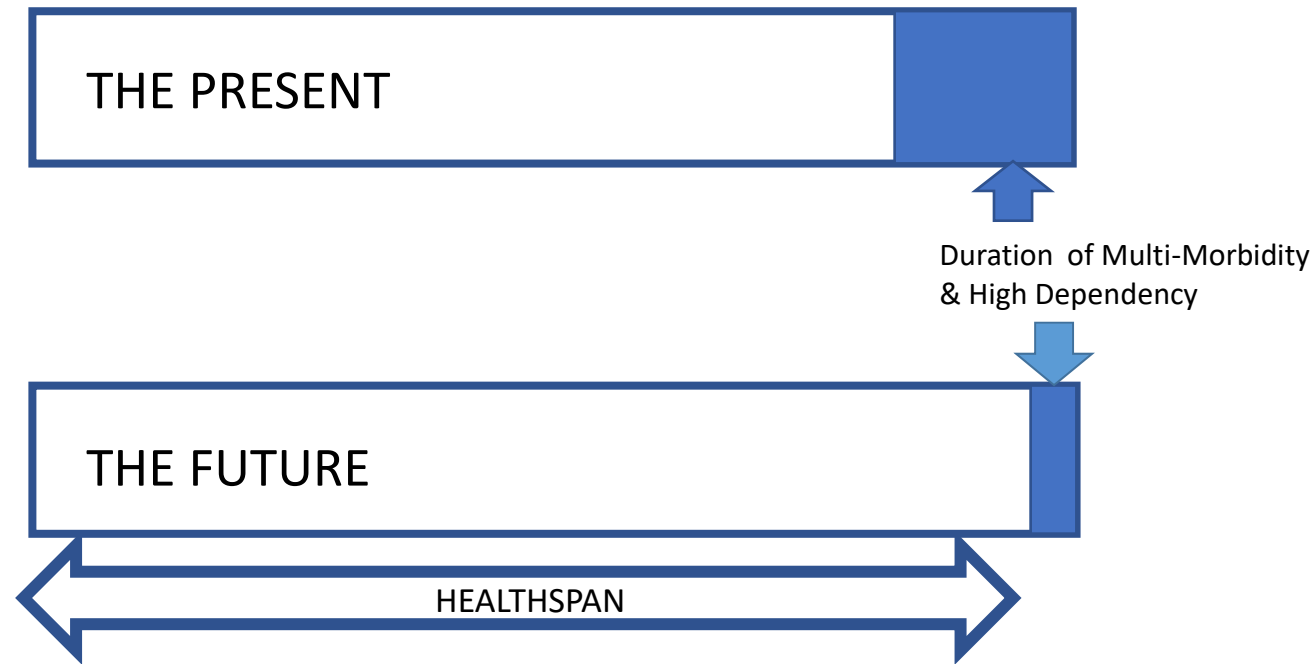


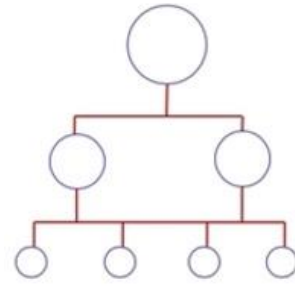
Live Longer Better:
End of the Beginning

Sir Muir Gray

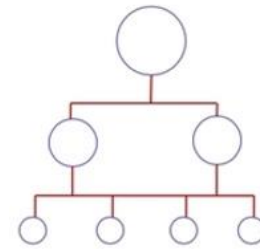
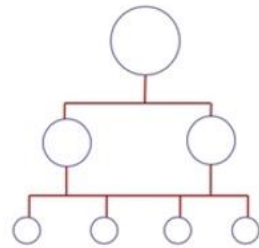
The number of people aged over 80 will double in ten years and what is needed is a revolution with two aims; the first is to increase healthspan



1948:
NHS 14 regions 150 districts



Local authorities



1990 – the Market

COMMISSIONERS eg CCGs

PROVIDERS



**Integration and Innovation:
working together to
improve health and social
care for all**

Presented to Parliament
by the Secretary of State for Health and Social Care
by Command of Her Majesty

February 2021

CP 381

the following four purposes for systems:

- (a) Improving population health and healthcare;
- (b) Tackling unequal outcomes and access;
- (c) Enhancing productivity and value for money; and
- (d) Helping the NHS to support broader social and economic development.

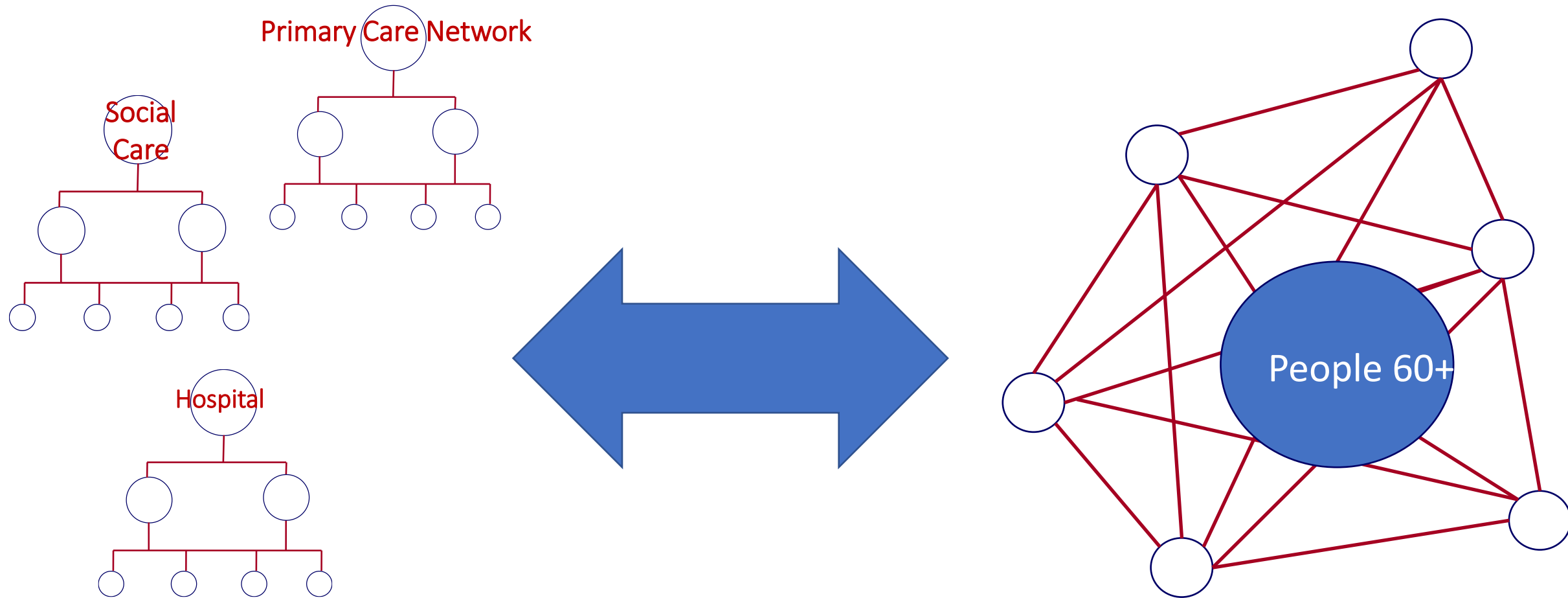
Frequently, place level commissioning within an integrated care system will align geographically to a local authority boundary, and the Better Care Fund (BCF) plan will provide a tool for agreeing priorities.

A system is a set of activities with a common set of objectives

- To prevent and mitigate isolation
- To increase physical ability and resilience and increase healthspan
- To promote knowledge and understanding about living longer better among older people and the wider population to counteract the detrimental effects of ageism
- To create an environment in which people can fulfil their potential
- To enable strengthening of purpose
- To support carers better
- To minimise and mitigate the effects of deprivation
- To reduce the risk of and delay or prevent dementia
- To prevent and minimise the effects of disease and multimorbidity
- To reduce the risk of a bad death

Live Longer Better

The Integrated System is delivered by population based networks:



THE LIVING LONGER BETTER COLLEGE

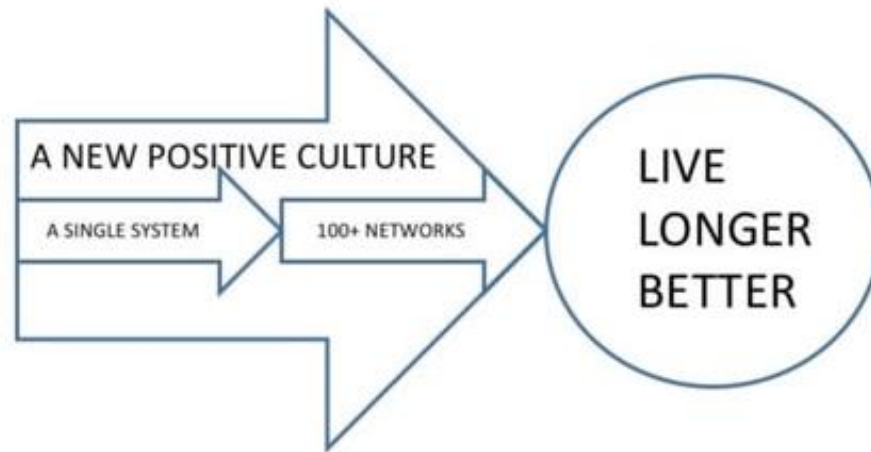
THE MISSION

CITIZENS

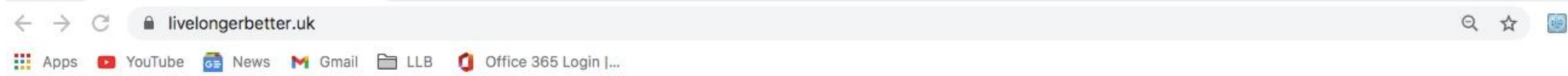
COACHES & SUPPORTERS

LEADERSHIP

ACADEMIC FOUNDATIONS



LEADING THE CULTURAL REVOLUTION



Join the Live Longer Better Revolution.

Our mission is to help people live longer better

A revolution is underway to enable people to live longer better, reduce the need for health and social care and reverse the effects of lockdown through the Living Longer Better network.

The number of people over 80 is going to increase significantly in the next ten years with little increase in healthy life expectancy in prospect. This has huge implications for health and social care services. It doesn't have to be this way. The evidence is strong that the incidence of the major causes of

Live Longer Better

Environments

- Care homes
- Sheltered housing
- Retirement communities
- Own home
- Housebound

Digital

Nature

- Wild
- Gardens

People

- With dementia
- With mobility problems
- With vision and hearing problems
- BAME
- With deprivation
- at risk of falls
- with weight problems

Activities

- yoga
- tai chi
- alexander
- pilates
- dance
- learning
- walking
- cycling
- gym
- walking football
- walking – health walks , befriending walking
- swimming
- Oomph
- Bowls
- Tennis
- reading
- campaigning
- arts
- music
- volunteering

Live Longer Better

Environments

- Care homes
- Sheltered housing
- Retirement communities
- Own home
- Housebound

Digital

Nature

- Wild
- Gardens

People

- With dementia
- With mobility problems
- With vision and hearing problems
- BAME
- With deprivation
- at risk of falls
- with weight problems

Activities

- yoga
- tai chi
- alexander
- pilates
- dance
- learning
- walking
- cycling
- gym
- walking football
- walking – health walks , befriending walking
- swimming
- Oomph
- Bowls
- Tennis
- reading
- campaigning
- arts
- music
- volunteering

