environment that makes the healthier choice an easier choice.
- We will make best use of community strengths and the physical environment to support people to maintain their health and wellbeing.

“I learned about managing my lifestyle, relapse prevention and early intervention through being aware of triggers and early warning signs. This programme changed my life and I'm almost certain it has saved my life. I have gone from coping to managing my bipolar disorder”.
(Service User)

Early Help and Support

- We will focus on early intervention to support the independence and participation of people with sensory loss, physical disabilities, learning difficulties and other conditions.
- We will support people to be independent and active in their communities.
- We will support carers.
- We will identify people earlier who are at risk of developing a disease, and we will help them to reduce the risk and impact.
- We will focus on activities which reduce the need for operations and improve post-operative outcomes.

Tackling the Big Four

- We will develop effective services to treat and support people suffering from the four main causes of ill health and premature mortality in Powys:
 - Cancer
 - Circulatory Diseases
 - Respiratory Diseases
 - Mental Health
- We will also develop support to reduce the incidence and impact of the diseases in later life.

Joined Up Care

- We will offer a more co-ordinated approach to managing long term conditions that gives everyone an opportunity to build on their strengths.
- We will develop services that fit around peoples' busy lives – providing choice, accessible & equitable services more locally.
- We will work with partners to safeguard residents.



Age Well

Here are some examples of how we will support people to Age Well ...

Focus on Wellbeing

- We will support older people to be as active as possible, through volunteering, physical and mental exercise.
- We will encourage people to plan for their future, and to take action that reduces the incidence and progression of life-limiting conditions such as dementia.
- We will support a range of accommodations options and access to them for people in older life.

“To be able to go to some organised gentle exercise aimed at older people, in the community, would help. It would keep you moving” (Service User)

Early Help and Support

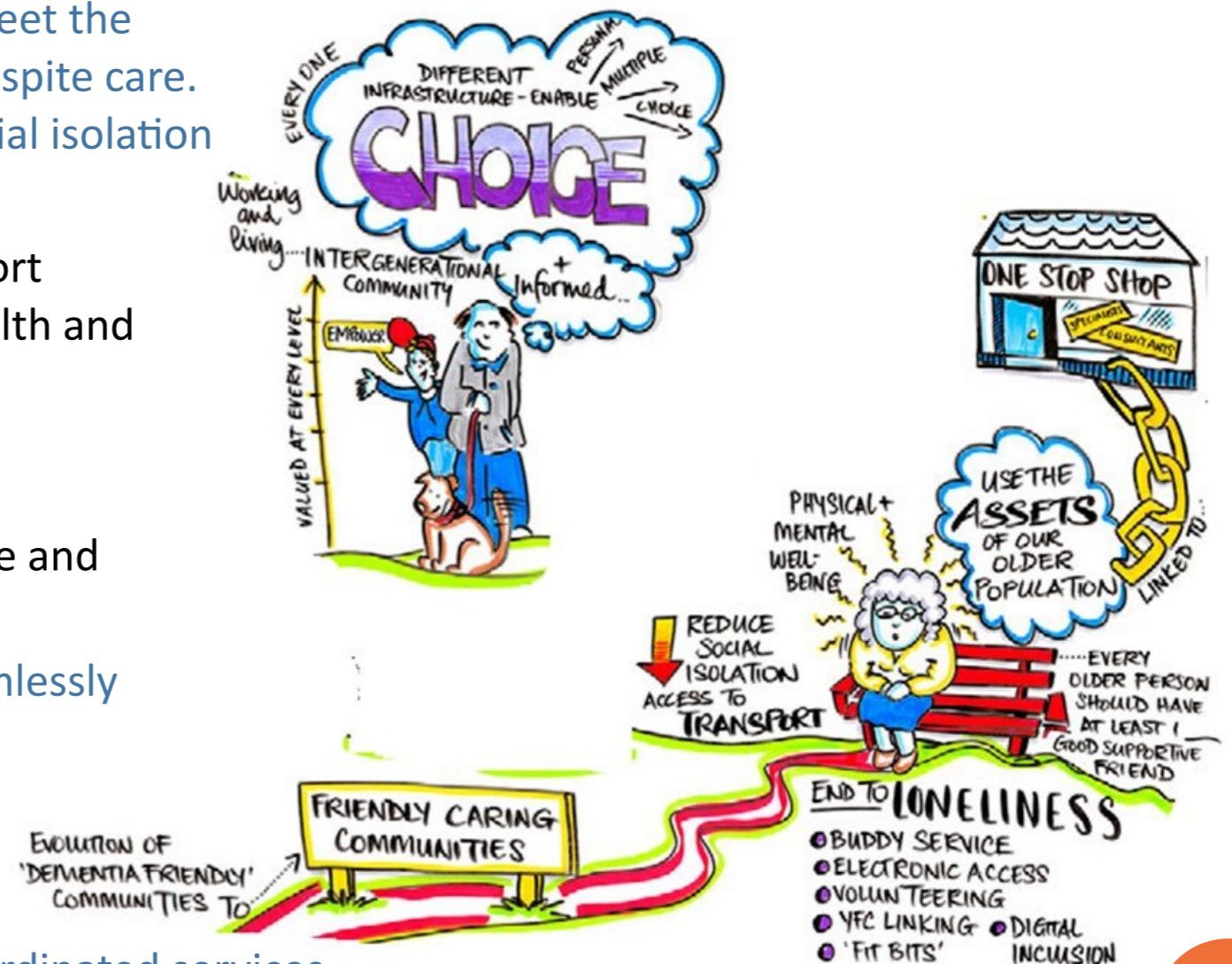
- We will utilise technology so older people can self-care and remain independent, and to encourage greater social inclusion.
- For carers we will continue to develop services to meet the holistic needs of the family and provide adequate respite care.
- We will help people to overcome loneliness and social isolation and be an active member of their community.

Tackling the Big Four

- We will develop effective services to treat and support people suffering from the four main causes of ill health and premature mortality in Powys:
 - Cancer
 - Respiratory Diseases
 - Circulatory Diseases
 - Mental Health
- We will also develop support to reduce the incidence and impact of the diseases in later life.

Joined Up Care

- We will support health and care teams to work seamlessly with older people to get things right first time and prevent needs from escalating.
- We will review existing health and care services and invest in health and care environments that meet future needs – providing choice, accessibility & co-ordinated services.
- We will work with partners to safeguard residents.



Improving through...

Workforce Futures

Support people to work longer, ensuring transfer of knowledge, skills and experience.

Support our workforce to develop innovative models of care in a rural setting through education, research, training and technology.

Support a thriving third sector and core economy.

Grow the Powys workforce through local training and development.

The health and care workforce will be agile to respond to people's needs in a timely way.

Promote well-being within the workplace.



Innovative Environments

Develop integrated and technologically-enabled "community hubs" that provide a "one stop shop" for local people, also using community facilities and assets to strengthen local health and care delivery.

Accommodation that is appropriate and meets need.

Tackle poor quality facilities for health and care services, providing a modern care environment and working environment that makes people proud.



Develop rural regional centres in Powys to enable as much integrated health & care to be delivered in-county as possible.

Digital First

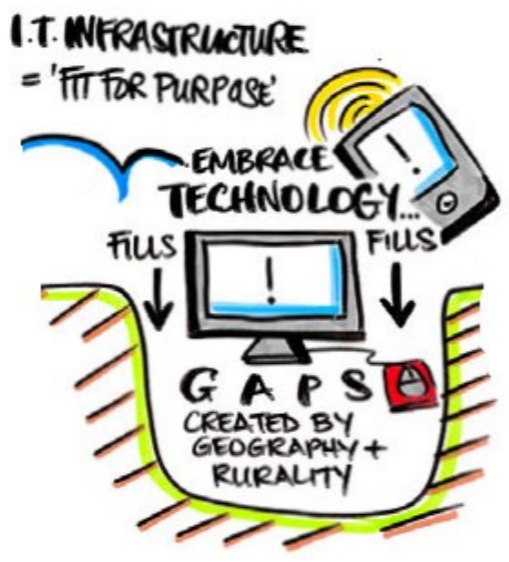
Technology and telecare will support people to be independent.

Telemedicine and webcam communication (e.g. Skype) will bring specialist skills and expertise remotely to people in Powys.

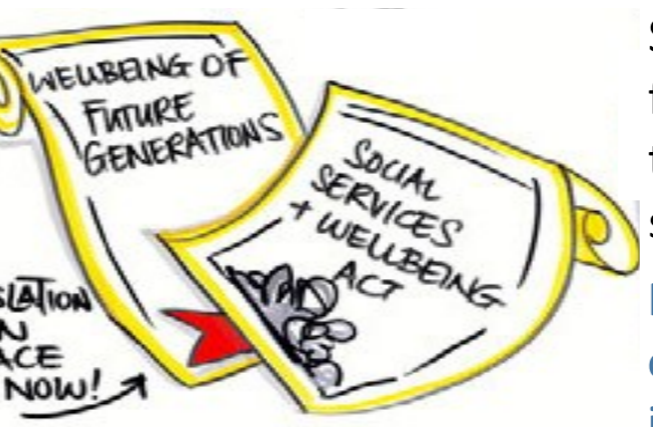
Knowledge and access to information will enable people to take greater responsibility and make informed choices.

New advances in technology will enable more local diagnostic tests to be undertaken in Powys.

Work together to support people to use technology.



Transforming in Partnership



Strengthen engagement of individuals, families, communities and partners across the voluntary, statutory and business sectors through area-based planning.

Remove historic barriers between organisations, working in a more integrated way to respond to people's holistic needs.

Improve services based on evidence of what works well.

Improve commissioning to deliver more services in-county, and offer greater continuity of care with services delivered out of county.

The Health and Care Strategy

For Powys ... on a page



Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board

We are developing a vision of the future of health and care in Powys ...

Our Vision For A Healthy, Caring Powys

We aim to deliver this vision throughout the lives of the people of Powys ...

Start Well

Live Well

Age Well

We will support people to improve their health and wellbeing through ...

Focus on Wellbeing

Early Help and Support

Tackling The Big Four

Joined Up Care

Our priorities and action will be driven by clear principles ...

Do What Matters

Do What Works

Focus On Greatest need

Offer Fair Access

Be Prudent

Work With People and Communities

The future of health and care will improve through ..

Workforce Futures

Innovative Environments

Digital First

Transforming in Partnership

www.powysthb.wales.nhs.uk/health-and-care-strategy

Stay Involved

This strategy has been influenced and informed by insights from thousands of people and partners across Powys. During 2017/18 we will begin to put it into practice. We will continue to work with you to do what matters most, do what works, focus on greatest need, offer fair access, be prudent, and support people and communities.



Our Vision for a Healthy, Caring Powys is due to be launched later this Spring. Alongside this summary document we will be publishing more detail of the reasons for change (which are summarised on page 3). Importantly, we will also share more detail of how we will work with you to develop more detailed plans to **Focus on Wellbeing**, provide **Early Help and Support**, **Tackle the Big Four** diseases that limit life, and ensure **Joined Up Care**. This will include working with you to develop clear options and proposals throughout the life course—helping the people of Powys to **Start Well, Live Well and Age Well**.



We will also begin to put in place the right foundations for the future. So, during 2017/18 we will also work with you to develop more detailed plans for:

- **Innovative Environments,**
- **Digital First,**
- **Workforce Futures,** and
- **Transforming in Partnership.**



If you would like to keep in touch, and be added to our database to receive further information and to be involved in future events:

- You can find out more from www.powysthb.wales.nhs.uk/health-and-care-strategy
- You can get involved in the debate on Twitter via @PTHBHealth #PowysHCS
- You can email us at powys.engagement@wales.nhs.uk
- You can write to us at Health and Care Strategy Team, Powys Teaching Health Board, Bronllys Hospital, Bronllys, Brecon, Powys LD3 0LU



The images in this document are from the visual minutes of an engagement event in December 2016, that has supported the development of this draft strategy. They were produced by Fran O'Hara ©Scarlet Design Int. Ltd 2017.