

## Thinking about 'Care in Later Life'

Health and Care leaders in County Durham are continually looking to appropriately plan for the right range of services to be available for people's needs. A key area is for local services to help and support people as they continue to age and move into 'later life'.

The focus of these conversations is 'Care in Later Life', looking at how people can retain independence and where they may need increasing levels of support during their lifetime to do this.

We have [provided some summary information](#) about what this relates to on the County Durham Care Partnership website. At this stage of the conversation, health and care leaders are keen to hear from people aged 50+. They recognise this is not 'old' but want these people's views about their expectations for the future.

For example, the types of support this includes would cover:

- A person who lives at home and is becoming frail, needing support to wash and dress each day.
- Having reminders about taking medication, drinking or eating meals because their ability to recall information is not as good as it used to be.
- Assistance around the house through physical aids (handrails or a frame) to help people remain independent and manage short term needs (e.g. recovery from a fall) or long term conditions (e.g. Arthritis).

### Participating in these conversations

Your comments will be used to inform future planning decisions regarding the range of services available in County Durham for you and others in the future.

The opportunity for people to contribute their views is **open until Sunday 30 July 2023**.

If you know of any groups or events that you would like us to attend to speak to people directly, please contact [Daniel Blagdon](#) to arrange these opportunities.

Alternatively, people can share their thoughts by using the [online set of questions](#) at a time that works for them. Please do feel free to share this with any groups or individuals who could participate.

You can find further information about this subject and what it includes on the [County Durham Care Partnership Website](#).

## Sexual Health Strategy for County Durham 2023-2028

Have your say on our new sexual health strategy that will support the sexual health needs of the people of County Durham.

Our strategy shows how we would like to improve the overall sexual health of people in County Durham, improve access to sexual health services, promote healthy sexual behaviour, reduce rates of sexually transmitted infections (STIs), unintended pregnancies and reduce health disparities.

This strategy is aimed at the many professionals that support the day-to-day work of the needs as described in the priority area. It is however very important that more broadly we gain views on how people feel sexual health is being considered and planned for.

For more information about this consultation, including details on how to have you say by completing our online form, please follow this link:

[Sexual Health Strategy for County Durham 2023-2028 consultation](#)

**The closing date for feedback is 5pm on Sunday 6 August 2023**