

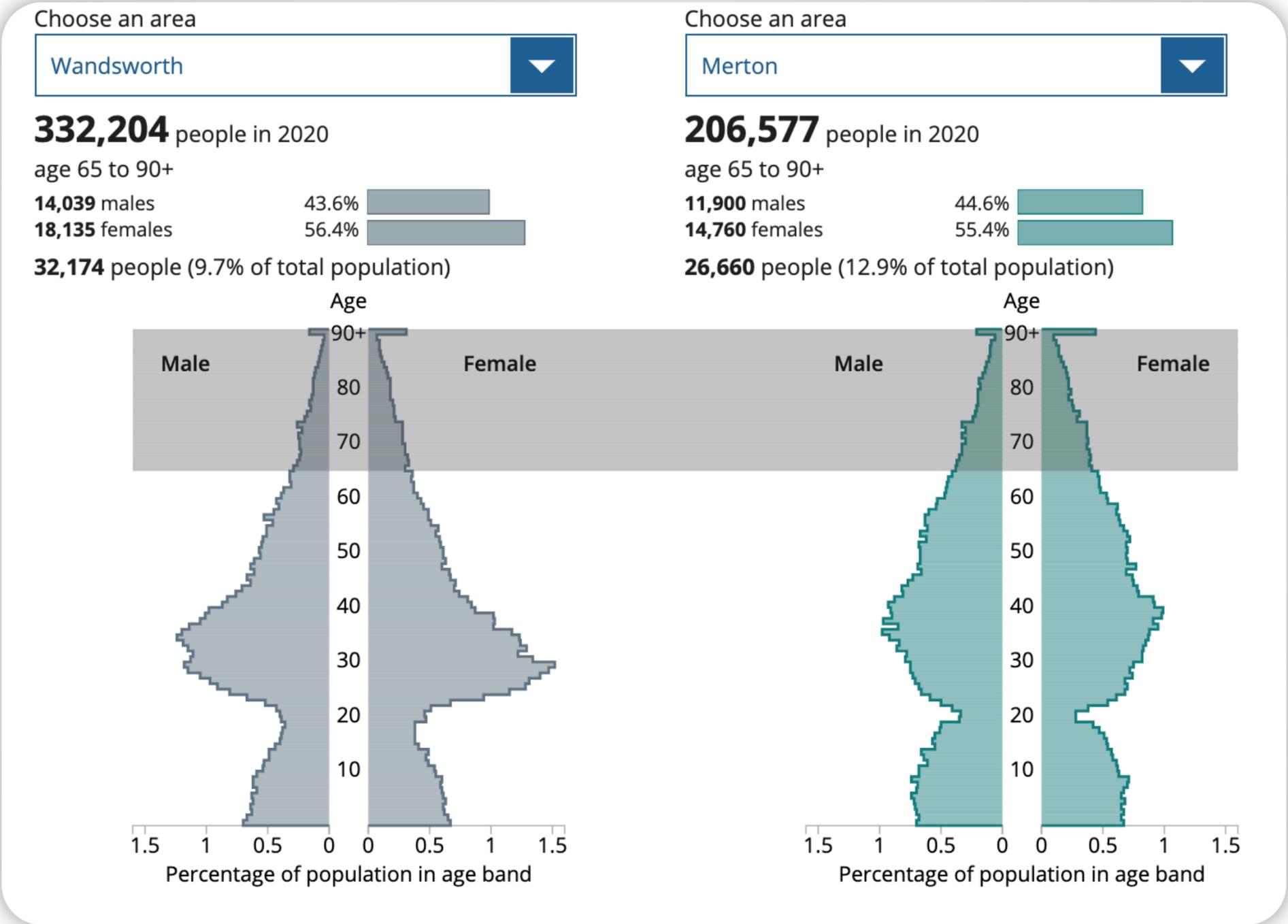
Optimal Ageing in Merton

Jen Kaye & Dr Phoebe
Wright
10th June 2021

Outline for this evening

1. The case for change
2. Optimal Ageing in Merton
3. Our focus:
 - Planning for end of life
 - Using digital technology for health
4. Q&A

The case for change



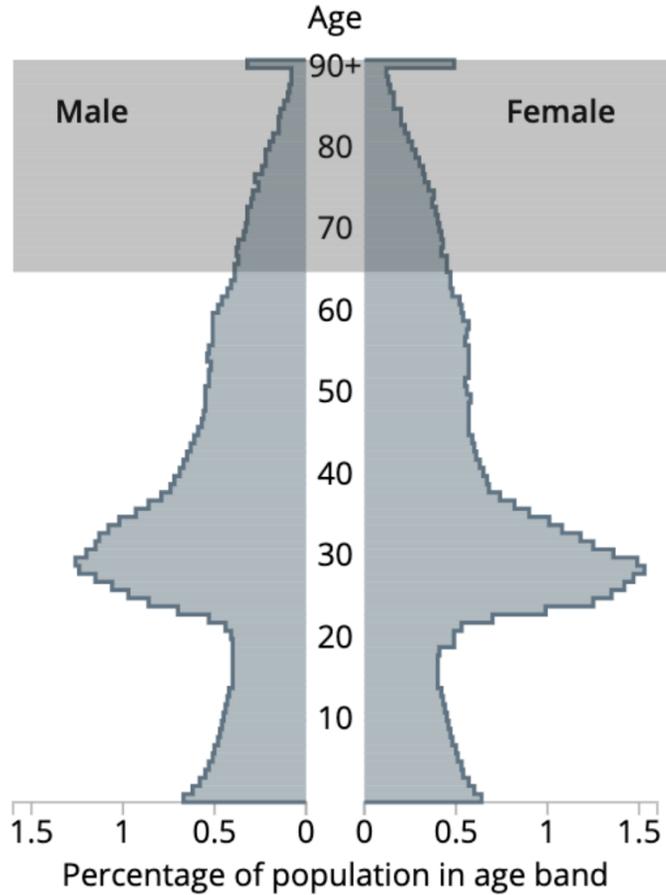
2020

The case for change

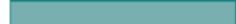
Choose an area
 

361,209 people in 2040
 age 65 to 90+
22,573 males 43.8% 
28,982 females 56.2% 

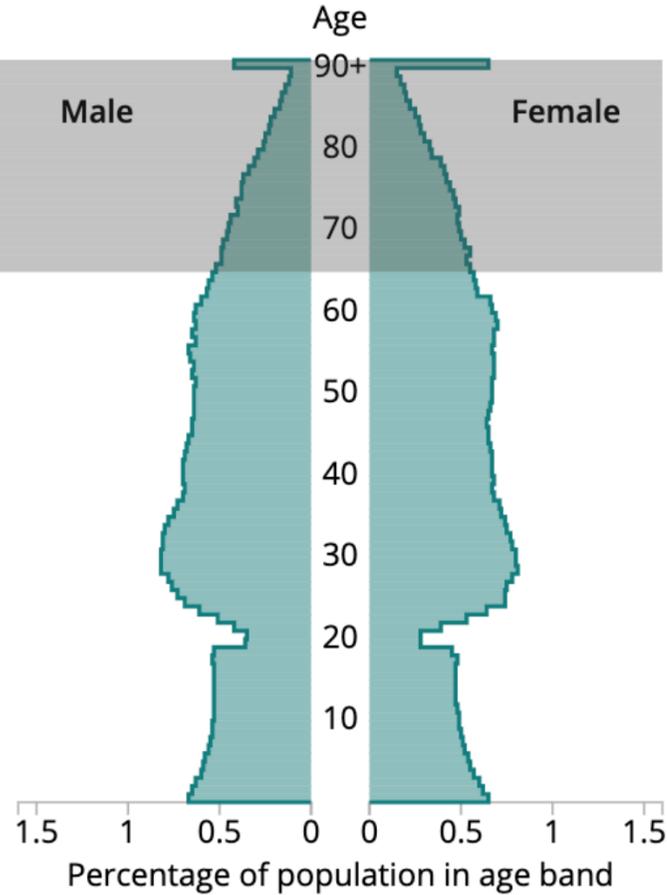
51,555 people (14.3% of total population)



Choose an area
 

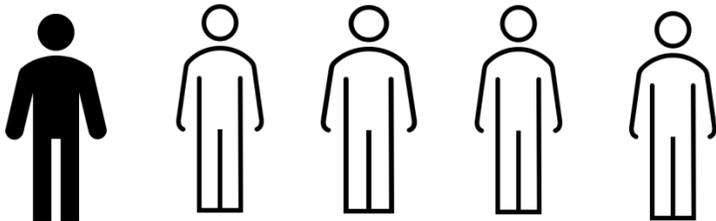
211,500 people in 2040
 age 65 to 90+
17,950 males 45.7% 
21,291 females 54.3% 

39,241 people (18.6% of total population)

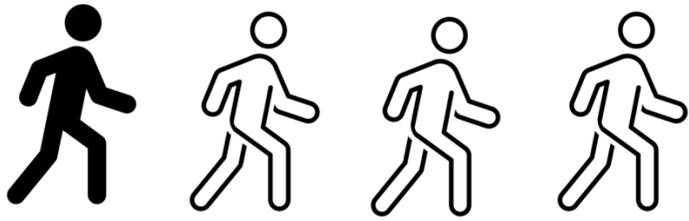


2040

The case for change



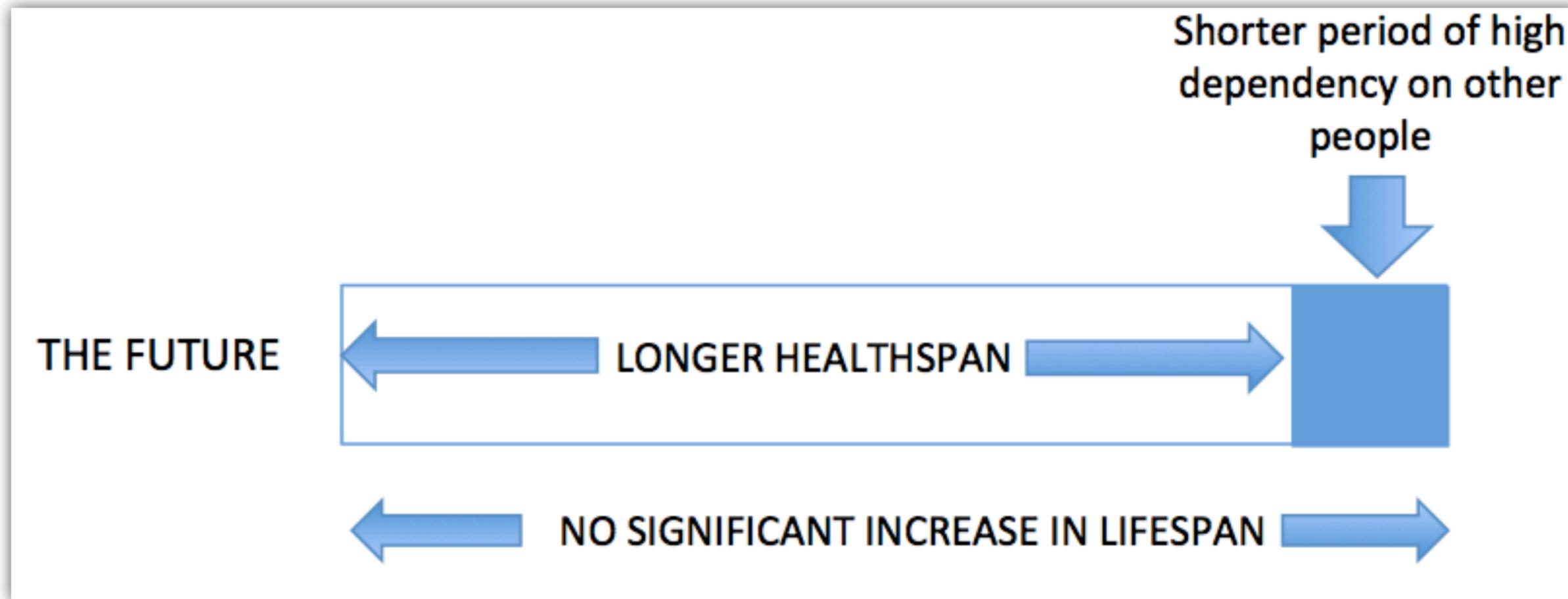
Post covid: 1 in 5 feel less steady on their feet



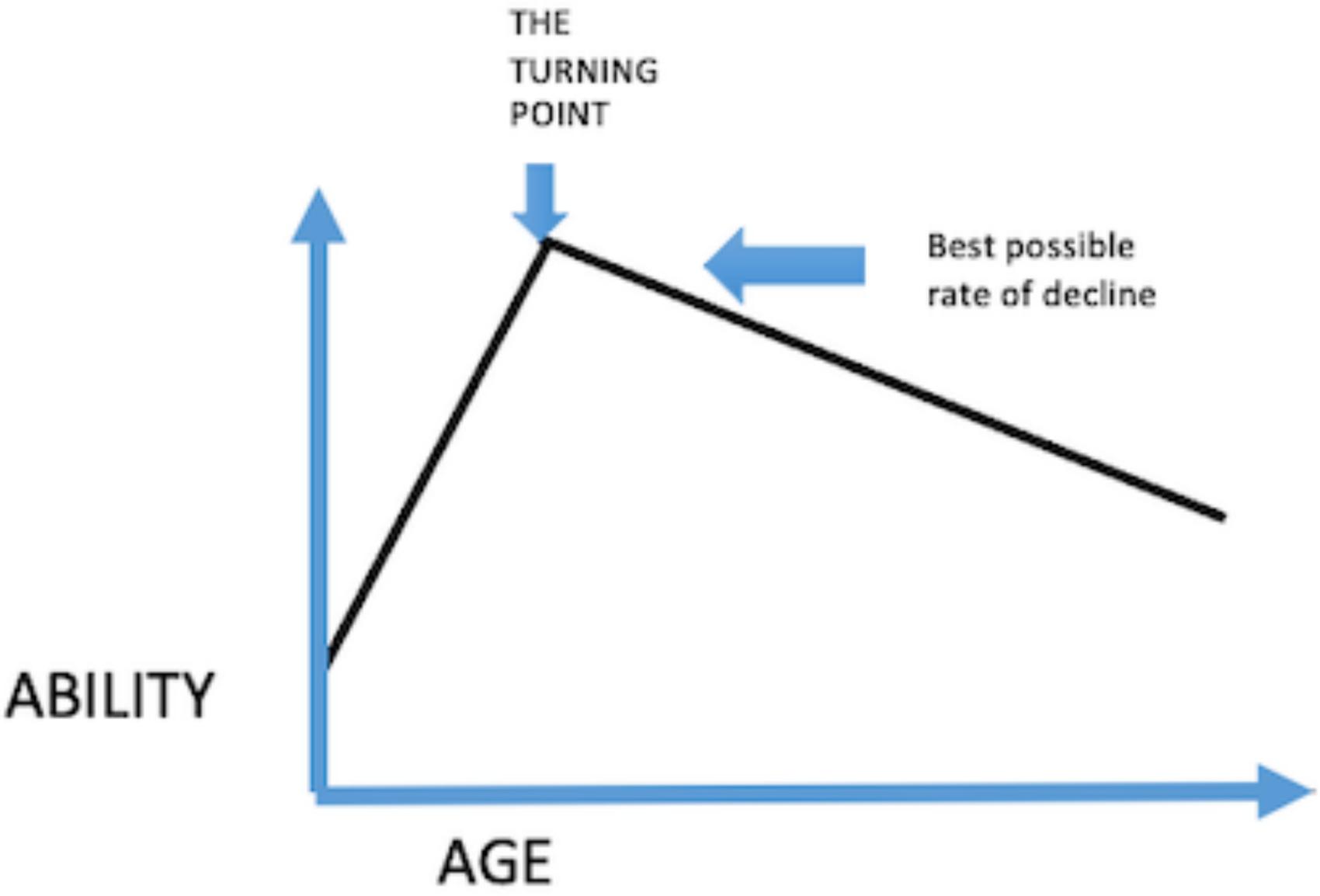
Post covid: 1 in 4 are unable to walk as far as before

AGE UK (2020)

The case for change



The case for change



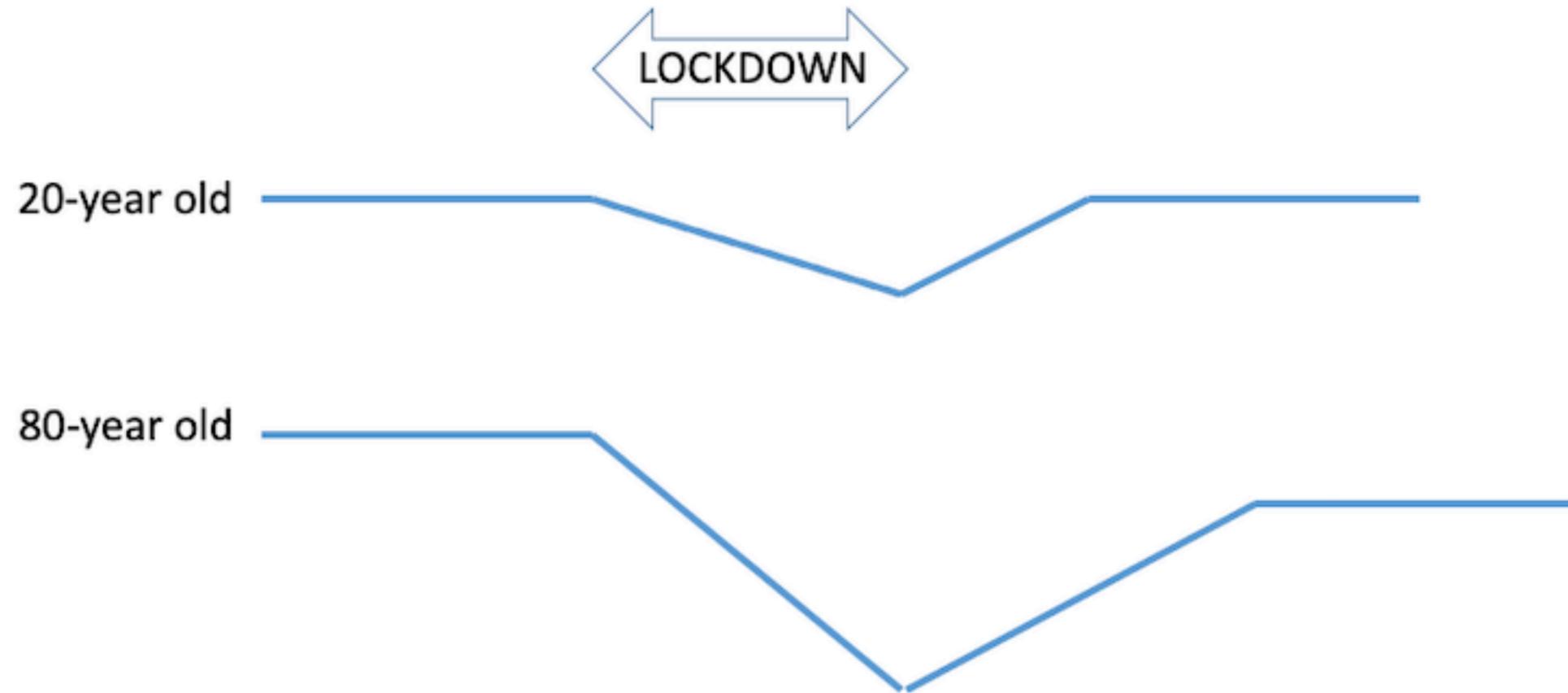
The case for change

Ageing is not a cause of major problems till the 90s.

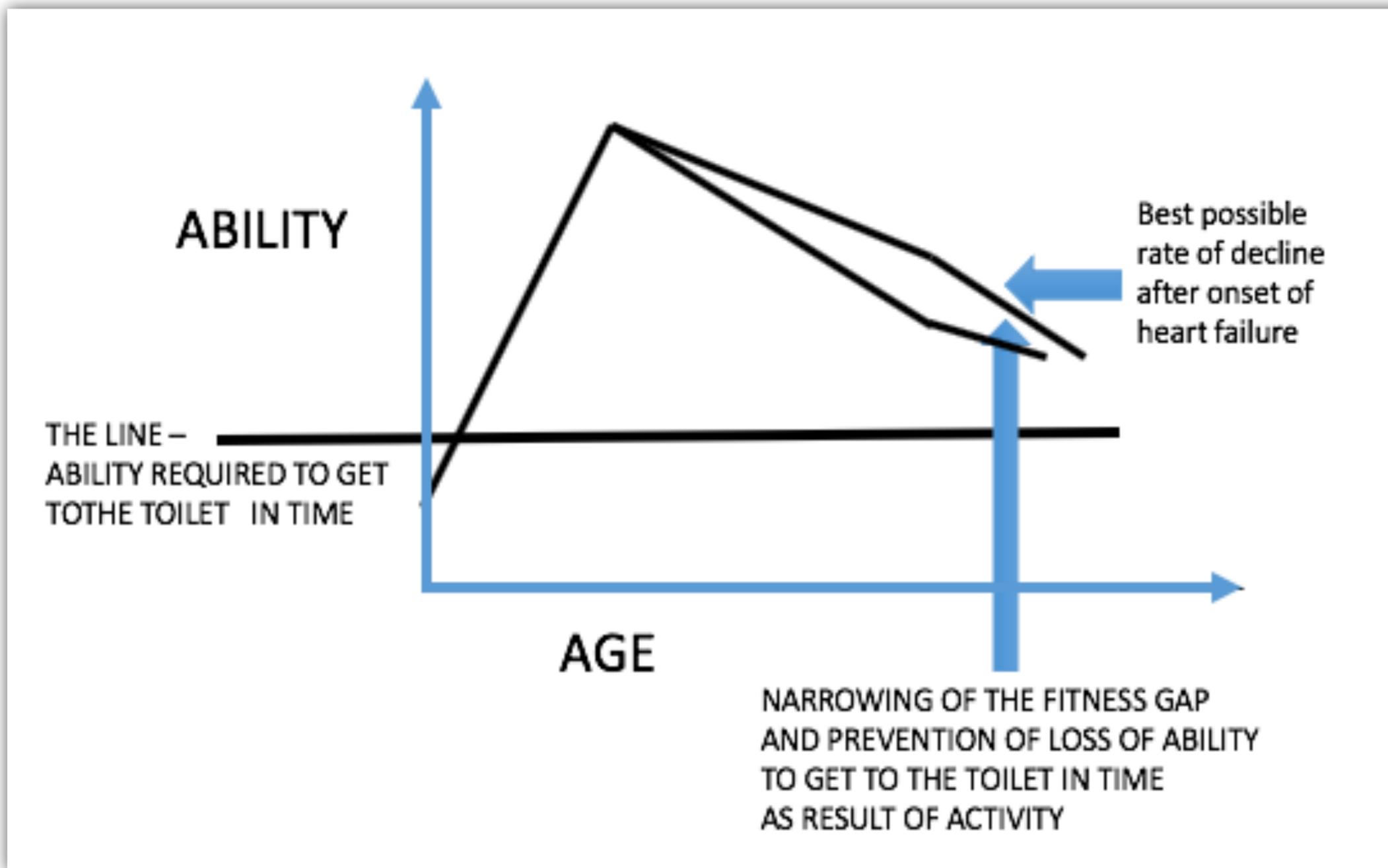
But it does affect maximum ability and resilience



The case for change



The case for change



Optimal Ageing in Merton

Population health approach to helping
older population in Merton
Live Longer Better

Optimal Ageing
content

New digital platform
W:ISH

Live Longer Better
professional network



- ✓ Help older people 'live longer better'
- ✓ Empowering & self-management approach
- ✓ Change culture around ageing
- ✓ Compress period of disability / dependency
- ✓ Reduce their need for health & social care

Optimal Ageing in Merton: W:ISH – The Wellness Interactive Support Hub

Page 16

The screenshot displays the W:ISH website interface. At the top, there is a teal header with the W:ISH logo and the text "Wellness Interactive Support Hub". Below the header, there is a navigation bar with links for "About W:ISH", "About Digiatics", and "Contact". A user profile is visible, showing the email address "jenckaye@gmail.com" and a "Manage Profile" button. The main content area is divided into several sections: a "Patients login" section with a "Login" button, a "Welcome to W:ISH" message, a video player showing a person wearing a headset, and a "Feed" section with a post from "W:ISH" dated "1 hour ago - 1 June 2021". The feed post contains text about a benchmark or baseline of health and a challenge to stand up and sit down. A "News Feed" link is also visible in the sidebar.

nhswish.com

Optimal Ageing in Merton: W:ISH – The Wellness Interactive Support Hub

Page 17

LIVE LONGER BETTER

11 weeks ago - 5 March 2021

LLB 2- Improving Physical Fitness.mp4



Manage

Social

News Feed

Surveys

Wellness Record



10 Today
10 weeks ago - 15 March 2021

10 Today is a set of fun 10-minute, audio and video workouts intended to easily fit into your day to help get you stretching and moving at home.

It has been designed by and for older people to keep you physically active, boost your wellbeing, and help maintain your mobility and balance.

Each routine provides engaging and easy to follow exercises that are a great way of staying active within your own home. They can be done at any time, whether standing up or sitting down, and are adaptable to different fitness levels.

Like 0 | Comments 0

physical

Confidence & belief in change

Why?

This is a good measure of how likely I am to choose behaviours that will keep me fit and well

How?

On a scale of 1 to 10, rate how much you believe in the following statement: "I have the power to become healthier, fitter and stronger."

Record Score



Pilot with Wandsworth & Merton Citizens

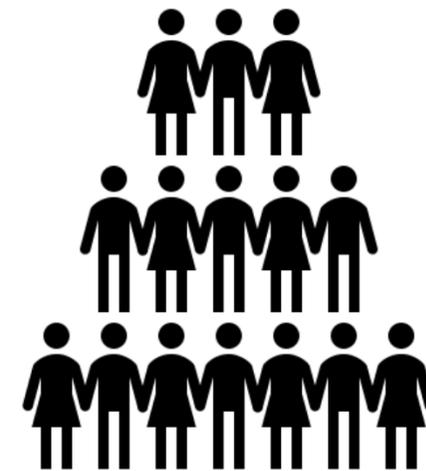
May 2021

Citizens > 65 from GP practices in Wandsworth & Merton

Aiming for 380 participants;
(currently 230!)

Rolling recruitment process over 2-month period

Feedback & evaluation by university team



Our focus: Planning for end of life

What matters most to you?

Our focus: Planning for end of life

What would matters most
to you if you only had weeks
to live?

Our focus: Planning for end of life

70% of people feel comfortable talking about death and dying
(Age UK)

8% of people with cancer have spoken to their healthcare team about death and dying
(Macmillan)

Our focus: Planning for end of life

Will

Funeral planning

Lasting Power of Attorney

Do not resuscitate

Advance decision to refuse treatment

Where you want to die

Our focus: Planning for end of life

Group discussion:

Q: How do you feel about planning for end of life?

Q: What would help?

Q: Who would you speak to?

Our focus: Planning for end of life

Interviewing people from
Merton to understand local
views on the topic – any
volunteers?

Our focus: Using digital technology for health

65-74 year olds:

75% use the internet almost every day

Page 25

75+ year olds:

46% use the internet almost every day

42% do not use the internet

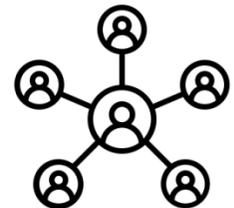
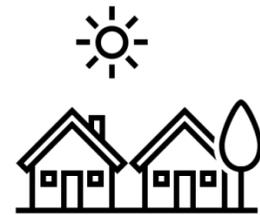
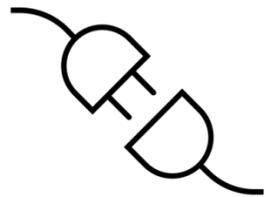
Only 15% want to use the internet more

(Age UK, 2021)



Our focus: Using digital technology for health

Page 26



Our focus: Using digital technology for health

Group discussion:

Q: How do you feel about using digital technology (e.g. websites & apps) to help you keep fit and healthy?

Q: What gets in the way?

Q: What helps?

Thank you

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