

Supporting Independence Programme

Helping you achieve a better quality of life

Healthy ageing is about creating the environments and opportunities that enable people to be and do what they value throughout their lives.



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Council



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Our Aims

Our objective is to support healthy ageing and improve quality of life. We aim to help reduce pressures on Adult Social Care services, GP surgeries, and A&E/hospital admissions.

Whilst we will support anyone over the age of 18, we are focussed on implementing preventative measures to support healthy living and manage current health issues. We aim to enable and maintain levels of independence in adults across the county, supporting individuals to access services within their local community.

Mobility and Falls Prevention

General Health

Nutrition

Mental Health

Sensory Support

Social Support

Cognitive Support



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- Have you noticed any recent changes in your health, or needed to make changes to your lifestyle?
- Are you struggling to manage a health condition or your general wellbeing?
- Do you sometimes lack motivation, feel lonely or isolated?



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- Free Public Health Northamptonshire service.
- Suitable for anyone over the age of 18, who may be showing signs of reduced independence.
- Up to 12 weeks of one-to-one support.
- Trained Wellbeing Advisors dedicated to supporting your specific health concerns.
- Validated assessment tools used to identify your support needs.
- Personalised support to improve areas of your health and wellbeing.

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Examples of support include:

- Meet with your Advisor to 'Walk and Talk' with the aim of increasing physical activity and socialisation.
- Access social opportunities within your local community including volunteering and clubs, groups and events to suit your hobbies and interests.
- Daily living including housing support and money advice.
- Low-level mental health and emotional difficulties.
- Lifestyle support such as nutrition, smoking and alcohol use.
- Identification of other concerns such as blood pressure or use of multiple medicines and referral where appropriate including to memory clinics, continence services or community pharmacies.

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Appointments

During the first appointment, Advisors will carry out the Edmonton assessment. Covering a wide range of health domains, areas of need will be highlighted, and following the pace and choices of the customer, Advisors will implement a personalised programme over the following twelve weeks. This can be face to face, over the telephone, or in a community setting.



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In House Support

Advisors have the knowledge, skills and training to deliver low level interventions and support.

Examples of specialist Advisor training and interventions include:

- Behaviour Change and Emotional Support
- Walk and Talk
- Mental Health First Aid
- Bereavement Support
- Motivational Interviewing
- Hoarding Awareness
- Stop Smoking
- Brief Alcohol Intervention
- Nutrition and Weight Management

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Partnership Working

Advisors have a wealth of knowledge and contacts for county-wide charities, organisations and services, and are able to signpost, make direct referrals and implement service partnerships in order to best support the customer.

Weight Management

Stop Smoking Services

NHFT

Community Hubs

Northamptonshire Carers

Age UK

SPRING

Citizen's Advice Bureau

Vaccinations

Community Pharmacy

Libraries and Adult Learning

Housing/Debt Advice

NGH Frailty Unit

Falls Team

Assistive Technology

Foodbanks

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Testimonials

“One of my customers has been housebound with no benefits for over a year due to an industrial accident. The customer now has a full-time care package, support from the Falls Service, a lifeline and benefit support. This is a huge success for my client as he was living off his mother's savings, alone without any physical and financial support, which led to very low mood. The client could not believe how much his life had changed positively, to adapt to his mobility.”

“Customer and her daughter thanked me for my calls and support and for providing appropriate information and referrals for other services. Customer feels her mobility is stable, her confidence has grown and she feels her health has improved. She particularly enjoyed the virtual garden tours that I provided, as she was a keen gardener and enjoyed growing flowers.”

“Customer was impressed by my nutritional advice and is excited to be eating more fruit and veg.”

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“My husband was recently discharged from the Supporting Independence Programme, his Wellbeing Advisor was Loren, who has been a great help and got us thinking about things that we hadn't thought about before to improve our wellbeing. She arranged with Care and Repair to get a handrail fitted in our bathroom, my husband can now get in and out of the shower by himself. Having this fitted has been a God send”.

“One of my customers has become more focused on the positive in her life rather than what is going wrong due to using the behaviour change toolkit. She is feeling much happier.”

“Customer is making a positive life change and enrolling in adult education.”

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To self-refer or make a referral on someone else's behalf, please complete the short eligibility assessment, and a member of our administration team will contact you within two working days to arrange an initial appointment.

Please note: We are not an emergency or crisis service.

Referral Contact Information

W: <https://www.northamptonshire.gov.uk/councilservices/health/pages/supporting-independence.aspx>

E: SIPInfo.NCC@northnorthants.gov.uk

T: 0300 126 3000 (North)

T: 0300 126 7000 (West)

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