

North Wales population assessment

April 2017



Young people summary



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**NORTH WALES SOCIAL CARE AND WELL-BEING
SERVICES IMPROVEMENT COLLABORATIVE**



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
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Iechyd Cyhoeddus
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Public Health
Wales



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Introduction

Population assessment

A population assessment collects information and statistics about an area.

Population assessments let everyone know what's going on and where things are heading.

It can show councils and health boards what they may need to do to support people in the future. It can show us things like how many care homes we may need or if we need more services to help young people.

This population assessment was done by Betsi Cadwaladr University Health Board (BCUHB) and the six North Wales councils.



It helps us

A population assessment helps us:

- see our strengths and weaknesses
- see what resources we have
- see how communities may change
- plan care and support services for the future.

It also helps us do what we need to do for the Social Services and Wellbeing Act (Wales) 2014.

It helps you

A population assessment helps you:

- get involved and have a say in how we plan services
- see how services can meet your needs now and in the future.





The assessment

Doing the assessment

We collected information from all sorts of different places.



- We looked at statistics and data.
- We looked at over 300 consultations and research reports.
- We looked at information collected by health services, charities and organisations.
- We looked at over 100 policies, strategies and plans.



- We spoke to people through the Citizen's Panel.
- We spoke to people in communities across North Wales.
- We spoke to organisations about people's care and support.



- We held 20 events for people to have a say.
- We held 22 workshops with councilors and staff from local councils.



- We sent out questionnaires that reached around 260 people.



Population

We know North Wales' population is changing

- We're expecting a rise in the number of babies born and people will live longer.
- The population will grow from 690,000 people to around 720,000 by 2039.



Results

The assessment has shown us there are some things we need to include in any plans for the future.

These are our priority areas:

1. **Children and young people**
2. **Older people**
3. **Health and disability**
4. **Learning disabilities**
5. **Mental health**
6. **Carers**
7. **Violence against women, domestic abuse and sexual violence**
8. **Secure estate**
9. **Veterans**
10. **Homelessness**
11. **Autism Spectrum Disorder**

We need to make sure people get the support they need in the Welsh language.

We need to look at ways to step in early so people don't need extra support.





1. Children and young people



The assessment shows:

Our population

24,000 children aged 0-15 live here. We think this will be about the same in 25 years.

Healthy and happy

Most children and young people said they feel healthy and happy. There are challenges like mental health problems, obesity, smoking and misusing alcohol.

Health and social care

Services are supporting more children and young people than five years ago. We also have more disabled children living in North Wales now.

Keeping children safe

Over the last five years more children are:

- on the child protection register
- looked-after by councils
- facing problems with online bullying and sexting.

Crime

In the last three years:

- there are less young offenders in every county
- more children and young people are victims of crimes like online bullying.

Young Carers

There are over 1,000 young carers who need support.



Next steps

Children's rights

All services need to include the UNCRC. The UNCRC is the United Nations Convention for the Rights of the Child. It sets out the rights of children and young people including their right to a healthy life and to play.

Advocacy

Children and young people need more information about advocacy services and how they help.

Recording information

Our systems that collect information need to work together better. We need better information about:

- what's important to children and young people
- what disabled children need
- how children move to adult services
- crimes against children like abuse or trafficking.

Mental health services

Children and young people should get the mental health support they need.

Good practice

We need to learn from what works well. Every county has good examples they can share.





2. Older people



The assessment shows:

Our population

There are around 150,000 people aged 65 and over living here. We think this could be 210,000 by 2039.

Loneliness and isolation

This is a problem. It can affect people's health and then they need more help from services.

Support to live at home

More people want to have care and support services that help them stay in their own homes.

Care workers

It's difficult to employ and keep care workers including male workers and Welsh speakers. This is even more of a problem in rural areas.

Care homes

We're going to need more nursing homes and places that support mental health issues.

Dementia

Dementia's a growing problem. It includes problems with memory loss, thinking, or language. There's about 11,000 people with dementia here and the number is going up.



Next steps

Information

We need to make sure people have the information they need including about dementia.

Support services and care homes

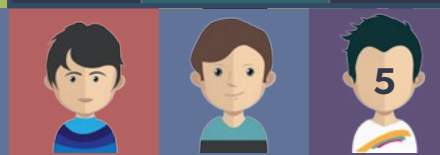
We need to:

- train dementia care workers better
- have more support available in Welsh
- make sure there's enough mental health nursing
- be clear about how many care homes we need in the future
- employ and train more nurse managers and care workers
- work together better.

Councils and the Health Board must work together

We need to:

- support people to stay living at home
- look at ways to reduce the number of people going into nursing homes
- look at ways to step in early so people don't need extra support
- check that standards and rules in care homes are working
- improve care homes and make sure they're safe
- give more opportunities for carers to get a rest from caring
- look at ways to stop people using Accident and Emergency for support that could be given in other ways.





3. Health and disability



The assessment shows:

Our population

People are living longer and more are living with a disability, hearing or sight issues.

Making it easier

We need to remove barriers so disabled people find it easier to live an independent life.

Having a say

Services need to listen to disabled people and include them in planning.

Gaps in services and support

It can be hard to find services and get support in some areas. Especially in rural areas. We know:

- services and organisations are under pressure
- waiting lists can be long
- community organisations and charities could be used more to give support
- some people still face problems getting information.

Next steps

Planning services

We need to:

- work with Public Health Wales and have health improvement programmes
- start the 'Making Every Contact Count (MECC) programme'
- help services to step in early to stop situations getting worse.

Working together

We need to look at the ways care services like doctors, can link to other support services in the community.

Listening to people

We need to find out what matters to people. We need to:

- work with communities more
- support people to take control of their lives
- support disabled people to take part in decisions.





4. Learning disability



The assessment shows:

Population

There are more people with learning disabilities living here now. We think this number will keep going up as people live longer.

Health needs

People with learning disabilities often have other health problems that need special support.

Moving to adult services

It's important young people have support when they move to adult services.

Changing attitudes

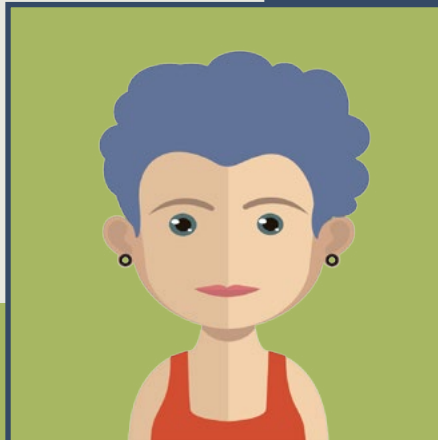
People expect more from services now and have their own ideas about what should happen. Most people now want an independent life and to be a part of their community even when they need extra support.

Finance

We're having to support more people with less money.

Carers

In North Wales, a lot of support comes from family members or long-term paid care staff.



Next steps

Carers

We need:

- to support older carers better so they have a rest from caring
- work harder to spot carers so we can support them.

Information

We need more information for people with learning disabilities. It should be easy to find and easy to read.

Care workers

We need to:

- support workers
- employ more workers that speak Welsh.

Supporting independent lives

We need to:

- support people to stay safe especially when using the internet
- encourage more unpaid support and community groups that can help friendships and social lives
- get more people on the 'shared lives and adult placements scheme'
- make better use of technology and apps to help people
- look at housing options for people with learning disabilities.





5. Mental health



The assessment shows:

Population

The number of people with mental health problems is growing.

Anxiety and depression

These issues are reported the most.

Support

Lots of people with mental health problems don't ask for help.

Health

People with mental health problems usually have other health issues.

Places in hospitals

There aren't enough beds or placements. People can end up in hospitals far away from home.

Getting services and support

People don't always know how to find support services, or connect for help.

Government policy

New policies can cause stress. This includes changes to benefits. Changes to funding means services are having to help more people with less money.

Housing

More housing is needed for people leaving care.

Find the gaps

We need good information to make good decisions. Gaps in information can cause problems.



Next Steps

Information

We need to:

- look at the evidence in this report
- find ways to face these issues
- do more research in some areas
- look at what needs to happen locally and regionally.





6. Carers

A carer is anyone who cares for a friend or family member who is ill, has a disability, mental health problem or an addiction.



The assessment shows:

Population

- The number of carers in North Wales is growing.
- People aged 50 to 64 give the most unpaid care.
- There are over 1,000 young carers.

Gaps in support

- There's less money for services to support carers.
- Organisations are also facing cuts to funds.
- There are less funded short-breaks for carers.
- Not every hospital has a support officer for carers.
- Young carers should have 1-to-1 support.
- Young carers under eight should have more support.
- The regional carers group look at ways for services to work together better.

Next steps

Good practice

We need to learn from what works well and see if it can be copied in other areas.

We will share this assessment with the Welsh Government. It will help them develop the All Wales Strategy for Carers.

Understanding carers support needs

We need to:

- listen to people
- know more about services, including what's available in Welsh.

New work

Gwynedd Council and Denbighshire County Council are piloting a project asking carers 'What matters?'. We need to see if this project could work in other areas.





7. Violence against women, domestic abuse and sexual violence



The assessment shows:

Reports of domestic abuse

Some women, children and men face violence in the home. Even though some people don't report this, report numbers are going up.

Coercive control

Abuse can be one person taking control and taking away someone's freedoms or choices. This is a new crime and reports are going up.

Costs

Domestic abuse costs services about £66 million a year.

Gaps in services and support

Cuts to funding are making it harder for domestic abuse services.

Government policies

The Welsh Government has laws and plans. This includes the Violence Against Women, Domestic Abuse and Sexual Violence (Wales) Act 2014.



Next steps

Information

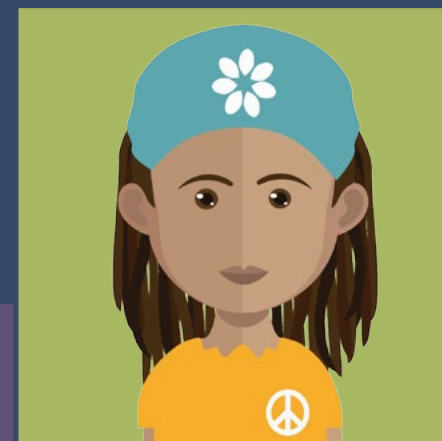
We need to:

- write our own plan to tackle domestic abuse
- have more information about sexual violence, exploitation, trafficking and modern slavery.

Support services

We need to:

- keep people safe
- have better plans and policies
- support children and young people who've seen domestic abuse
- have more safe-houses and other housing options
- have support for people who need 24-hour care.





8. Secure estate

Secure estate is secure places like prisons.



The assessment shows:

New prison

There are plans for a new prison called HMP Berwyn in North Wales. It will be for men who haven't committed serious crimes. It will include new ways of working and support people joining back into community life.

Councils have to do more

Councils must now give services and support to people in prison like anyone else in the community.

Other offenders

Welsh prisoners need to get support even if they're aren't in a Welsh prison. North Wales doesn't have secure estate for:

- women
- young offenders
- men who've committed serious crimes.

We need better links to these prisons.



Next steps

Supporting people

We need to:

- know what services and organisations offer support to prisoners
- check we've put the right support into the new prison when it's open and running
- have better links with prisons across Wales
- have guidelines for sharing information
- work with the Courts to develop guidelines for disabled prisoners
- know more about the care needs of women and young people in prison
- have good quality health and wellbeing services for prisoners.

Children and families

We need a plan to support children and families that are affected by someone being in prison.

Homelessness

We need to stop people becoming homeless when they leave a prison.





9. Veterans

A veteran is someone who's served in any of the armed forces.



The assessment shows:

Population

There are around 51,000 veterans living in North Wales.

Information and research

There isn't enough information about the health of veterans or what services they need.

Service planning

Local councils need to think about the needs of veterans when planning.

Mental health

Many veterans find it difficult to ask for help with mental health issues.

Next steps

Information

We need to:

- work with the North Wales Armed Forces Forum (NWAFF)
- link to the Royal British Legion's 'Count Them In' project
- improve how services spot and collect information about veterans
- support the new 'Veterans Gateway' website that gives information and support.

Mental health services

Veterans need to be a part of our Mental Health Strategy.

Services

Services need to step in early and support veterans. We need to:

- keep the promises in the Armed Forces Covenant
- have more housing options
- support veterans to live independent lives
- train staff so they understand the challenges veterans have in asking for help
- work with organisations to support veterans and their families
- make sure veterans get mental health services.





10. Homelessness



The assessment shows:

Government policies

The Housing (Wales) Act 2014 helps stop people becoming homeless.

Changes to funding

There are changes in funding. People's housing benefits and other cuts mean services could face more problems.

New Universal Credit

This change means that rent goes to families to pay rather than going straight to landlords. In some areas families have spent this money and fallen behind on their rent.

Next Steps

Planning housing services

We need to:

- make sure there are enough services in each local area
- plan across North Wales.

Out of area placements

We need to:

- support people if they don't get placed in the area they live
- make sure all placements are safe and as good as possible
- make sure people can move back to their local area as soon as possible.

Working together

We need Housing Associations and organisations to plan together and work together.

Gaps in service and support

We need to:

- look at the lack of housing for single people
- have more hostel places.





11. Autism Spectrum Disorder (ASD)

ASD affects people's communication and social behaviour.



The assessment shows:

Population

Children and adults with ASD say they need more support with:

- behaviour and emotional problems
- life skills
- using social and leisure services in the community.

Learning disability

Some people with autism also have a learning disability or a mental health problem.

Autism service

This supports people and is funded by the Welsh Government.

Organisations and charities

Support lots of people with ASD. It's important this continues.

Next Steps

Autism service

We need to make sure this service is in North Wales.

Information

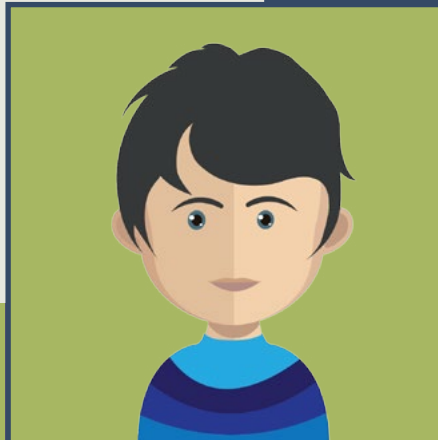
We need to:

- have more information about the support given from organisations and charities
- find out how many people use online information
- find out more about the effects of ASD on people's lives.

Support services

We need to:

- make sure people know about ASD
- make sure all services including the police and transport are trained about ASD
- work with health and social care to support people with ASD better
- make sure there are mental health services available.





Doing this population assessment has shown us a lot about our area.

This will also give more people a chance to have a say and get involved in how we plan services.

For more information about getting involved email:
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