



Health and Social Care Select Committee Review Scoping Report - 2024/2025

A Review of Adult Social Care Early Intervention and Prevention in Hillingdon

1. OBJECTIVES

Aim of the review

At its meeting on 24 July 2024, the Health and Social Care Select Committee elected to undertake a major review of adult social care early intervention and prevention work in Hillingdon. This review aims to consider ways in which the current service user experience could be improved to better meet their needs (and those of their families). The scope of the Select Committee's review is limited to:

- *Hospital discharge - bridging care and reablement - physio & OT support in the community*
- *Technology led support - pre & post social care interventions - telecare & Lilli project*
- *Third sector - voluntary services support - grants/providers*
- *Public health - prevention programmes including healthy child programmes & family hubs 0-19/25 for those with SEND*
- *Mental health support - Crisis House/Cove Cafe/Lighthouse*
- *Positive behaviour support service - PBST*

Terms of Reference

The following Terms of Reference are suggested for the review, subject to any changes agreed by the Committee:

1. to gain an understanding of the early intervention and prevention (EIP) initiatives that are currently available in adult social care;
2. to understand how the Council identifies and prioritises need;
3. to review the current availability of support and how these options are communicated to services users and their carers;
4. to establish how the Council works with its voluntary sector partners;

5. to explore the effectiveness of the different services in communicating with each other as well as the effectiveness of their communication with the service users;
6. to establish how the Council and its partners measure the effectiveness of EIP; and
7. subject to the Committee's findings, to make any conclusions, propose actions and make service and policy recommendations to the decision-making Cabinet (who may then refer formally to the relevant external body).

2. BACKGROUND

Context and Key Information

Adult social care is a vital component of the welfare system, providing necessary support and services to adults who require assistance due to age, disability, or other circumstances. Among the various approaches employed in adult social care, early intervention and prevention stand out as proactive strategies designed to improve the quality of life for individuals while reducing long-term care needs. This document explores what early intervention and prevention in adult social care entail and how these approaches lead to better outcomes for individuals.

What is Early Intervention and Prevention?

Early intervention refers to the process of identifying and addressing potential issues before they escalate into more serious problems. In the context of adult social care, early intervention involves timely actions and services aimed at preventing the deterioration of an individual's physical, mental, or social well-being.

Prevention focuses on reducing the likelihood of problems occurring in the first place. This involves promoting healthy lifestyles, providing education and resources, and implementing community-based programs that support individuals in maintaining their independence and well-being.

Components of Early Intervention and Prevention

There are many components of early intervention and prevention which include:

- Health and wellbeing assessments - regular health and well-being assessments are crucial for identifying individuals at risk of developing significant care needs. These assessments can detect early signs of health issues, enabling timely intervention and appropriate support.
- Personalised care plans - personalised care plans are tailored to the specific needs and preferences of individuals. These plans outline the necessary support and services required to maintain or improve their wellbeing, ensuring that care is proactive and responsive to changing circumstances.
- Community support services – these play a vital role in early intervention and prevention and include social activities, support groups, and access to local amenities, fostering social connections and reducing isolation.
- Educational programmes - educational programs aimed at promoting healthy living and self-care are essential components of prevention strategies. These programs provide individuals with the knowledge and skills needed to manage their health and well-being effectively.
- Technology and Innovation – this is increasingly being used in adult social care to facilitate early intervention and prevention. Tools such as telecare, remote monitoring and digital care planning enable more efficient and

effective support for individuals.

How Early Intervention and Prevention Improves Outcomes

Early intervention and prevention strategies significantly enhance the quality of life for individuals by addressing issues before they become severe. Timely support helps individuals maintain their independence, participate in social activities, and enjoy a higher standard of living.

By preventing the escalation of health and social issues, early intervention and prevention reduce the need for long-term care. This not only benefits the individuals by allowing them to remain in their homes and communities but also alleviates the pressure on healthcare and social care systems.

Proactive health and well-being assessments lead to early detection and treatment of health conditions, resulting in improved health outcomes. Individuals receive the necessary medical care and support promptly, preventing complications and promoting recovery. Preventive measures and early interventions are cost-effective compared to the expenses associated with long-term care and hospital admissions. Investing in early intervention and prevention can result in substantial savings for healthcare systems and better resource allocation.

Early intervention and prevention empower individuals to take control of their health and wellbeing. By providing education, resources and support, individuals are encouraged to make informed decisions and adopt healthier lifestyles, enhancing their independence and self-esteem.

In many communities, fall prevention programmes have been implemented as part of early intervention and prevention strategies. These programmes include exercises to improve balance and strength, home modifications to reduce fall hazards and education on fall prevention techniques. Participants in these programs have shown a significant reduction in fall-related injuries and hospital admissions, improving their overall quality of life.

Early intervention and prevention in dementia care involves timely diagnosis, personalised care plans and support for caregivers. By providing early access to medical treatment, cognitive therapies and community support, individuals with dementia can maintain their independence longer and experience a better quality of life. Carers also benefit from training and respite services, reducing their stress and enhancing their ability to provide care.

Chronic disease management programmes focus on early intervention and prevention of conditions such as diabetes, heart disease and respiratory illnesses. These programmes provide individuals with regular health assessments, education on disease management and access to healthcare professionals. As a result, participants experience better health outcomes, reduced complications and fewer hospitalisations.

Early intervention and prevention in adult social care is an essential strategy for enhancing the quality of life for individuals, reducing the need for long-term care and promoting cost-effective healthcare solutions. By adopting proactive approaches, partners can address potential issues before they escalate, empower individuals to take control of their wellbeing and create a healthier and more independent population. The success of early intervention and prevention relies on continuous

collaboration between healthcare providers, social care professionals, communities, and individuals themselves.

Areas identified for improvement

The Committee hopes to identify areas for improvement in relation to adult social care early intervention and prevention initiatives. The improvements should help residents and their families to access the help they need sooner. The earlier that individuals can get the support that they need, the better the outcomes for those residents and partners.

Current data, best practice and research

A Reablement and Homecare project has been set up to assess the effectiveness of the services that are provided in Hillingdon and the outcomes achieved, with the ultimate objective of ensuring that homecare is a suitable outcome of the reablement intervention. It also seeks to explore all possible avenues to enhance the residents' independence. To achieve this, the project will conduct a thorough analysis of the results of reablement interventions, identifying areas for improvement. By doing so, the project strives to enhance the service's effectiveness and provide the highest quality care possible to residents. Through this approach, the project endeavours to improve individuals' quality of life, ensuring that they receive the appropriate care and intervention at the right time.

The Reablement programme has been effective in reducing costs throughout the year, with a consistent percentage of clients (63%) not requiring service 90 days post reablement across all quarters. There have also been a range of non-financial benefits realised through reablement including:

- Empowerment
 - Residents regain independence and confidence in daily tasks
 - Fosters autonomy and self confidence
 - Improves mental and emotional wellbeing
- Physical health improvement
 - Strengths based focus on rehabilitation and skill-building
 - Enhances physical strength, mobility and endurance
 - Improves overall health outcomes and quality of life for residents

Executive Responsibilities

The portfolio Cabinet Member responsible is Councillor Jane Palmer.

3. EVIDENCE & ENQUIRY

Potential witnesses (including service users)

Witnesses will be identified by the Committee in consultation with relevant officers and may include:

- Carers of service users (local residents)
- Service users
- Lisa Taylor, Managing Director, Healthwatch Hillingdon
- Sandra Taylor, Executive Director of Adult Social Care and Health, LBH
- Voluntary sector
- Kelly O'Neill, Interim Director of Public Health, LBH

- Dr Ritu Prasad, Chair of Hillingdon GP Confederation
- Keith Spencer, Managing Director, Hillingdon Health and Care Partners

Lines of Enquiry

Lines of enquiry can be expanded as the review progresses or included in relevant witness session reports. However, lines of enquiry may include:

1. What EIP services are currently provided in Hillingdon?
2. How have these services improved outcomes for Hillingdon residents?
3. What percentage of eligible residents currently use EIP services? How can the percentage of eligible residents using EIP services be increased?
4. How does the use of EIP improve outcomes for residents?
5. How are EIP services monitored?

Surveys, site-visits or other fact-finding events

Such opportunities will be identified as the review progresses.

Future information that may be required

Further information may be identified as the review progresses.

4. REVIEW PLANNING & TIMETABLE

Proposed timeframe and milestones for the review:

Meeting Date	Action	Purpose / theme	Witnesses / officers attending
12 November 2024	Agree Scoping Report	Information and analysis	
TBA	Informal Witness Session 1	Information and analysis	Carers / Service Users
25 February 2025	Witness Session 1	Information and analysis - Public health strategy and implementation: identifying and prioritising need.	
19 March 2025	Witness Session 2	Information and analysis - Deep dive into some of the services, which incorporate the themes of technology, mental health and PBST.	
June 2025	Witness Session 3	Information and analysis - Voluntary sector – how we work	

Appendix B

Meeting Date	Action	Purpose / theme	Witnesses / officers attending
		with our partners in this area to achieve the best outcomes for residents.	
Outside the committee – workshop / survey / networking session / consultation / informal meeting with users, etc...			
July 2025	De-brief and emerging findings	To discuss key findings and identify potential recommendations	
September 2025	Approval of draft final report	Proposals – agree recommendations and final draft report to Cabinet	
October 2025	Final report to be presented to Cabinet		

Resource requirements

The review will be undertaken within existing resources.

Equalities impact

The 2010 Equality Act outlines the provisions of the Public Sector Equalities Duty which requires Public Bodies to have due regard to the need to:

- eliminate unlawful discrimination, harassment and victimisation and other conduct prohibited by the Equality Act 2010.
- advance equality of opportunity between people from different groups.
- foster good relations between people from different groups.

The broad purpose of this duty is to integrate considerations of equality into day business and keep them under review in decision making, the design of policies and the delivery of services. There are no equality impact issues relating to the matters set out in this report. When analysing information on victims, offenders or location of crime and ASB generally, the protected characteristics are recorded, analysed and disproportionate trends identified when planning the appropriate strategic and operational intervention.

Background Papers / further reading

None.