

## **West Dunbartonshire HSCP Local Engagement Networks**

### **Resilience in Older People**

### **WDCVS Offices Clydebank**

**Thursday 6<sup>th</sup> June 2019**

At West Dunbartonshire Community Volunteer Service office the Chair of Dumbarton/Alexandria Local Engagement Network (LEN) welcomed everyone to the session.

The session started with a presentation about the Community Older Peoples Team (COPT) and Building Resilience in Older People from Hazel Kelly Interim Integrated Operations Manager and Caroline Thomson with the COPT.

#### **What is Resilience?**

The ability to stand up to adversity and to “bounce back” or return to a state of equilibrium following adverse episodes.

#### **Resources**

##### **Internal Resources**

Psychological  
Financial  
Health

##### **External Resources**

Network of friends and family  
Services

#### **The Community Older Peoples Team**

We are an integrated, multi – disciplinary, health and social care team.

We aim to provide high quality care to promote the health and well – being of our service users.

- Administrative Support Staff
- Community Dietician
- Community Nurse
- Occupational Therapy Staff
- Physiotherapy Staff
- Rehabilitation Support Staff
- Sensory Impairment Team Staff
- Service Team Leads
- Social Work Staff
- Speech and Language Therapy Staff

**Who is our service for?**

Individuals aged 65 years and over who require support at home or in an appropriate community setting.

**What do we do?**

An assessment will be carried out by a member of the team.

There is a strong focus on working with individuals and their carers to identify individual needs and reach jointly agreed goals to maximise independence.

**Our ask of you...**

- What can the Community Older Peoples Team help you to do yourselves?
- How can we do this?

**Main points from discussion with users of service and carers:**

- GP Practices are linked into the COPT
- Change of culture is needed in older people
- Services need to work with older people, instead of older people expecting things to be done for them.
- Yes we work very closely with Hospital Discharge Team.
- We need to bring back the community spirit, were people look after each other
- We seen how communities pulled together during the “Beast from the East” snowfall.
- We’ve had great help from the local Alzheimer’s Scotland and the Carers Centre.
- COPT makes referrals and work closely with WDCVS Link Up and Footcare Services.
- I’ve just found out about Care & Repair
- Footcare is a great service
- It’s nice to get a small bit of help when needed
- We need to remember carers are getting older
- We have quite a few carers who are over 65 years of age
- The COPT have good links with Carers of West Dunbartonshire

**Conclusion**

The service users and carers appreciated how the COPT worked in partnership with other agencies in the Public, Independent and 3<sup>rd</sup> Sector to provide a wide range of services to older people to help with their rehabilitation and build their resilience and independence.