

## **A new approach to Day Opportunities for Older People in Cambridgeshire – background information**

### **What are Day Opportunities?**

Day Opportunities (sometimes called day services) for older people (aged 65+), offer social interaction, activities, a cooked meal, and physical and emotional support. They can help people to remain living within their own homes and communities by contributing to their overall wellbeing and providing family and unpaid carers with a break from their caring role. Services have traditionally been building-based groups that open between 9am-3pm Monday – Friday and support people aged 65+.

### **How do we currently offer Day Opportunities to older people?**

Day Opportunities for older people are provided by three council run services in Fenland, East Cambridgeshire, and Cambridge City and 17 grant funded services across the county. Our council run services only support people who have been assessed by a social care worker as having 'eligible needs' – this means the needs people have for care and support that the council is required by law to meet. People are likely to have 'eligible needs' if they need a lot of help to do things like washing themselves, getting dressed, getting in and out of bed, and keeping their home safe.

The grant funded services are asked also to support people 'without eligible needs' – this means they help people to stay independent, stay connected to other people and promote wellbeing, often helping to delay the need for other types of social care and support.

### **A review of our current Day Opportunities offer.**

We have been funding the same Day Opportunities for many years and therefore we wanted to make sure we were still spending money in the best way and providing what people wanted.

As part of our review, we:

- held one-to-one interviews with people who attend the current services and our staff teams (including those who talk to people that phone adult social care looking for support)
- surveyed carers of people attending current services
- surveyed our staff teams.

- looked at the conversations our Think Communities' Team had with East Cambridgeshire's older population.
- collected information from our Community Navigators service delivered by Care Network
- talked to the voluntary sector organisations who run existing services.
- looked at how many people attend current services.
- looked at what we currently spend in each district and information about each district, like the levels of deprivation and amount of older people living there.

We found that:

- many grant funded services have lots of space and since the Covid-19 pandemic, have not been able to fill these.
- most grant funded services only support people 'without eligible needs' apart from in Huntingdonshire and South Cambridgeshire (where we have no council run services)
- some people do not want to attend 'day centres' and would like an alternative way to keep from being socially isolated and to provide family/carer respite support.
- transport is a big barrier to taking part in activities within more rural districts.

We pulled what people told us into a '*What good looks like - Older People's Day Opportunities Cambridgeshire*' document and used this to design a new way to offer day opportunities.

The review showed the current model of Older People's Day Opportunities does not seem to be meeting the needs of the older population as a whole and could provide better value for money.

We need to make sure we are supporting older people with 'eligible needs' with a quality service that can meet the expected increase in the amount of older people with complex care and support needs. This way we can provide essential respite for carers supporting them in their caring role. We also need to make sure we are using our remaining budget to support more people 'without eligible needs' but who might have emerging care and support needs, by providing services, clubs, or groups that more people want to attend.

## Our Plans

We plan to:

1. Make sure there are Day Opportunities to support people with 'eligible needs' in all districts, we will buy services in Huntingdonshire and South Cambridgeshire. This would be through a contract with one or more providers.
2. Put in place a new grant system with funding allocated to each District. Then support voluntary and community sector organisations and groups, and social enterprises to bid for grants, to deliver new services, clubs and activities that meet their local needs.

We would introduce new grant giving arrangements. We believe that the best people to decide what services are needed are those who will be using them. We would therefore, work with communities, health and other partners such as district councils, to co-design the new grant system, so we could fund services, clubs, and activities that meet the needs of specific districts including consideration of the diversities within these.

Through this joint working we would develop the requirements for each district and offer grants out to the Voluntary and Community Sector (VCS) accordingly. In general, all grant bids would need to meet the following minimum criteria:

- Provide older people with emerging care/support needs the opportunity to be socially included in their community.
- Make sure all members are offered the chance to participate in a level of physical activity.
- Promote the Independence and Ageing Well of Older People with emerging care/support needs.
- Offer an element of added social value - aligned to the National Themes, Outcomes and Measures (TOMS) framework. Social value is about giving something back to the community.
- Demonstrate how people would be able to access the service.
- Reporting that includes attendance figures and equalities data.

Bids for grants would be evaluated by a panel with representation from adult social care, health, district councils, and key local community representatives.

The intentions above do not involve reducing the amount of money we spend on services; it would just mean what we ask for and who we fund could change depending on what each community wants, and which organisations or groups bid for grants to deliver it. Our intention would be to first give 10% to Fenland,

accounting for the high level of deprivation in this district and split the remaining budget between all 5 districts according to the amount of older people living there.

### **What we hope to achieve through our plans**

We will:

- Be able to offer a day opportunity for people with 'eligible needs' within each district. We recognise that as the population is aging, we will have an increase in demand for day opportunities from people with more complex care and support needs.
- Support even more people with emerging care and support needs to remain living as independently as possible, for as long as possible. This will in turn provide respite for even more informal carers.
- Be able to work closer with communities themselves to make sure they have more influence over how budgets are spent.
- Work closer with our partners as part of an Integrated Care System (ICS), an ICS is organisations that come together to plan and deliver joined up health and care services.
- Support more older people to be less socially isolated.
- Support the increased physical activity level of older people.
- Be offering a fair and transparent approach to funding opportunities to a wider range of voluntary and community sector groups and organisations.
- Be less prescriptive with what we fund to enable smaller groups to offer more local support, addressing the transport difficulties for rural districts.

To make sure we achieve these we will:

- continue to talk to people and gather information about how they would like to be supported and what types of services, groups, or activities they want
- alongside our partners work closely with communities to connect groups and services
- continue to hold bi-monthly day opportunity provider meetings
- make sure we promote and provide information and advice about who has been funded

### Other options we considered.

1. Extending our council run services to support those with ‘eligible needs’ within Huntingdonshire and South Cambridgeshire

Extending the council run services has been explored but isn’t currently a viable option for Huntingdonshire or South Cambridgeshire. This is due to needing a whole new staff and management team and a lack of space or suitable premises within Huntingdonshire or South Cambridgeshire.

2. Extending existing grants

This is not considered a fair approach as there may be other services or groups that can provide support at an increased quality or value for money. For older people with eligible needs, they may have more complex, i.e., dementia specific or personal care needs, and to make sure of the services quality and safety of service users, contractual agreements with their robust monitoring arrangements are preferred.

Engagement with older people suggests they want a wider range of support options. Extending grants would mean we wouldn’t be able to design an offer with local communities.

### How our plans might affect people and what we can do about this

This new approach could mean that some current grant funded services may not be successful in their bidding for a new grant or contract. We have listed how this could affect people and what we can do about it in the table below:

Possible Effect	What we can do
Current services can’t afford to continue running.	<ul style="list-style-type: none"> <li>- Keep all current services informed so they have the chance to shape their services and bid to offer what the community wants.</li> <li>- Make sure when we are looking at what each district wants, we include those people who are currently attending funded services.</li> <li>- Make sure people attending current services are aware of all new services, clubs, and activities.</li> </ul>
Some people ‘with eligible needs’ might be at service that does not gain a contract. The council can only manage services and payments for these people with services that we have a contract with.	<ul style="list-style-type: none"> <li>- Make sure we review each of these people and communicate their choices, i.e., taking a direct payment - which means we can give them the money to buy a service from whoever they choose or supporting them to move to a service that we run, or that has a contract with us.</li> </ul>