

Health and Well-being Board – Address Loneliness in Older People Intervention

1. Identify older people who are experiencing loneliness / are at risk experiencing loneliness

- Identify older people who are lonely and where they are;
- Clearly define what we mean by loneliness / being lonely;
- Explore the circumstances that have resulted on people experiencing loneliness to try and influence what could be implemented to avoid / prevent it;
- Explore and capture approaches to evidence effective engagement with older people and share practice;
- Consider any common trends / geographical areas and target interventions;

2. Bring together a range of evidence to identify the best approaches we can develop to identify older people who are lonely / at risk of loneliness

- Identify types of evidence required which demonstrate effective approaches to tackle loneliness;
- Value and work in partnership with existing 3rd sector organisations and charities, particularly those that already engage and support older people;
- Compliment existing activity;

3. Identify the main barriers that need to be overcome to prevent or reduce older people experiencing loneliness

- Identify the main barriers with Older People and key partners;
- Identify solutions to prevent and overcome those barriers;
- Explore, capture and share existing effective interventions;
- Build solutions within interventions / expand on those already working;
- Share practice;

4. Develop an awareness plan with front line agencies and key partners who work / come across older people who are lonely / at risk of experiencing loneliness to ensure the best support can be offered and received

- Identify front line practitioners and key partners who come across older people;
- Explore and confirm the most effective referral mechanisms to ensure the best support is offered to older people and practitioners feel reassured;
- Develop awareness of front line practitioners and partners to ensure effective and appropriate referrals take place;
- Monitor and review the referrals;

5. Consider an organisation / service to act as a first point of contact to support older people and practitioners

- Ensure front line practitioners and key partners know about Help Direct, the telephone number and referral mechanism;
- Ensure all appropriate community based services and activities feature on the well-being Directory

6. Utilise, influence and support the development of a *well-being directory* to enable older people to receive correct, up to date information about local activities, services and practical support that is available within their communities

- Explore and confirm if the Help Direct well-being directory is the best directory to use for the purposes of the board intervention;
- Clarify roles, responsibilities and opportunities to help update, develop and capture local community based information;
- Share intelligence on gaps needs and demands with Commissioners;
- Explore, capture and share existing interventions to ensure services compliment each other and avoid duplication;

7. Capture, record and share where possible, the outcomes the intervention(s) have on an older persons life for each referral made

- Identify:
 - the outcomes that are to be achieved and recorded;
 - where the outcomes how and could be captured;
 - the purpose for capturing those outcomes;

8. Identify, develop and implement approaches that encourage local people to unleash their skills, experiences, abilities, knowledge and enable communities to make better use of their local venues and facilities

- Identify existing asset based approaches that are currently used and share practice;
- Develop awareness and knowledge of assets within the community;
- Ensure there is a clear definition of what is meant by asset based community development;