

# A HEALTHY, CARING POWYS

**OUR FUTURE VISION**  
...  
FOCUS ON INEQUALITIES + PEOPLE WITH GREATEST NEED  
**IMPROVE HEALTH AND WELLBEING**

To  
**2027**  
AND  
BEYOND...



**Powys Regional Partnership Board's Joint Area Plan 2023- 2028**  
(Including Midterm Review of the Health and Care Strategy for Powys)

Bwrdd Partneriaeth  
Ranbarthol Powys  
Iechyd a Gofal  
Cymdeithasol



Powys Regional  
Partnership Board  
Health and  
Social Care

# INTRODUCTION

**Our Regional Partnership Board brings together a range of representatives across Powys.**

Members include the council, health board and third sector, as well as citizens and carers, to ensure that people work together better to improve health and wellbeing across the county.

This is the Regional Partnership Board's (RPB) plan for the next five years. It builds on the progress and learning of the last five years and is our response to the findings of the **Powys Population Needs Assessment**, which detailed the health and social care needs of people in Powys.

All partners have come together to produce this second Regional Partnership Board Joint Area Plan.

## It sets out how we can improve the health and wellbeing of people in Powys.

This document also includes a Mid Term Review of the **Health and Care Strategy, A Healthy Caring Powys (2017 – 2027)** and will deliver the final stages of that ten year ambition.

This document provides a summary of the Joint Area Plan.

For more information and to view the full Plan visit: [www.powysrpb.org](http://www.powysrpb.org)



# Contact us

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# THE HEALTH AND CARE STRATEGY FOR POWYS 'AT A GLANCE'



WE ARE DEVELOPING A VISION OF THE FUTURE OF HEALTH AND CARE IN POWYS...



a leader in integrated rural health and care

To 2027 AND BEYOND...



WE AIM TO DELIVER THIS VISION THROUGHOUT THE LIVES OF THE PEOPLE OF POWYS...



WE WILL SUPPORT PEOPLE TO IMPROVE THEIR HEALTH AND WELLBEING THROUGH...



OUR PRIORITIES AND ACTION WILL BE DRIVEN BY CLEAR PRINCIPLES...



THE FUTURE OF HEALTH AND CARE WILL IMPROVE THROUGH...



Workforce Futures



Innovative Environments



Digital First



Transforming in Partnership

# OVERVIEW AND INSIGHTS

**The Health and Care Strategy provides the vision for health and social care services in Powys working better together.**

The Health and Care Strategy published in 2017 was developed after extensive public and professional engagement and research as to what residents and partners have said about health and care in Powys.

Given the changes to people's health and wellbeing in the last five years we have taken the opportunity to review the strategy in light of available new data, legislation and public feedback.

We've drawn extensively on the views and evidence gathered as part of the:

-  **Powys Population Needs Assessment (2022)**
-  **Wellbeing Assessment (2022)**
-  **Powys Market Stability Report (2022)**

They provide a refreshed understanding of life in the county.

To produce this Joint Area Plan we have analysed and drawn on these, as well as other new research, feedback and policy.

**IMPROVE HEALTH AND WELLBEING**



The Area Plan has been shaped by all of these insights to focus on joint priority actions that can make the biggest impact to meet the changing population needs.

The strategy and high-level objectives remain recognisable to partners, communities and people in Powys. They continue to set the right strategic direction for delivering better outcomes.



The long-term vision continues to highlight the importance for people to 'Start Well', 'Live Well' and 'Age Well' through a focus on well-being, early help and support, the big four health challenges and joined up care.



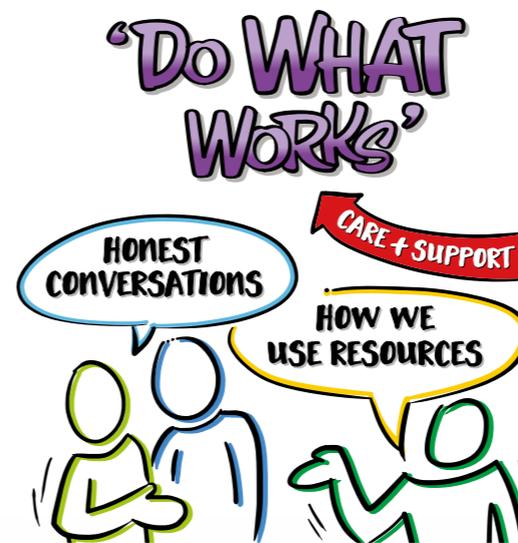
# PRINCIPLES

Six principles were identified through extensive engagement and these will continue to guide how we create a healthy, thriving future for the people and communities of Powys. Achieving the vision means finding the right balance between these principles.



## PRINCIPLE 1. DO WHAT MATTERS

We will focus on 'What Matters' to people. We will work together to plan personalised care and support, focusing on the outcomes that matter to the individual.



## PRINCIPLE 2. DO WHAT WORKS

We will provide care and support that is focused on 'what works' based on evidence, evaluation and feedback. We will have honest conversations about how we use resources.



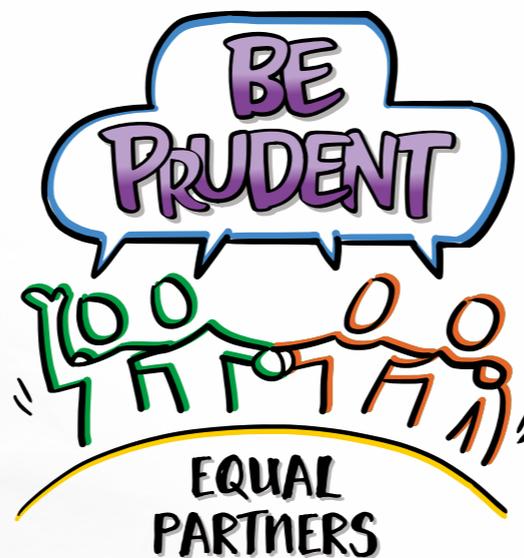
## PRINCIPLE 3. FOCUS ON GREATEST NEED

We will focus resources on those with greatest need for help and support, in a way that looks ahead to future generations.



## PRINCIPLE 4. OFFER FAIR ACCESS

We will ensure that people have fair access to specialist care and to new treatments and technologies, helping to deliver a more equal Powys and recognising rural challenges.



## PRINCIPLE 5. BE PRUDENT

We will use public resources wisely so that health and care services only do those things that only they can and should do, supporting people to be equal partners and take more responsibility for their health and care.



## PRINCIPLE 6. WORK WITH PEOPLE & COMMUNITIES

We will work with individuals and communities to use all of their strengths in a way that maximises and includes the health and care of everyone, focusing on every stage of life — Start Well, Live Well and Age Well.

# HEALTHY, CARING POWYS OUTCOMES

The following co-produced outcomes or 'I-Statements' remain relevant to what Powys citizens will be able to expect in 2027, and will continue to drive priorities for the duration of the new Area Plan.



- I am responsible for my own health and well-being
- I am able to lead a fulfilled life
- I am able and supported to make healthy lifestyle choices about my mental and physical health and well-being, for myself and my family
- I have life opportunities wherever I am and wherever I live in Powys
- My environment/community supports me to be connected and maintain health and well-being
- As a carer I am able to live a fulfilled life and feel supported



## EARLY HELP AND SUPPORT

- I can easily access information, advice and assistance to remain active and independent
- As a child and young person, I have the opportunity to experience the best start in life
- I have easy access, advice and support to help me live well with my chronic condition



- I have timely access to equitable services as locally as possible
- I am treated as an individual with dignity and respect
- My care and support are focused around what matters most to me
- I receive continuity of care which is safe and meets my needs
- I am safe and supported to live a fulfilled life
- I receive end of life care that respects what is important to me



## TACKLING THE 'BIG 4'

- I have easy access to support, information and early diagnosis
- I have early intervention and appropriate treatment
- My treatment and support is high quality, evidence based and timely



- As a Powys resident I "tell my story" once and I am confident that those looking after me are working together for my best interest
- The services I receive are coordinated and seamless
- I am able to access buildings and resources shared for multiple purposes, by multiple organisations
- My community is able to do more to support health and well-being



- Those who I need to support me are able to make decisions and respond because they are well informed and qualified. If they can't help me directly, they know who can
- As a carer, I and those who I care for are part of "the team"
- I can access education, training and development opportunities in Powys that allow me to secure and develop my skills and opportunities
- I am enabled to provide services digitally where appropriate
- I am engaged and satisfied with my work



- I am part of a thriving community which has a range of opportunities for health and social care, social events and access to advice and guidance services
- I have access to a Rural Regional Centre providing one stop health and care – diagnostic, advice and guidance, day treatments, etc. which reduces unnecessary out of county travel
- I am encouraged and enabled to use the great outdoors to support my well-being and care
- I am able to have my home adapted to help me to live independently and make me feel safe
- I have care in a fit for purpose environment that enhances my experience



- I am able to find and do what I need online, such as make or change appointments, pay my bills, self-assess or reach a consultant without having to travel
- I am helped to use technology and gain access to resources to allow me to be digitally independent

# JOINT AREA PLAN PRIORITIES 'AT A GLANCE' 2023-2028

## Wellbeing Objectives



- 1.1 Community Development
- 1.2 Supporting Carers
- 1.3 Population health Improvement, including health inequalities



## EARLY HELP AND SUPPORT

- 2.1 Emotional health and wellbeing
- 2.2 Early, help and prevention models of care
- 2.3 Supporting families to stay together



## TACKLING THE 'BIG 4'

- 3.1 Mental Health
- 3.2 Cancer
- 3.3 Respiratory
- 3.4 Circulatory



- 4.1 Care Co-ordination
- 4.2 Unscheduled care
- 4.3 Care closer to home

## Enabling Objectives



- 5.1 Designing, planning and attracting the workforce
- 5.2 Leading the workforce
- 5.3 Engagement and wellbeing
- 5.4 Education, training and development
- 5.5 Partnership and citizenship



- 6.1 Information, advice and assistance (incl. non-digital)
- 6.2 Digital information systems
- 6.3 Digitally enabled environments



- 7.1 Accommodation based solutions
- 7.2 Rural, regional centres
- 7.3 Community Wellbeing Hubs



- 8.1 Effective and efficient partnership governance and culture
- 8.2 Citizen participation
- 8.3 System wide learning to support innovation, improvement and adoption of sustainable models
- 8.4 Primary and Community Care
- 8.5 Develop alternative delivery models, including social value
- 8.6 Welsh language

These priorities have been reviewed in light of recent feedback, learning and data. Most of these priorities are maintained from the original Area Plan, but there are some updates. Each priority is colour coded as below.



# KEY PRIORITY AREAS TO DELIVER ON START, LIVE, AGE WELL PROGRAMMES 'AT A GLANCE'

Reaffirmed Health and Care Strategy objectives and refreshed priorities



- ✓ Develop an emotional health and wellbeing model for children and young people, including young carers
- ✓ Support children, young people and families to achieve healthy, active lives
- ✓ Children and young people to receive intensive support in Safer Accommodation, closer to home
- ✓ Further develop integrated support for children and young people with additional needs
- ✓ Enable early help and support for children and young people on the 'Edge of Care'



## Mental Health – All Age

- ✓ Support people's resilience through on-line therapy
- ✓ Improve information, advice and assistance
- ✓ Support interventions for children, young people and families
- ✓ Prevent escalation of need and develop pathways of support
- ✓ Develop a joined up approach to trauma informed services and training
- ✓ Improve work with citizens and service users to co-produce solutions

## Live Well – Adults

- ✓ Develop prevention and community co-ordination approaches in social care to meet the care and support needs of people in Powys
- ✓ Develop community-based care to provide complex care closer to home
- ✓ Empower people to self-care and access support for good emotional health and wellbeing, so that they can live their lives to the full
- ✓ Address health and care inequalities with targeted interventions
- ✓ Create solutions for people to live as independently as possible within their communities



- ✓ Implement an early help model through locally-based support
- ✓ Increase inclusion opportunities to reduce loneliness and isolation
- ✓ Reduce delayed transfers of care, through improved integrated working
- ✓ Implement an integrated community care approach, including modernising domiciliary care, reablement and rehabilitation, maximising use of direct payments and microenterprises, and enhancing community capacity including supporting unpaid carers
- ✓ Develop Extra Care and other accommodation and community based solutions, including working with the care home sector.

Strategic Partnership and Programme Annual Delivery and Resource Plan



# NEXT STEPS

**Measuring the impact of the intended change and tracking progress against the intended outcomes** will be key to delivering the Health and Care Strategy and second Joint Area Plan 2023 – 2028.



## DETAILED DELIVERY PLAN

The Area Plan gives a shared platform in which to develop a partnership delivery and resource plan – this will detail the specific actions to be taken forward in the coming years in order to turn vision into action.

## MEASURING IMPACT

Measuring the impact of the intended change and tracking progress against the intended outcomes will be key to delivery of the Health and Care Strategy and this second Joint Area Plan.

We need to improve how we measure impact to have a stronger evidence base through intelligence-led approaches to data, engagement and insight.

A key area for delivery next year will be to fully embed an approach that will bring a stronger understanding of what works well and demonstrate impact through a mixture of quantitative and qualitative information.

## CONCLUSION

The preceding years have been challenging for everyone. A huge amount has been progressed, yet there is clearly much more that is needed. We look forward to continuing our journey through this plan to deliver on the health and care strategy.

# For more information...

...contact the RPB team

 [prpb@powys.gov.uk](mailto:prpb@powys.gov.uk)

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