

# Adults' Health and Care

## Provider newsletter

22 June 2023

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### Fire Service issues “press to test” warning

Hampshire and Isle of Wight Fire and Rescue Service (HIWFRS) is warning residents to ensure they install adequate working smoke alarms in their homes, to reduce their risk of house fires and provide an early warning should the worst happen. HIWFRS has issued the warning as the number of house fires attended this year by the Service has already reached nearly 400.

Working smoke alarms save lives and the Service advises at least one smoke alarm should be fitted on every floor of the home. These should be tested regularly (ideally once a week but at least once a month).

The most vulnerable members of the community often require extra support with installing and regularly checking smoke alarms, so HIWFRS is requesting your support:

- When you visit somebody's home, if they have smoke alarms present simply “push the button” to check they're still in working order. Remember, only working smoke alarms save lives so a simple “Press to test” takes just seconds but could potentially save a life.
- If there are no working smoke alarms inside the property, [make a referral for a Safe and Well \(home fire safety\) visit](#) - you may need to seek the individual's permission before you share their details.

### ISTUMBLE App

The ISTUMBLE App is a post falls assessment tool that has been developed by the West Midlands Ambulance Service, in partnership with Mangar Health. The App is part of a continuing initiative to decrease the number of unnecessary ambulance callouts to un-

injured fallers and to safeguard the lives of residents living in care homes. Clinical research has shown that delayed initial recovery (a lie greater than 10 minutes but less than 1 hour) and long-lie (a lie greater than 1 hour post fall) can result in serious health implications for the faller, such as skin damage resulting in pressure sores, kidney failure, and pneumonia.

ISTUMBLE is a free interactive App designed to support carers to be able to assess fallen residents and to make informed decisions about whether they can lift the faller themselves safely and with the appropriate lifting equipment. It provides care home staff with clear instructions on when to call for an ambulance or use aids and manual handling to lift residents from the floor. This is beneficial to residential homes who may not have clinical staff available.

The app is available from the [Apple store](#) and [Play store](#).

## Reminder: Supporting people to stay hydrated this summer

As the weather starts to warm up it's time to think about the importance of hydration, particularly in older adults. Dehydration is a common cause of hospital admission for older people. It can lead to urinary tract infections and make the symptoms of other illnesses worse.

Watch a [short video](#) about the importance of staying hydrated - it contains useful information, tips and myths.

If someone is having difficulty drinking, there may be equipment that can help. Take a look at the 'Eating and drinking' section of the [Equipment house](#) on Connect to Support Hampshire.

A person you care for may not have a sense of how much they're drinking. You can help them by:

- making sure they drink at mealtimes
- making drinking a social thing, like "having a cup of tea"
- offering them food with a high water content - for example soup, jelly, fruits and vegetables.

[Watch a video](#) that highlights the importance of hydration in older adults, and some simple steps to take to provide support.

If you are worried about an older person who is not drinking enough, this easy to follow e-learning course on [Hydration in Older People](#) has some useful advice and tips. **(N.B.** Just click on 'Play' and then 'Continue'. You do not need to register or log in).

There are also training courses on hydration and nutrition available from [Impact](#).

## **Hampshire Care Awards 2023**

The Hampshire Care Awards are a special night to celebrate the outstanding achievements of those working in adult social care. Individuals and teams were recognised for their passion, dedication and skill in their work.

The awards took place on the 15 June and were hosted by Dr Hilary Jones. There were 13 awards in total, with an additional Blue Rose Award awarded to an individual for their outstanding contribution to adult social care over many years.

[Find out more](#) about the awards and see the winners, along with photographs from the event.

## **Have your say on how Hampshire County Council could balance its budget**

Hampshire County Council has launched a consultation to understand people's views across Hampshire on options to help the Authority deliver a balanced budget over the next two years through to April 2025, as it tries to balance the books in future in the face of rising costs, higher demand for local services and years of underfunding by central Government.

To date, by planning ahead and using its reserves carefully, the County Council has successfully found ways to deliver services differently and more efficiently, saving £640 million from its budgets since 2008, but despite these measures, there will still be an anticipated gap in the County Council's budget of £132 million by 2025/26, and by law, councils must set a balanced budget.

With much less money available, some very difficult decisions are needed about the County Council's future spending, and it is important that the County Council listens to the views of residents and stakeholders, many of whom are likely to be affected by the outcomes.

[Read more](#) about why the County Council is asking for the public's views in this consultation. Your views are very important - so please take the time to [respond to the consultation online](#), and encourage others to do the same.

If you are able to display a poster to promote this consultation, please contact [insight@hants.gov.uk](mailto:insight@hants.gov.uk) for an e-copy.

# Budget consultation

**2024-2026**

 Tell us your views on how we fund local services

 Hampshire County Council

 Making the most of your money

Have your say between  
12 June and 11:59pm  
on 23 July 2023



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