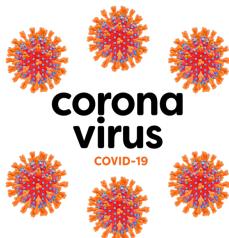




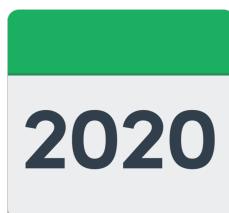
CWM TAF MORGANNWG REGIONAL PARTNERSHIP BOARD POPULATION ASSESSMENT FINAL VERSION 2020



A population needs assessments is carried out to find out who is in the local community and find out what their health and social care needs are.



Covid-19 and population needs



Sarah Mills Initial Document September
2020



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1.0 Requirement



How Covid has affected the health and social care needs of groups in the community



The Social Service and Well-being Act says that there needs to be an assessment to find out what the people living in the community need. This should happen when governments have an election.



The next one will be in 2022 and planning needs to be done.



RPB's should find out how Covid-19 has affected people in their area and how services may have to change to meet their needs.



RPB's must check out the following groups:



* Children and young people with complex needs



* Unpaid Carers



* Older people and people who live with Dementia



* People with Physical Disabilities



* People with a learning disability/Autism



* People with poor mental health



* Sensory Impairment



Other groups such as those experiencing domestic violence or homeless etc have to be thought about as well.



2.0 Introduction



An assessment was done in 2018, since then Bridgend has now been added.



The information now includes Bridgend and is from the Our Voice Matters project.



The information will be used for the RPB to plan and see what is important.

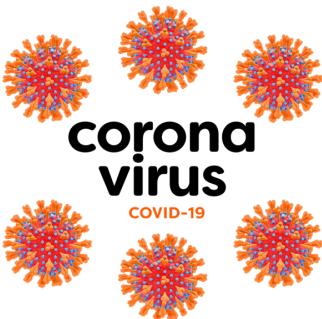


3.0 Health and Social Care

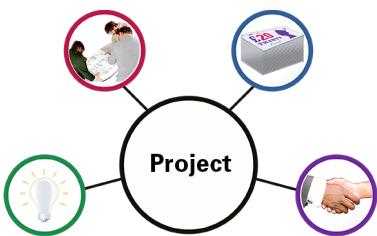
There is a group that works together from the NHS and the Welsh government to check out how things are working and how to find the best ways to support people:



- When people leave hospital after Covid-19
- To have care and support if they have been ill or have been shielding/self isolating



- Who may be affected by Covid-19 in the future
- Winter time



3.1 Key Messages



We have to work together (health, social care, third sector and independent sectors) to get through this Winter.



* More people need health and social care services



- Less staff in community teams
- A need for support plans in care homes in case of changes



* More work to be done to make sure care and support is available for people with dementia, mental health conditions and learning disability.



* Frontline staff who have been shielding are not able to work with service users face to face.



- some staff need to self-isolate
- Staff to use their skills elsewhere



- May need to employ more staff
- Online training to be offered to new staff
- Not everyone can do the job



4.0 Children and Young People

18

Children and young people are 0 - 18 years old and those who have a service until 25 years old.

25



Also:

- Children with disabilities or illness
- Children who have been in care or may end in care



- Children who have been young carers
- Children in need of care and support
- Children with emotional or behavioural needs



We need to make sure children and young people are listened to



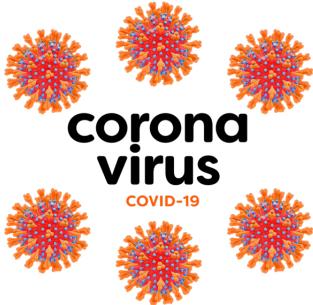
There needs to be better mental health services for children and young people



Things that happen when you are a child can change your health and well being when you are an adult.



Make sure there is enough information, advocacy and advice



Covid-19 may affect children who are in care more. National Youth Advocacy Service found 50% care leavers felt lonely and anxious in the pandemic



This can affect the mental well being of children and young people and there have been changes to mental health support they were getting



Not all children and young people in care have technology to help them stay in touch with family and friends



Education may be affected and those with additional learning needs have not been met



Adoption UK (2020) found 85% didn't get extra support from school



The survey from The National Youth Advocacy Service (2020) showed 1 in 10 children and young people had no contact with social workers



Our Voice Matters found these are the most important things for children and young people:



Mental and Health and Well being



Trying new things and more opportunities



Having up to date information



Being part of the community and being safe



Having a voice



Education and life skills



Friendships and Peer Support



5 Unpaid Carers (someone who cares for someone else but doesn't get paid)



The Health and well being for people who have care and support services needs to be better. This is also the same for unpaid carers



Carers have said some of the problems are:



They need to be listened to



Need to know where to get the right information and better communication



Being able to have respite and short breaks to have some free time



People need to understand what it is like to be a carer (and employers and schools)



More practical, emotional and funding support is needed



Transport



More carers having a carers assessment



The pandemic has seen a rise in unpaid carers up to 196,000. many of these are also working



Young carers have poor mental health



Our Voice Matters found out that the most important things are:



Respite Care



More support



Involvement with Carer's Assessments



Changes Social Work Team



Supported Independent Living review



Communication and Information



Young Carers Support and opportunities



6 Older People and People Living with Dementia



People are living to be older as there is better health care and better ways of living and want to:



Be independent, live in their own home, be respected and have health and social care services



Have information and help when it is needed



Want to be part of the community



Think transport, libraries and day centres are important



Some have lost their confidence



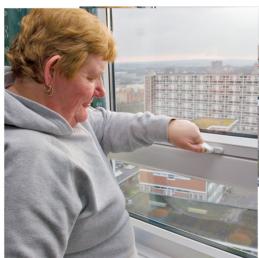
Some feel lonely and isolated



People want to be safe



Some of the support services are:



* Equipment to help people be independent and safe at home



* Care and support



* Extra Care housing, residential and nursing homes



Research has shown that older people are more likely to be affected by Covid-19, many are stressed and can be likely to have mental health problems



A lot of older people don't have any technology to connect with other people



Deaths in care homes were up by 49.5% than last year (Office of National Statistics 2020)



No visitors at care homes and lack of PPE has also been a worry



There are about 68 residential and care home in Cwm Taf Morgannwg



Things that were done to try and make things better were:



Care given at an early stage



Dealing with urgent cases



Agencies working together



The Commissioner wants things to change by making sure older people can get to use the internet more work needs to be done about this



Dementia



Many people who died in care homes in the pandemic had dementia



Young Dementia UK (2020) highlight that some people with dementia felt lonely, isolated, forgotten. Confused, lost confidence and not having support



Others had learned new skills and found online support



Our Voice Matters found out that the most important things are:



Helping people to be less lonely and isolated



Opportunities in the community



Communication and Information



Mental Health and Well being



Transport



7 People with physical disability or sensory impairment



This means a person who has a health or physical disability or has loss of sight or hearing



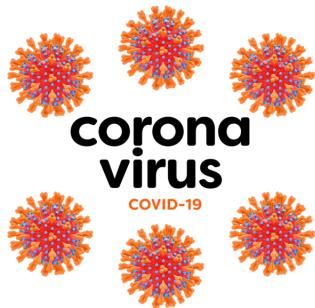
There can be many health conditions so there are many different issues



People don't know about what services there are or how they can use them and they need to be more person centred



People need services before there is a crisis



Covid-19 has meant that people with a disability were more likely to die than other people



Disabled people were worried about their health and well being, how to get shopping, getting to the GP or other health appointments and feeling unsafe when not at home



Some people were unable to wash their hands or keep themselves clean as there was less support



Some health appointments were cancelled or done over the phone or online instead of face to face



Information needs to be accessible with subtitles and BSL. Wearing masks has made it difficult for those who lip read



Social distancing is difficult for those who are visually impaired



Lack of accessible information



8 People with a Learning Disability/Autism



There are many conditions and people may experience the same condition differently



People have said that:

They want to be part of their community



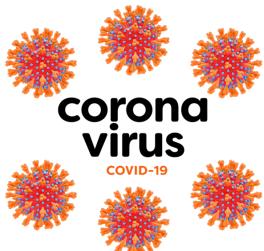
Services are changing



Review of day services in Bridgend



Services should see the person



Covid-19 meant that those in school with special educational needs may have fallen behind



People with a learning disability had a higher rate of dying than the rest of the community.
Improvement Cymru 2020



Some people with a learning disability didn't get a shielding letter, some were confused by letters, it was hard for some to buy food or get to health appointments.



Families of children with complex needs found it hard when the schools were closed.



With schools, day centres and respite being closed or having less of a service this has meant carers and families have been affected



Learning Disability Wales (2020) said that some people with a learning disability don't have technology or are not able to use it



Those with autism were more lonely and had high levels of anxiety and depression



A change to routine, wearing masks and not understanding the rules has been difficult



Our Voice Matters found that the most important things were:



Communication and information



Changes to Daytime Opportunities - My Day My Way



Supported and Independent Living guidelines



Transport



Friendships and peer support



Being part of the community and Safe Places



Advocacy. Rights and Equality



9 People with poor Mental Health



It is important to have good mental health



So it is important to:

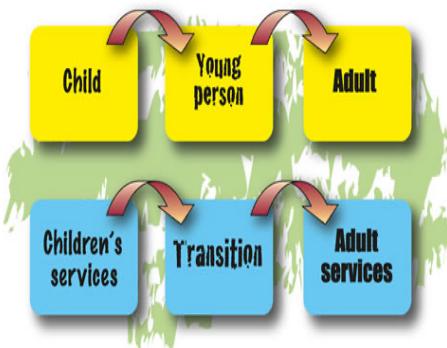
Make better services



Support all age groups



Look at better accommodation



More work to be done when people move from children to adults



There have been more mental health emergency appointments and more are expected



Many have said their mental health has been worse in the pandemic



Those affected are BAME groups, people who have less money, disabled people, those with mental health problems, elderly and those who experience domestic violence



Children and elderly have also been affected



Women were at higher risk when pregnant or just after having a baby



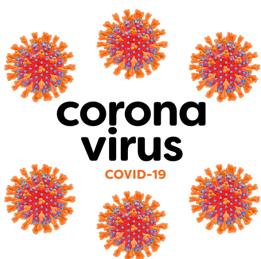
There were more people who said they drank alcohol more often in the pandemic



It has been found that those who have an eating disorder found it worse in the pandemic



It has been difficult for people who have OCD



Those who have had Covid are likely to have some issue with their mental health



Other problems will be because of people losing their jobs, having less money and poor housing



Our Voice Matters found out the most important things are:



Better Mental Health and Well being



Lack of services unable to get services



Services that focus on how people cope in the community



10 Community Resilience



Service need to be where people live and more community based services



11 Parc Prison



Better healthcare and more focus on health and well being



The population needs assessment will help look at what is needed in the prison