

“the Part can never be well unless the whole is well” - Plato

## The Challenge - everyone is different

To be truly Holistic, we need to understand everything affecting an older person living in South Lakeland



**Our Aim** - Is to work with the older people of the district, working together to resolve their issues and identify those who are lonely and isolated to prevent the inevitable decline into crisis

## How? Considering the Whole person



Working with each person to make an action plan - seeking solutions to reduce unplanned hospital admission, reducing loneliness and increasing people's wellbeing

### Lifestyle management



### Help managing health conditions

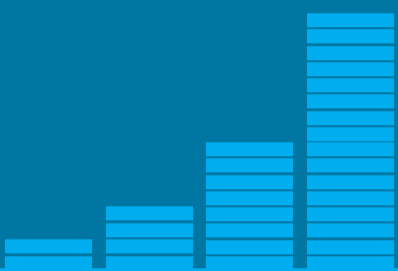


### Liaising with health services

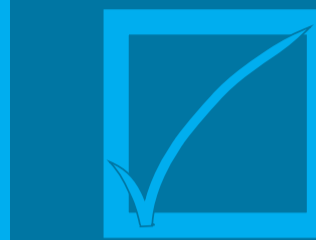


85.03% of people who use our services are living with one or more Long Term Condition, 14.97% with Three or more LTC's. Our compass officers help people make healthy lifestyle changes, managing their health conditions appropriately while liaising with health services.

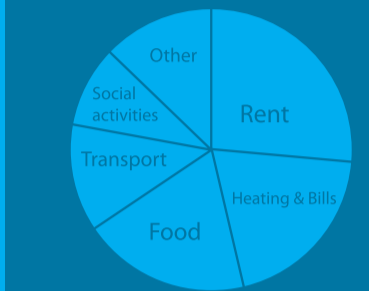
### Income maximisation



### Benefits check



### Budget planning



53% have some difficulty managing on their current income. Maximising a person's income, making sure they are getting what they are entitled to and showing them how to budget can make a huge difference to their health and wellbeing.

### Transport



### Local amenities



### Social Infrastructure



More than 50% of older people in South Lakeland live a rural location; this can leave them feeling isolated due to lack of public transport. By finding transport options, providing alternative amenities and helping people reconnect with their community we can stop this happening.

### Social clubs and exercise groups



### Lunch clubs

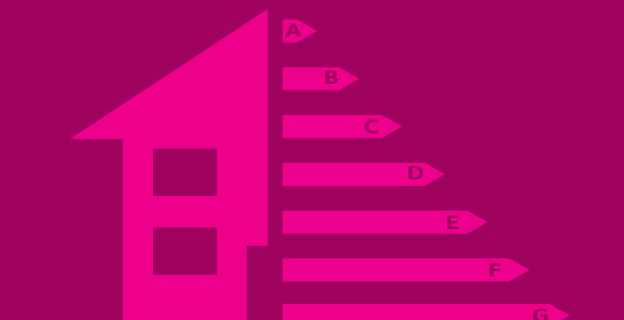


### Volunteering



48% of older people questioned only get a visitor once a week or less, 20.5% said they hardly ever get a visitor. By accessing our social groups, clubs and classes or joining our 292 volunteers, people we work with can create new friendships and social groups who look out for each other.

### Energy efficiency



### Safety

- fire safety & security
- falls prevention
- Adaptations



21.62% of older people in South Lakeland are in fuel poverty. By liaising with other organisations, improving energy efficiency and income maximisation, we can ensure that people can afford to remain safe and independent in their own home.