



Developing the role of innovation in health and social care

An introduction to the Care City Innovation Test Bed

Innovation, Information & Implementation





Introduction

We all know that these days with improved lifestyles, diets, exercise, environments and care we are living longer. We want to ensure we are also living healthier and happier and independently for as long as is possible.

Older populations are a growing proportion of our society, with complex and multiple needs, and a group for whom the whole system of care interacts. Did you know that Havering has London's oldest population? As a result more and more pressure is put on a health and care system that is not moving and innovating at the pace that it needs to in order to meet the growing demands being placed upon it.

The Care City Innovation Test Bed aims to help improve our health and care system. By working with researchers, innovators, clinicians, patients and the community, we aim to understand the challenges that are being faced by people living with dementia and long term conditions, and their carers and families, and test and implement innovative solutions designed to improve quality of life and independence.

The data from the Test Bed will be used to understand the benefits of each innovation and, where successful, assist with implementation and ultimately feedback to a health and social care system to enable it to become good at identifying, implementing, testing and sharing innovation.



So why make a change now?

The way we currently deliver health and social care is unsustainable and often does not meet the needs of our population.

Demographic pressures, the changing burden of disease and rising patient and public expectations are driving the need to cut costs, integrate and innovate.

We need to move towards services that enable people living with dementia or long term conditions to be supported in the community, by the right people who are effectively equipped to aid them. We need a joined up approach to this, with a commitment to sharing the successes and learnings across all other geographies.



Did you know...

...that in the UK...

People living with long term conditions

- 4 million older people in the UK have a limiting long standing illness, this could be over 6 million by 2030
- If rates continue to rise, older people with moderate or severe disabilities could increase by 54% by 2022
- In total, around 70% of the total healthcare spend is attributed to caring for people with long term conditions
- It is predicted that over £14 billion will be spent on disability care by 2022

Carers

- The 2011 Census figures for the UK show an 11% rise in the number of carers since the last Census in 2001 – increasing by over **620,000 to 6.5 million** in just 10 years
- Over **2 million** people have given up work at some point to care for loved ones, **3 million** have reduced working hours
- **1 in 5** people aged 50-64 are carers
- Almost **1.3 million** people in England and Wales aged 65 or older are carers
- In 2014, almost half of carers (**49%**) said they feel society does not think about them at all
- Most carers care for just one person (**83%**), but **14%** care for two people and **3%** are caring for at least three people

Dementia

- In 2013, **1,340,000,000 hours** were spent for caring for people with dementia, that's more than **150,000 years**
- **1 in 20** people with dementia are under 65
- Unpaid Care for Dementia equates to **£11.6 billion**
- The total cost of dementia to society is **£26.3 billion**, with an average cost of **£32,250** per person

Did you know...

...that across our Boroughs of Barking and Dagenham, Havering, Redbridge and Waltham Forest...



People living with long term conditions

- There are approximately **69,000** older people living with multiple long term conditions
- In 2014, **2,734** people over 65 were predicted to have been admitted to a hospital because of falls. This figure is predicted to rise further to **3,766** by 2030

Carers

- There are over **21,000** people who provide unpaid care for more than 50 hours a week
- **1 in 9** workers is also a carer – and **20%** will eventually give up work
- **66%** of people with dementia are supported by unpaid carers

Dementia

- In 2014, **9,465** people over the age of 65 were thought to have dementia across the four boroughs – this will rise to **13,437** by 2030
- **1 in 4** patients in hospital beds have dementia

Meet Care City

Care City is a centre for healthy ageing innovation, research, and education. It is based in Barking and works across the four boroughs of Barking and Dagenham, Havering, Redbridge, and Waltham Forest, with reach into Essex and surrounding areas through provision networks.

Care City was set up and is funded by NELFT and the London Borough of Barking and Dagenham, and today brings together health, social care, and third sector partners from across the system with researchers, education providers, technology experts, small and medium sized companies and social entrepreneurs to develop health and social care delivery and workforce models for the future.

What the Test Bed aims to achieve

The Care City Innovation Test Bed will promote healthy ageing across a million-strong population in North East London.

Bringing together UCLPartners, Health Analytics, Orion Health and nine other innovators, the partnership will test and evaluate combinations of innovative technologies that can help patients to manage their own health conditions and to remain as independent as possible, supported by carers who will receive the information and connections they need in order coordinate care. The Test Bed moves away from the traditional approach of isolated technology pilots to a shared, system-wide approach to evaluation and spreading new ideas.

Our Test Bed innovations

Care City have clustered innovations around three thematic challenges facing the system – long term conditions, carers resilience and dementia.

So, what are the benefits?

- Our community will have access to research and novel solutions that will collectively support improvements in their own health and help them to live independently for longer
- It will prevent or delay the need for costly long term care in nursing homes and a reduction in the need for unplanned hospital admissions or GP visits
- Innovators will be able to rapidly test and implement innovations in real-life settings, and make changes and adaptations to their solutions based on real-life evaluation to ensure their innovations make the biggest and most positive impact
- The UK will benefit from these tested solutions being shared nationwide

Meet the innovators supporting older people with long term conditions

AliveCor®

AliveCor

A heart beats 100,000 times per day. Along with blood, each beat is rich with information. AliveCor is the first mobile heart monitor that enables individuals to detect, monitor and manage their heart's health, giving them and their doctor a proactive, clinically-proven way to care for their heart.

www.alivecor.com

 HealthNavigator

Health Navigator

Proactive Health Coaching is a telephone-based health-management service that helps patients understand their chronic conditions, plan their care, and find their way around the healthcare system. It aims to help people stay healthy through evidence based support and coaching. It can predict who is likely to have avoidable acute admissions, and coach them in self-care and how to navigate the health care system.

www.health-navigator.co.uk

 Kinesis

Kinesis Health Technologies

Kinesis QTUG™ is a fast and efficient tool for identifying older adults at risk of falling, using precise and accurate sensors. In less than 5 minutes, it provides an objective assessment of gait and mobility, frailty, falls risk as well as detailed breakdown of the TUG test, including standing, sitting, walking and turning.

www.kinesishealthtech.com | www.qtug.org



Meet the innovators supporting carer resilience

Canary

Canary is a monitoring and notification system which aims to provide round the clock reassurance to family members whilst allowing older or vulnerable people to stay at home. Canary allows family members to see at a glance movement, temperature and visitor attendance via a mobile, tablet or laptop. Alerts are tailored to the circumstances of the individual and Canary is able to text or email nominated people if anything out of the ordinary occurs, in turn supporting resilience and independence.

www.canarycare.co.uk



St Bernard

The St Bernard location service is a GPS based Emergency Location Service which can reassure both the individual and their carer and family. It is particularly aimed at those who, because of confusion, may wander out of familiar surroundings; it can also provide activity monitoring.

www.stbernardlocation.com



Supportspace

Supportspace is an app that connects personal care budget recipients with support workers and the social services agency that administers payment. Users and workers can exchange messages and rate each other. It also allows the users to track budgets and report to local authorities.

www.careinnovation.co.uk/supportspace

HealthUnlocked

Meet the innovators supporting older people with dementia

Health Unlocked

HealthUnlocked is a social network app which offers peer-to-peer support where patients, caregivers and health advocates connect safely online with guidance from credible organisations and institutions. They talk about their experiences of conditions, symptoms, treatments and health services. These are catalogued in an intelligent database which signposts relevant content to people based on their profile. It presents an exciting opportunity to connect local people with wider communities of peer support, improve efficiency and will also help partners to meet the duties outlined in the Care Act.

www.healthunlocked.com



Join Dementia Research

Join Dementia Research supports local people to register their interest in participating in dementia research and allows them to be matched to suitable studies. This innovation benefits people affected by dementia, and researchers by increasing the speed and reducing the cost of research. It has the potential to drive evidence-based improvements in prevention, diagnosis and treatment of dementia into practice more quickly and to be generalised to other conditions.

www.joindementiaresearch.nihr.ac.uk



MyBrainBook

MyBrainBook is a personalised online tool delivering facilitated support to people with dementia, their carers and family. It puts people with dementia at the centre of decisions about their care and includes care plans, diaries, online chat facility, a 'know me' section to enable them to communicate their life story and online photos and music enabling individuals to reminisce and share with loved ones.

www.mybrainbook.com



WE NEED YOU!

Get involved

We are looking for researchers

We are looking for members of our community to join us as researchers for the Innovation Test Bed.

If you are interested in the role innovation plays in health and social care, or are looking to support your community and learn more about the health issues that affect it and make a real difference, please get in touch by calling **0300 300 1548** to register your interest.

We are looking for health and care professionals

If you are a health and care professional and are interested in participating in the Care City Test Bed, then we would love to hear from you too.

Give us a ring and we can discuss further.

Keep up to date

Get involved or keep up to date with all of our latest news, updates and achievements:

www.carecity.london

 **@CareCityUK**



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Care City is founded by North East London NHS Foundation Trust and London Borough of Barking and Dagenham

Photographs courtesy of Studio 3 Arts