

Health and social care in North Lincolnshire: Finding the future together

Consultation on North Lincolnshire's Joint Strategic Needs Assessment

What's your story?

The population of North Lincolnshire can be categorised into groups depending on various factors such as their housing, occupation and lifestyle. Looking at the way people live their lives can help us understand how best to provide public services. The following summaries provide pen portraits of some 'typical' families in North Lincolnshire, which together account for just under half of North Lincolnshire's, 68,000 households. The stories are fictitious but we think they are representative as they are based on real information (from data known as Mosaic profiles). They give us some indication of how we may need to reshape our services in the years to come.

Please read these short stories and tell us what you think. We want to hear your story!

William and Joyce [Mosaic profile C17]

Meet William and Joyce – a couple in their early 60s looking forward to their retirement in North Lincolnshire. They live in Scunthorpe close to their small car repair and recovery business, which they will hand over to their son when they retire. Their daughter moved away after going to university. They want to move out of the town into one of the villages when they've stopped working. Whilst they don't consider themselves wealthy, they are comfortably off. They are fit and well now but don't have any private medical insurance. One of their concerns is how they will manage if either of them becomes unwell as they'll be living some distance from the services they currently use and their son and daughter may not be around to help.

Comment

14% of North Lincolnshire's households are 'William and Joyces' which is a greater proportion than most local authority areas. They make little use of health and social care now but in 10-15 years they will. It's likely they will develop a number of long term conditions in older years and require social care to keep them in their own home.

Pete and Jackie [Mosaic profile D22]

Pete and Jackie are in their late 50s and are also approaching retirement. Pete is a welder at the local steel works, but is finding the manual nature of the work increasingly tiring. Jackie works part time doing admin work for the Council. Of their three children, two sons are working in Scunthorpe in modestly paid jobs, whilst their daughter got married and moved away.

Pete has struggled with his health in recent years. He used to play Sunday League in his younger days, but stopped in his 30s and has put on a lot of weight. He also started smoking again, although he has recently cut down to 10 a day. He has high blood pressure, gets a lot of heartburn and is increasingly breathless. He hasn't mentioned the latter to his doctor. He enjoys a pint (or three!) with his mates (he hasn't mentioned this to his doctor either!) and loves his fishing.

Jackie has also put on a bit of weight recently which is making her hips and knees play up. She stopped smoking last year but started again at her daughter's wedding. She only smokes 5 a day and would like to stop. She has suffered from episodes of depression whilst the kids were still at home but isn't currently on any treatment.

Pete and Jackie have a relatively large family home and are thinking of 'down-sizing' to a bungalow on the outskirts of Scunthorpe when they retire. They are hoping to release some capital because neither of them have good pensions.

Comment

11% of North Lincolnshire's households are 'Petes and Jackies' which is a greater proportion than most local authority areas. Pete is likely to die from cardiovascular disease within the next ten years, leaving Jackie to manage on her own for another 10-15 years. During that time she will become increasingly dependant on health and social care and is more likely than average to claim benefits such as Pension Credit.

Mark and Janet [Mosaic profile D23]

Mark and Janet are in their late 40s and both born and bred in Scunthorpe. Mark has had a few jobs over the years, mainly in heavy industry, and now works in a factory making flat pack furniture. Janet has worked on and off as a hairdresser. They live in a semi which they bought off the Council more than 10 years ago and whilst they have a modest income it's not enough to get by and both Mark and Janet do other weekend jobs to make ends meet. They would move if they could afford it (which they can't). Their estate is not the nicest place to live, as some of the kids carry on and it is used by drug dealers.

Both Mark and Janet smoke 20 a day but would like to stop as it's becoming unaffordable. They live for their kids, their big Saturday night out and for Scunthorpe United. Their kids, aged 11, 13 and 15, are great but are struggling at school and as a consequence sometimes go off the rails. Since having children the whole family seems to have put on weight, which Mark and Janet don't understand, because they all think they eat normally and have busy lives.

Mark hasn't been to his doctor for years. Janet goes occasionally, more recently for what she thinks might be the start of the menopause. Two of their children have asthma and the third used to get stomach pains. All of them have had multiple trips to Accident and Emergency because of these conditions.

Comment

12% of our households are 'Marks and Janets' which again is higher than most local authorities. They are likely to be heavy users of health and social care in the future. Mark's life expectancy is well below the average for North Lincolnshire which means that Janet is likely to spend a number of years alone in relative poverty.

Karen and Pat [Mosaic profile H44]

Karen and Pat are in their early fifties and have four grown up children. Their youngest son Robert has learning disabilities and lives at home with them, as does Sheila, Pat's Mum, who has a heart problem and diabetes. They used to live in a large council house on the edge of town, but asked to be transferred to a smaller council flat in the town centre, because it was easier for Robert and Sheila living on one floor and it was more convenient for the shops and buses.

Karen works part time as a carer in an old people's home. Pat left work as a driver 10 years ago. He was getting very depressed and found it hard to cope at work or at home and has been on incapacity benefit ever since. He's put on a lot more weight since then, but they're all on the 'big' side. They don't get out much, and don't know anyone in the area either. So they tend to stay in most nights watching TV. Both Pat and Karen are heavy smokers. They also eat at irregular times – usually a takeaway or a microwave dinner, because of Karen's shifts. Pat can't cook and Sheila doesn't have the energy. Karen has noticed she's lost weight recently and has had trouble sleeping for a few months. But she tries not to worry about it. She's often at the doctors, picking up prescriptions for Robert or taking Sheila for her check ups, but hasn't seen her GP for well over a year.

Comment

5% of households in North Lincolnshire are 'Karens and Pats' which is above the national average. They are likely to be heavy users of health care and social

care in the future. Both Karen's and Pat's life expectancy are below the local average, which makes it likely that Robert will need support from his adult brothers and sisters or from social services if he is to manage in the longer term.

Jim and Margaret [Mosaic profile K59]

Jim and Margaret are retired. They used to run a small farm, and sold up a few years ago to buy a detached bungalow in a small hamlet on the edge of North Lincolnshire. It has a big garden, which helps as they have three dogs. Both their adult sons moved abroad a few years ago, one to Canada, another to Australia. Their daughter moved down south after finishing university and is married with two small children, but they visit when they can. They were both reasonably fit, healthy, and active in their local community and were looking forward to a trip to Australia and then Jim was diagnosed with Alzheimer's. Things hadn't been right with Jim for a while – and it's taken a long time to find out exactly what was wrong with him. Margaret isn't sure how she's going to cope if and when his condition gets worse. But she doesn't have time to think about it. She doesn't get out much these days and doesn't know who to ask for help and advice about how to plan for the future. She went to see her doctor recently as she was feeling depressed and was having trouble sleeping.

Comment

Jim and Margaret make up 3% of our households, again slightly higher than the national average. Jim is likely to need considerable social care support in the next five years. Margaret will need a lot of support looking after him too. They don't want to move but think it's the best option, to be nearer the hospital and other facilities. Margaret would ideally like to live in a small flat in a 'retirement village', with shops nearby and some sort of on site support on hand for Jim so she could go out more on her own.

Questions

1. Have we got the balance right now between providing health and social care services and programmes to keep people healthy for longer (such as stop smoking, weight management, psychological well-being)?
2. What more could be done to help these families live healthier lifestyles?
3. Self care will be an important part of care for all these families at some point – what needs to happen to enable them to do this well?
4. How would these families like to access health services when they need them? What's the right balance between remote access to health services (telephone, internet), central facilities in Scunthorpe and local services?
5. What services should we prioritise to help these families to stay in their homes for as long as possible?

Let us know what you think. We want to hear your story. Get in touch with us by email or post at:

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