

National Institute for Health and C

Key area for quality improvement	Why is this important?	Why is this a key area for quality improvement?	Supporting information
<p>pulmonary disease (COPD)</p>	<p>be considered at all stages of disease progression when symptoms and disability are present. The threshold for referral would usually be breathlessness equivalent to MRC dyspnoea grade 3, based on the NICE guideline.</p>		

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frailty, often simple support such as providing information to people can help to delay onset into later life and help to engage people

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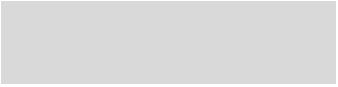
local community to encourage their peers to engage with art and cultural events. An evaluation of the project showed people were more confident and connected as a result of their involvement.

Many other projects combine activities to address isolation with physical wellbeing approaches, achieving a dual benefit. Halton Community Wellbeing Practices, for example, undertake structured

social causes of poor physical and mental wellbeing. These lead to support programmes that span everything from physical activities to interest groups and self-help classes. 64% of participants report improvements in mental wellbeing while 55% reported a reduction in depressive symptoms.

and those that we want. It can be a temporary, recurrent, or persistent (chronic) stat

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	<p>Research suggests that the neighbourhood in which an older person lives has a significant impact on his or her mental health, even after accounting for individual-level determinants (Beard JR, et al, 2009).</p> <p>Furthermore, a review reported a range of environmental interventions have been shown to be helpful in reducing risks for older people living at home, particularly risk of falling which can significantly impact long-term wellbeing and independence .</p>	<p>https://homeadaptationsconsortium.files.wordpress.com/2013/09/dfg-good-practice-guide-30th-sept-13.pdf.</p> <p>Achieving age-friendly communities must be a priority for all levels of local planning, and health and care services can play an important role. The WHO describes age-friendly communities as</p> <p>gap between what people can do given their level of capacity and what they could do in an enabling environment (for example, by providing appropriate assistive technologies, providing accessible public transport or developing safer</p>	
<p>Key area for quality improvement 5</p> <p>Availability of old age psychiatry</p>	<p>Access to appropriate mental health services is a crucial part of maintaining mental wellbeing and independence in older people. This includes fair access to all services, including psychological therapies, and to old-age psychiatry services where appropriate. A</p>		

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