

Report to: Cabinet

Date of meeting: 13 November 2024

By: Deputy Chief Executive

Title: Scrutiny Review of Healthy Ageing - Report of the People Scrutiny Committee

Purpose: To provide an opportunity for the Cabinet to consider the report of the People Scrutiny Committee.

RECOMMENDATION:

To consider any comments the Cabinet wishes to make to the County Council on the report of the People Scrutiny Committee.

1 Background

1.1 The People Committee heard at its March 2024 meeting that a key priority for Adult Social Care and Health (ASCH) was responding to the needs of an increasing older population in East Sussex and that the Department would welcome scrutiny input into how preventative approaches could support people to age well in the county.

1.2 The review focussed on the Council's role in supporting people to age well through physical activity; how more positive attitudes towards ageing can help people to age well; and how to maximise on the opportunities of having an older population in East Sussex.

2 Supporting information

2.1 The People Scrutiny Committee has completed its review of Healthy Ageing. A copy of the report is attached at appendix 1.

2.2 The Board considered that whilst an increasing older population can create service pressures, with multiple health conditions more prevalent as people age, this was not inevitable and preventative actions, as well as age inclusive principles, could enable people to age well and delay or reduce, if not prevent, the need for statutory services including social care. The Board also considered the benefits of an older population, including contributions to care, the workforce and volunteering.

2.3 The review considered a range of healthy ageing initiatives, including case studies from other local authorities. The review focussed on the benefits of physical activity and explored local engagement with physical activity programmes; barriers to participation; and opportunities to increase opportunities to inclusive activities.

2.4 The review considered how negative attitudes towards ageing, including internal ageism, could impact on people's ability to engage with healthy ageing initiatives and access support and found that inclusive communications and adopting a positive narrative of ageing locally could support people to age well in the county.

2.5 The Board found that the Department was progressing a number of projects and initiatives to support people to age well and work with partners was key to delivering these.

2.6 The Board recognised that there were many factors that contributed to a person's ability to age well, and although many of these were out of scope for this review, Public Health provided services and support across a number of these areas.

2.7 The Committee's report will be submitted to the County Council on 3 December 2024. The Cabinet has the opportunity to comment to the County Council on the recommendations in the Scrutiny Committee's report, although it cannot alter the report. Elsewhere on this Cabinet meeting agenda there is a separate report by the Director of Adult Social Care and Health commenting on the Scrutiny Committee's report and recommendations.

3. Conclusion and reasons for recommendations

3.1 Cabinet is invited to consider any comments it wishes to make to the County Council on the report of the People Scrutiny Committee.

PHILLIP BAKER
Deputy Chief Executive

Contact Officer: Rachel Sweeney

Tel. No. 07561267461

Email: rachel.sweeney@eastsussex.gov.uk