

Background

This overview seeks to describe the prevention and early intervention priorities and the outcomes that should be achieved. It then sets out a delivery plan to move this forward.

However, because ‘prevention’ is defined very broadly, it covers more than adult social care, it places the work adult social care is doing in a wider context of the council as a whole and its partners.

Prevention and early intervention are about doing things earlier and differently to improve outcomes for people and make better use of resources, and a process of targeting resources at the places and people where they can have the most effect.

This factsheet explores work carried out over the last year or so to develop a joined-up approach across the Integrated Care Board (ICB), Public Health, the Early Help, Local Area Committees and Adult Care.

The ambition is that as a City, we work in partnership to build on existing efforts and inform additional prevention and early intervention actions across the whole spectrum of public service activity, with a key focus on supporting and developing the voluntary and community sectors, to enable individuals to live well, independently at home.

Definition of Terms

There are many definitions of prevention and early intervention in public services. A common way of dealing with these terms is to see them as interchangeable when it comes to describing services, but conceptually separate them.

For example, ‘prevention’ is often categorised into three elements:

- *‘primary’ or ‘upstream’ prevention* (including whole population approaches and/or services and interventions for people with lower-level needs)
- *‘secondary’ prevention* – typically activities directed at people with emerging needs, to stop these getting worse; and
- *‘tertiary’ or ‘downstream’ prevention* – usually targeted at people with a range of complex needs and/or more pronounced ill-health, focused on maintaining stability and preventing deterioration for as long as possible.

We also define several other important terms:

- ‘Wellbeing’
- ‘Independence’
- ‘Preventative Services’
- ‘Early intervention Services’

Prevention

Prevention is a term frequently used across health and social care, but with no clear-cut definition and no consensus as to what constitutes 'prevention'.

This lack of clarity is compounded by 'haziness' around the boundary between health and social care and such things as housing and transport¹.

In Adult Care, we follow the 2006 Kings Fund approach and define 'Prevention' as:

- *To delay or prevent ill health or disability consequent upon ageing by the promotion of wellbeing.*
- *To promote/improve wellbeing of people and their inclusion in social and community life.*
- *To create healthy and supportive environments that develop wellbeing'.*

Wellbeing

The definition of prevention above relies heavily on the concept of 'wellbeing', particularly since, in the definition above, prevention is all about the 'promotion of wellbeing' or the 'improvement of wellbeing' or the development of wellbeing'. Fortunately, the Care Act 2014 includes a statutory principle to promote individual wellbeing as the driving force underpinning the provision of care and support. In this strategy 'wellbeing' is defined as per the Care Act 2014:

- physical and mental health, emotional wellbeing, and personal dignity
- protection from abuse and neglect
- control by the individual over day-to-day life (including over care and support provided to them and the way in which they are provided)
- participation in work, education, training, or recreation
- social and economic wellbeing
- domestic, family, and personal relationships
- suitability of living accommodation
- the individual's contribution to society

Early Intervention

The Care Act 2014 requires local authorities to prevent, delay or reduce people's need for care and support. The focus is on being proactive and deploying early interventions to reduce dependency, rather than just providing intensive services at the point of crisis.

'Early intervention' is about acting as soon as possible to tackle problems e.g., delivering occupational therapy or social work as way of tackling a problem, or set of presenting issues, in a way that helps people to 'get back on their feet'. It's goal-based activities the council and its partner's deliver, that support independence.

¹ See The Kings Fund 2006 report: Preventive Social Care. Is It Cost effective? By Natasha Curry

Independence

Independence is, at first glance, a simple concept.

It means having full autonomy over one's own life. However, the challenges posed by lifestyle choices, the ageing process and disability, can challenge this definition, especially when assistance is needed to perform daily tasks.

Throughout our adult lives, we strive to determine our own actions and decisions, but at the same time, non-of us are totally independent from other people or things. Often people are inter-dependent, sometimes dependent on objects (mobile phones for example) and sometimes, hopefully, in rewarding reciprocal relationships.

But these are entered into of our own choice as capacitated and autonomous individuals. Then, as we reach our older years, or live with disability, the scope of our independence can diminish, or be impacted on by changing mobility, mental and physical health, which leads to the need for greater help and assistance.

Lessening independence, in large part, is a natural element of ageing, - but the challenge arrives when this help is not available or is insufficient to meet developing needs such that state intervention becomes necessary. However, with the right early interventions that make changes to the environment, technology, support, the person's choice, and control can be maximised, and independence from further state intervention can be enhanced or maintained.

Prevention and early intervention services:

There is no consensus around what 'preventative services' or 'early intervention services' are. Such that even when the notion of prevention and early intervention are definable, the services that meet these needs often do both interchangeably.

Some services do both prevention and early intervention, some do more of one thing than another. The practical reality is that it's very difficult to separate out services that just deliver on a 'prevention' without also 'intervening early', and services that intervene early are often preventative in nature. In Adult Care, therefore we take a pragmatic view.

We consider preventative services to be:

- Services that promote wellbeing
- Services that promote peoples' independence
- Services that promote people's engagement with the community

And we consider early intervention services to be:

- Services targeted at specific groups of people intending to prevent or delay the need for more costly service provision.

The Context of Prevention

Wider determinants of health, also known as social determinants, are a diverse range of social, economic, and environmental factors which impact on people's health. Such factors are influenced by the local, national, and international distribution of power and resources which shape the conditions of daily life.

They determine the extent to which different individuals have the physical, social, and personal resources to identify and achieve goals, meet their needs and deal with changes to their circumstances.

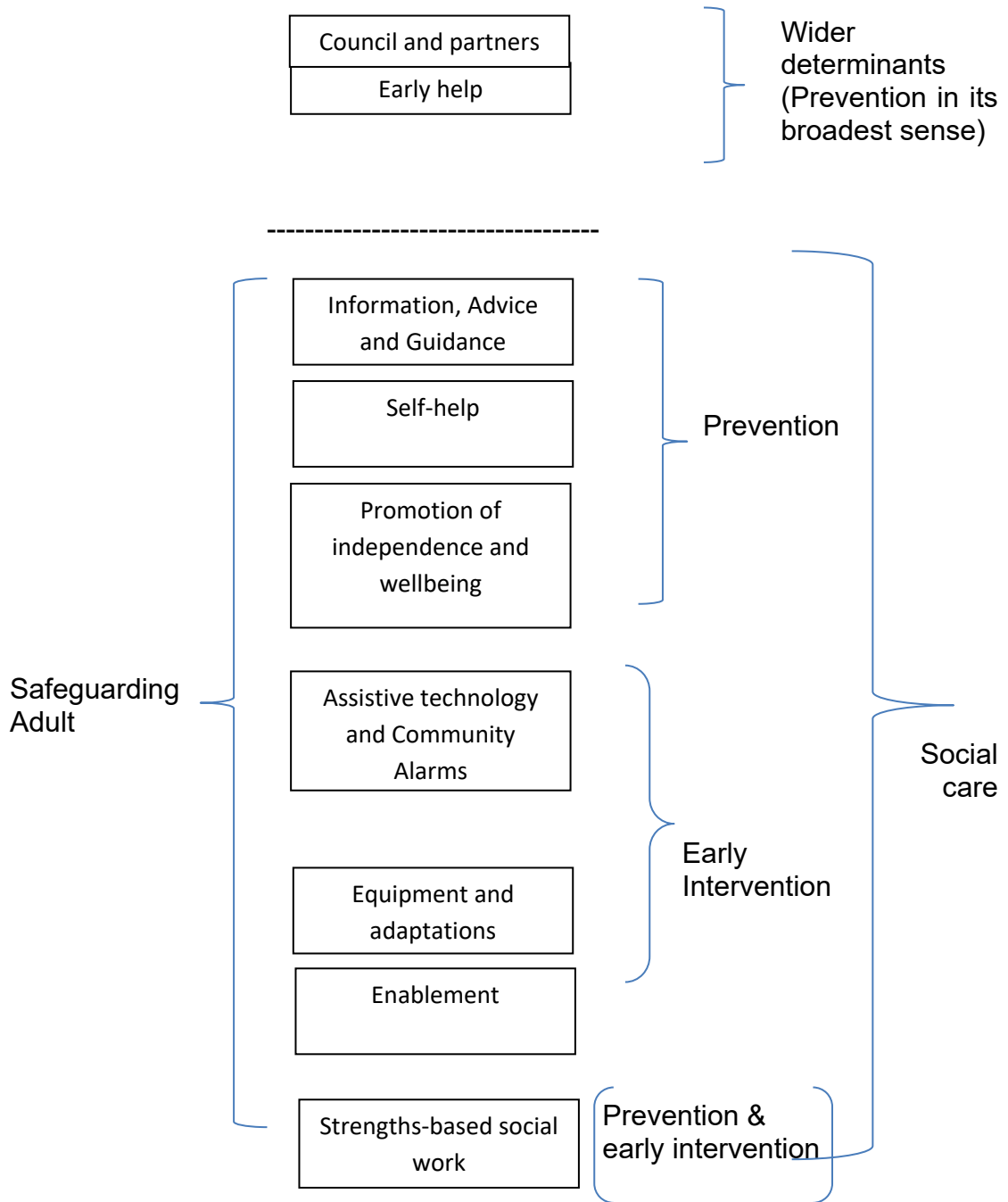
The Marmot review, published in 2010, raised the profile of wider determinants of health by emphasising the strong and persistent link between social inequalities and disparities in health outcomes. Variation in the experience of wider determinants (i.e., social inequalities) is considered the fundamental cause (the 'causes of the causes') of health outcomes, and as such health inequalities are likely to persist through changes in disease patterns and behavioural risks so long as social inequalities persist²

Public health, therefore, has a very important role to play in delivering on the wider determinants of health alongside the Integrated Care Board (ICB) and local and national health partners, and the wider council (beyond adult social care). This wider context to prevention is overseen by the Health and Wellbeing Board (HWB). This strategy does not aim to address the work of the Health and Wellbeing board or the wider council. Instead, it focuses on a much more specific area of work: Prevention and early Intervention in adult social care.

A diagrammatic summary of this approach to prevention and early intervention from an adult social care perspective is as follows:

² Office for Health Improvement and Disparities (OHID) 12-1-23 [Wider Determinants of Health - OHID \(phe.org.uk\)](https://www.phe.org.uk)

Appendix 1 – Adult Early Intervention and Prevention Strategic Overview



The next section of this overview describes the diagram above and ‘pulls out’ the areas for improvement and development that are needed. These will subsequently be developed in the delivery plan.

This page is intentionally left blank