

3.P.c Prevention

Prevention is not a single act or activity. It has many aspects and may change or develop over time. It is closely allied to good wellbeing. It is key in ensuring the assessment is centred on the needs of the individual and is appropriate and proportionate to their circumstances. A preventative approach should be taken from the point of initial contact onwards, and at all stages throughout someone's life and circumstances. Effective and early prevention prevents, reduces and delays more complex health risks, enhances quality of life and saves time and costs in the longer term.

Prevention has three main aims:

Prevent	Reduce	Delay
People who may have no current or specific health or care and support needs	People with an increased risk of developing needs	People with established or complex health needs

It's never too late for prevention and early help

It is important at any time in the information, assessment and reviewing process:

- promoting wellbeing e.g. access to universal services
- early intervention e.g. targeted support to provide a few hours of support to a carer, or adaptations at home to reduce the likelihood of falls
- intermediate care e.g. support to regain specific skills or to improve a carer's life
- aids and adaptations for supporting independent living

Information and advice

Easy access to good quality information and advice at the right time and in the right place is critical in helping individuals to prevent, delay or reduce the escalation or impact of care needs.

Example: The LinkAge [www.linkagebristol.org.uk] programme brings together older people who feel socially isolated and lonely. Evaluation showed a significant improvement on a friendship scale from very low to very or highly socially connected.

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Prevention is effective only when individuals (**Me**), communities (**Us**) and public services (**You**) work together.

This promotes the strengths based approach to assessing needs and supporting people.

Prevention starts with the individual

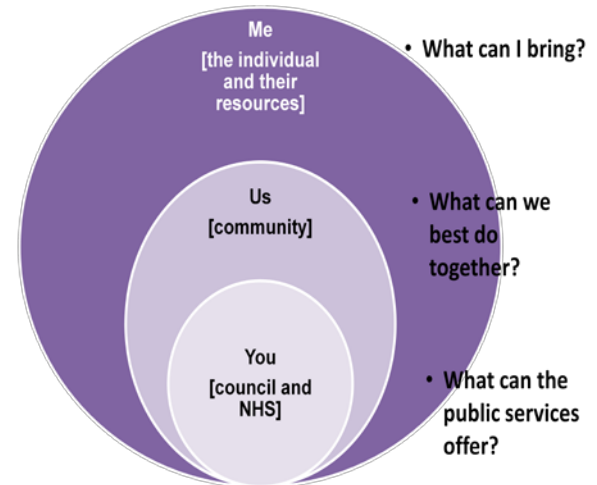
- What do they want?
- What can they bring?

The community has a role to play

- What is available locally, from voluntary and community organisations, or from friends and neighbours?

Statutory services are the final link

- If more is needed, then what can the local authority or NHS do that the individual and the community cannot provide or manage?



Link to NHS choices website
www.nhs.uk

Further information:

Section 2, Care Act 2014

Chapter 3, Care and Support Statutory Guidance