

Surrey Downs Integrated Care Partnership Update; COVID-19 Rehabilitation services

Update 10th November 2020

Surrey Heartlands Post COVID-19 rehabilitation programme

- Each Integrated Care Partnership has structured their offer slightly differently to fit with existing services but remain focussed on the local rehabilitation need for our residents and service users.
- Initially the rehabilitation service was only available to patients who were being discharged from hospital following an admission with COVID-19 however from mid September Primary Care and other Health Care Professionals have also been able to access onward referral
- In addition we are currently developing our ‘extended rehabilitation offer’ to further support those with ongoing needs such as chronic fatigue, anxiety, psychological support and wider wellbeing, however this is still in development.

Existing Rehabilitation offer for Surrey Downs residents;

- **Seacole Centre** – Opened in May 2020, set up in response to COVID Pandemic
- **Leatherhead Hospital** - Opened in mid August 2020 and offers an integrated needs based 6 week service based at Leatherhead Hospital. The service, is run by therapists from ESTH, Surrey Downs Health and Care and Sutton Health and Care and our hospital respiratory medical and nursing team. The service can also offer mental health support for those who might need it and offer strength based and cardiovascular exercises with the aim of improving lasting COVID symptoms such as fatigue, breathlessness, exercise tolerance and can sign post to local trainers/personal trainers and other classes where required.
- **Primary Care** – Have also been established very local response to COVID-19 including MDTs, Support to Care Homes, Home Visit and Hot and Cold sites. In addition from late Sept Primary Care have also been able to refer into the rehab services offered at Leatherhead Hospital

Tech to Community Connect project

Update 10th November 2020

Loneliness and Social Isolation project Surrey Downs ICP

How does loneliness impact on our health?

Physical health



Can be as harmful to your health as smoking 15 cigarettes a day
Increases risk of high blood pressure
Higher risk of the onset of disability

Mental health



Greater risk of cognitive decline
64% chance of developing clinical dementia
More prone to depression
Predictive of suicide in older age

Maintaining independence



More likely to visit the GP, and have higher use of medication
Early entry into residential or nursing care
Use accident and emergency services

- Lonely people are more likely to **suffer from dementia, heart disease and depression**
- Loneliness is likely to increase your **risk of death by 29%**;
- The number of **over-50s experiencing loneliness** is set to reach two million by 2025/6. This compares to around 1.4 million in 2016/7 – **a 49% increase in 10 years**
- Two fifths all older people (about 3.9 million) say the television is their main company (Age, U.K., 2014. Evidence Review: Loneliness in Later Life. London: Age UK).
- There are over **2.2 million people aged 75 and over living alone in Great Britain**, an increase of almost a quarter (24%) over the past 20 years (ONS).
- Action for Children have also reported **24% of parents surveyed said they were always or often lonely.**
- Research by Sense has shown that up to **50% of disabled people will be lonely on any given day.**

Surrey
Coalition or
Disabled
People

Surrey Downs
Integrated Care
Partnership



Action for
Carers Surrey

Central Surrey
Voluntary
Action

A collaborative pilot project with three target outcomes:

1. A reduction in loneliness
2. A reduction in isolation
3. A reduction in 'technophobia' and digital exclusion

There are 4 parts to the project, some people will use them all, some will just access one or two:

1. The device
2. Tech Angel volunteers
3. A programme of virtual social opportunities
4. Opportunities to virtually volunteer

Surrey Downs Tech to Community Connect progress month 1 (20th Sept – 20th October):

Outputs – Surrey Downs

- 34 referrals in and progressed
- 22 device and match
- 12 Tech Angel match only (no device)

Partnership work to highlight

- Attended the Epsom & Ewell BC 'Brewing Friendships' programme, week 3 went well (6 week course) – giving tech support along side an already planned face-to-face activity seems like a good way of reaching some groups
- Working with the Sunnybank Trust to develop a train the trainer pack for LD carers – so that they can become the persons' Tech Angel (rather than introducing someone unfamiliar)
- Talking to local Duke of Edinburgh schemes to see if their young people would like to volunteer to distribute TtCC fliers and as virtual co-hosts (with a staff member) for activity groups (under 18 so not suitable as Tech Angel volunteers).
- Working with the BAME lead for Surrey Heartlands to develop some focussed bespoke packages in order to further support the BAME community