

PWYLLGOR CRAFFU GOFAL CYMDEITHASOL AC IECHYD 16^{eg} O FEDI 2015

Strategaeth Maeth Cymunedol ar gyfer Gwasanaethau Integredig Sir Gaerfyrddin

Ystyried y materion canlynol a chyflwyno sylwadau arnynt:

- Nodi'r gostyngiad o 33% ers 2012 yn nifer y rhai sy'n cael pryd ar glud.
- Cytuno ar strategaeth maeth cymunedol ar gyfer pobl hŷn yn Sir Gaerfyrddin a fyddai'n cymryd lle effaith cyfyngedig y gwasanaeth pryd ar glud a rhoi'r strategaeth ar waith.
- Dylai'r gwasanaeth pryd ar glud presennol barhau cyhyd â bod hynny'n ymarferol a bod pobl yn dymuno cael y gwasanaeth.
- Bod y Gwasanaethau Integredig yn llunio cynllun gweithredu ac yn rhoi'r argymhellion ar waith yn seiliedig ar 5 maes blaenoriaeth:
 1. Adolygu'r ddarpariaeth bresennol
 2. Datblygu Cymunedol i ddiwallu anghenion y gymuned
 3. Mwy o integreiddio rhwng rhanddeiliaid ieched a rhanddeiliaid eraill
 4. Datblygu Gwasanaethau Gwybodaeth, Cymorth a Chyngor
 5. Addysg

Rhesymau:

- Nid oes gan Sir Gaerfyrddin Strategaeth Maeth Cymunedol ac mae'r ddogfen hon yn ymateb i argymhellion a wnaed gan Lywodraeth Cymru yn y Cynllun Gweithredu Hybu Iechyd ar gyfer Pobl Hŷn. Mae diffyg maeth a hydradiad yn berygl sylweddol i oedolion agored i niwed sy'n byw yn y gymuned. Acamgyfrifir bod 1 ym mhob 10 o bobl hŷn â diffyg maeth neu mewn perygl o fod â diffyg maeth. Ni chafodd pryd ar glud erioed lawer o effaith ar hyn ac mae angen gwella'r model cymorth a chael strategaeth gymunedol gynhwysfawr yn lle'r model hwn i gefnogi pobl hŷn.
- Llunio barn i'w chyflwyno gerbron y Bwrdd Gweithredol / Cyngor i'w hystyried.

Angen cyfeirio'r mater at y Bwrdd Gweithredol er mwyn gwneud penderfyniad: OES

**Bwrdd Gweithredol
Cyngor Sir**

**28ain o Fedi 2015
I'w gadarnhau**

Aelod y Bwrdd Gweithredol sy'n gyfrifol am y Portffolio:
Cyng. Jane Tremlett (Gofal Cymdeithasol ac Iechyd)

Y Gyfarwyddiaeth: Cymunedau	Swyddi:	Rhifau Ffôn / Cyfeiriadau E-bost:
Enw Pennaeth y Gwasanaeth: Rhian Dawson	Pennaeth Dros Dro y Gwasanaethau Integredig	01267 228900 rhian.dawson@wales.nhs.uk
Awdur yr adroddiad: Julia Wilkinson	Rheolwr Ardal Leol Cynorthwyol	01267 246858 jwilkinson@sirgar.gov.uk

EXECUTIVE SUMMARY

SOCIAL CARE & HEALTH SCRUTINY COMMITTEE 16th SEPTEMBER 2015

Community Nutritional Strategy for Carmarthenshire Integrated Services

Brief summary of purpose of report

The Welsh Government's Health Promotion Action Plan for Older People in Wales highlights the importance of prioritising good nutrition for health and well-being and informs the Food and Well Being Nutritional Strategy for Wales. Vulnerable older people are considered by this strategy as a priority group acknowledging that many of them are living with limiting, long term illness and are on a low income.

The report outlines the main barriers to good nutrition for this group in the community and proposes Carmarthenshire implements a holistic community nutritional strategy which focuses on five priority areas and considers available options to support good nutrition for older people. Such a strategy will provide Carmarthenshire with overarching principles for developing services that promote nutritional wellbeing for older people living within our communities.

Other options available and their pros and cons

Option	Pros	Cons
To not adopt an integrated community strategy and meet nutritional needs through current provision i.e. to continue to rely on an outdated model of meals on wheels to meet this need.	Embed current provision, which would not need additional resources or targeted change process.	Would not address Welsh Government recommendations or best practice. Would leave older people vulnerable.

DETAILED REPORT ATTACHED?

YES

IMPLICATIONS

I confirm that other than those implications which have been agreed with the appropriate Directors / Heads of Service and are referred to in detail below, there are no other implications associated with this report.

Signed: Rhian Dawson Interim Head of Integrated Services

Policy, Crime & Disorder and Equalities	Legal	Finance	ICT	Risk Management Issues	Staffing Implications	Physical Assets
NONE	NONE	NONE	NONE	YES	NONE	NONE

5. Risk Management Issues

Poor nutrition and hydration is a significant risk factor for vulnerable adults living in the community. It is estimated that 1 in 10 older people are malnourished or at risk of malnutrition. The availability of a nutritional strategy for older people in Carmarthenshire would support risk mitigation in this area.

CONSULTATIONS

I confirm that the appropriate consultations have taken in place and the outcomes are as detailed below:

Signed: Rhian Dawson Interim Head of Integrated Services

- 1. Local Member(s)** – Cllr. Jane Tremlett (Executive Board Member for Social Care & Health) has been consulted during production of this document.
- 2. Community / Town Council** – N/A
- 3. Relevant Partners** – The Hywel Dda University Health Board Dietetics department
- 4. Staff Side Representatives and other Organisations** – N/A

Section 100D Local Government Act, 1972 – Access to Information
List of Background Papers used in the preparation of this report:

THERE ARE NONE

Title of Document	File Ref No. / Locations that the papers are available for public inspection