

# NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

## QUALITY STANDARD TOPIC OVERVIEW

### 1 Quality standard title

Mental wellbeing and independence for older people.

### 2 Introduction

#### 2.1 *NICE quality standards*

NICE quality standards are a concise set of prioritised statements designed to drive measurable quality improvements within a particular area of health or care.

The standards are derived from high-quality guidance, such as that from NICE or [accredited](#) by NICE. They are developed independently by NICE, in collaboration with health, public health and social care practitioners, their partners and service users. Information on priority areas, people's experience of using services, safety issues, equality and cost impact are considered during the development process.

NICE quality standards are central to supporting the government's vision for a health and social care system that is focused on delivering the best possible outcomes for people who use services, as detailed in the [Health and Social Care Act \(2012\)](#).

The quality standard development process is described in detail on the [NICE website](#).

#### 2.2 *This topic overview*

This topic overview describes core elements of the quality standard. These include the population and topic to be covered, key source guidance to be used to underpin potential quality statements, any related quality standards,

published current practice information and national or routine indicators and performance measures.

If the source guidance is not NICE guidance, it should meet the minimum quality criteria defined in NICE's [accreditation programme](#).

### **3 This quality standard**

This quality standard is expected to publish in December 2016.

#### **3.1 Population and topic to be covered**

This quality standard will cover interventions to maintain and improve the mental wellbeing and independence of people aged 65 or older, and how to identify those at risk of a decline. It will not cover the mental wellbeing and independence of older people who live in a care home or attend one on a day-only basis.

#### **3.2 Key development sources (NICE and NICE-accredited sources)**

##### **Primary source**

- [Older people: independence and mental wellbeing](#) (2015). NICE guideline NG32
- [Mental wellbeing in over 65s: occupational therapy and physical activity interventions](#) (2008). NICE guideline PH16

##### **Other sources that may be used**

- [Home care: delivering personal care and practical support to older people living in their own homes](#) (2015) NICE guideline NG21.

##### **Key policy documents, reports and national audits**

Relevant policy documents, reports and national audits will be used to inform the development of the quality standard.

- Government Office for Science (2015). [What role can local and national supportive services play in supporting independent and healthy living in individuals 65 and over?](#)
- Office for National Statistics (2015). [Insights into loneliness, older people and well-being](#)
- Office for National Statistics (2013). [Measuring national wellbeing – older people’s neighbourhoods.](#)
- Office for National Statistics (2013). [Measuring national well-being: older people’s leisure time and volunteering](#)
- Department of Health (2001). [National service framework for older people](#)

### **3.3 Related NICE quality standards**

#### **Published**

- [Falls in older people](#) (2015) NICE quality standard QS86.
- [Mental wellbeing of older people in care homes](#) (2013) NICE quality standard QS50.

#### **In development**

- [Medicines optimisation](#). Publication expected March 2016.
- [Home care](#). Publication expected June 2016.
- [Older people with social care needs and multiple long-term conditions](#). Publication expected September 2016.
- [Transition between inpatient hospital settings and community or care home settings](#). Publication expected September 2016

#### **Future quality standards**

This quality standard will be developed in the context of all quality standards referred to NICE, including the following quality standards scheduled for future development:

- Care and support of older people with learning disabilities
- Falls: regaining independence for older people who experience a fall
- Housing: planning to improve health and wellbeing

- Long term conditions, people with comorbidities, complex needs
- Medicines management: managing the use of medicines in community settings for people receiving social care
- Mental wellbeing: life course settings and subgroups
- Regaining independence (reablement): short term interventions to help people to regain independence
- Vulnerable populations: strategies for tackling inequalities.

The full list of quality standard topics referred to NICE is available from the [quality standard topic library](#) on the NICE website.

## **4 Existing indicators**

- Department of Health (2012). [Public Health Outcome Framework 2013–16](#):
  - 1.18. Social isolation
  - 1.19. Older people’s perception of community safety.

## **5 Further information**

See the NICE website for more information about [NICE quality standards](#) and the [progress of this quality standard](#).