

# Independent Living

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# Promoting Independence in TH

- Whole range of national and local drivers pushing the prevention and independence agenda
- We want to maximise residents opportunities and abilities
- Residents in TH experience health needs earlier, and are live longer with disabilities
- More need, less resources – reduce dependency
- Targeting resources for those most in need
- Residents, their support networks, and our partners are a knowledgeable and skilled resource

# Why is supporting independence important?

- Ageing Well, TH strategy 2017: the key themes for residents with long term health and social care needs are:
  - **optimize independence**
  - **opportunities to continue to contribute** to society
  - **staying active and healthy**
  - **reduce social isolation & loneliness**
- Care Act, 2014:
  - **improve health and wellbeing**
  - **strengths/assets based approach to support**
  - **prevent care needs becoming more serious**
  - **access to information and advice**
  - **choice of quality services**

# Why is supporting independence important?

- Tower Hamlets domiciliary care specification:
- **promoting independence and wellbeing**
- **calculated, informed risk**
- service user **participation not** passive recipients
- **Strengths/asset based approach**
- **reduce social isolation**
- **outcome focused payment based on quality**
  
- Tower Hamlets day service specification:
- **promote health, independence and well-being**
- **engagement within local community**
- **access to mainstream services**
- **offer real choice, flexibility, skills to maintain confidence and independence**
- **reduction of isolation**

# Your feedback and views

- What does living independently mean to you?
- What does independence/promoting independence mean to your organisation?

# Independence is.....

- Choice
- Managing/participating in parts of tasks/activities able to manage
- Being able to do as much as able without support
- Being supported with informed positive risk taking
- Control
- Autonomy
- Supported to do with, rather than being done to
- Involved in decision making about how/when support is provided
- Treated as an adult with life experience, not patronised
- Recognition of being an individual
- Maintenance of roles
- Being able to engage in interests
- Feeling safe
- Knowing where to get assistance if needed
- Staying connected with the wider community
- Being physically active
- Person specific

# RCOT Video

## Domiciliary carers/ supporting informal carers

## Day centres, Link Age plus services, luncheon clubs

1. What can you and your organisation do to promote independence?
2. What support/skills might be required to make changes?
3. Where or how could those skills/support be found or provided?

Generic skills. Equipment → encourage purchase from pharmacy vs referring to TH social services. Can you identify different pieces of equipment and know what, why & how a basic piece of equipment might be used or sign post a service user/family?

How do you plan activities?

How can carers be supported to maintain the independence of those they support? What support/training might be needed? How do you measure the wellbeing/independence of your supported people?

What's the reason for providing the activities currently offered?

How can people be supported in a way that enables control and choice within everyday activities?

Linking individual goals and meeting within activities/ community based opportunities – do you have the knowledge and skills?



# Tower Hamlets support

- Year long Occupational Therapy led project aiming to support embedding the following ways of working:
- Supporting people to remain as independent as possible, for as long as possible
- Working with instead of doing for
- Working proactively to achieve goals/maintain independence and ability in everyday tasks
- Promoting independence by supporting/encouraging active participation to maintain current abilities
- Focus on service user strengths

- Questions?
- Comments?

# References

- Department of works and pensions, 2012: Preparing for an Ageing Society: Evaluating the Ageing Well programme Parts 1 and 2. Available from:  
[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/193436/rrep807.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/193436/rrep807.pdf). Accessed on 30.1.18
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