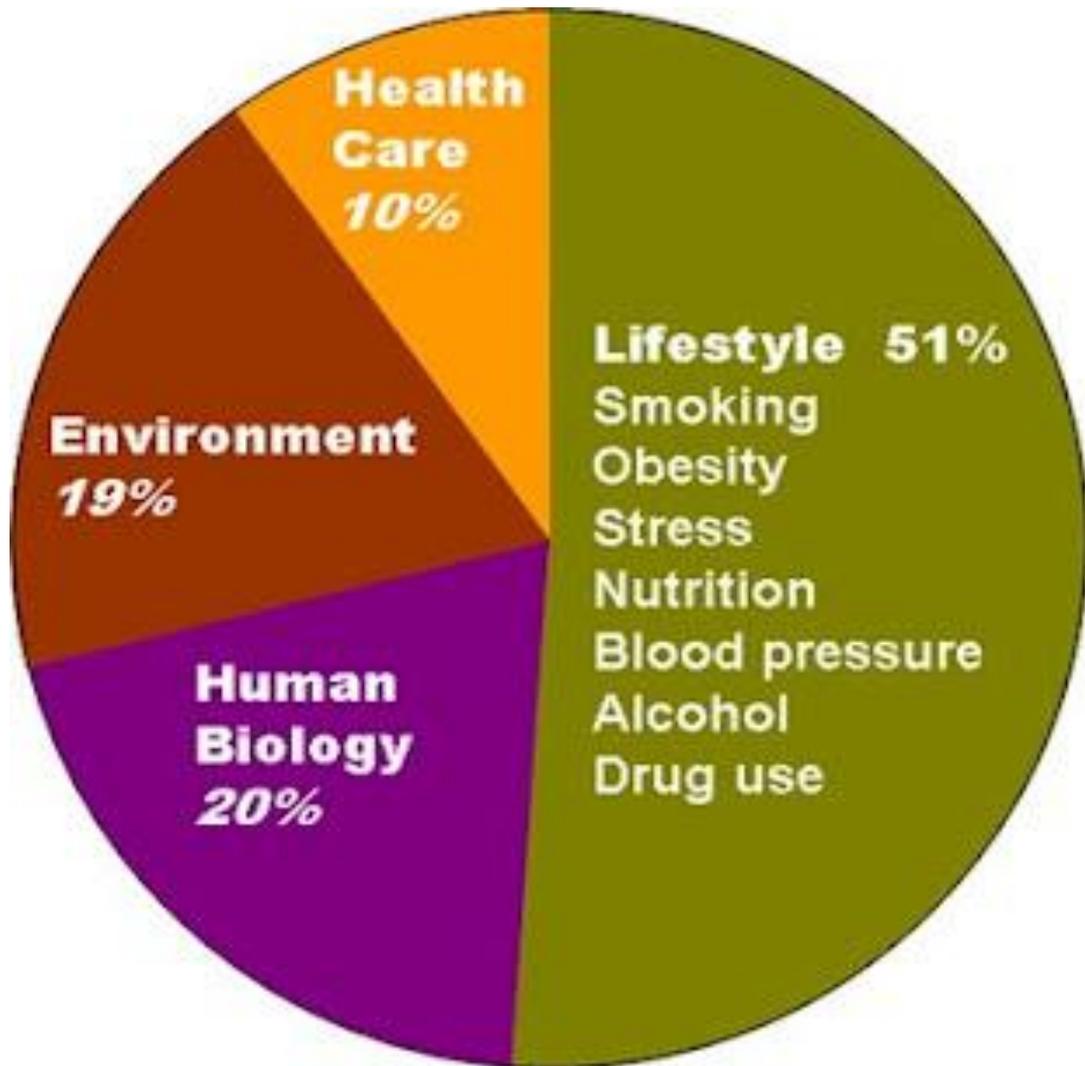


The numbers!

Influence on a person's health and well-being



Key self care and activation stats

- 50%** Self-care and self-management (knowledge; skills; confidence)
Diet and exercise
Lifestyle (smoking, drinking; drugs)
Stress
Managing medication
Understanding early signs/ symptoms

All Together Better

- 20%** A person's biology
Genetics
Pre-disposition to a condition
- 19%** A person's environment
Neighbourhood
Family
Peers
Poverty
Education
- 16%** Health care input
GPs
Nurses
Hospital
Specialists
Therapists

Influence on a person's health and wellbeing

15m
people in England live with a long term condition (LTC)

LTCs account for **70%** Of NHS budget

60-70% of premature deaths are caused by behaviours that can be changed

35-50% of the population have the lowest levels of activation, which means they are less likely to adopt healthy behaviours and more likely to use healthcare resources
But this can be influenced

Only 4hrs
Of the 8,760 hours in a year, a patient with a long term condition will spend on average only 4 hours with a clinician – we need to make the most of this time, but also look to other organisations; support agencies and individuals, including carers, who can help

Research shows lacking social connections is as damaging to health as smoking 15 cigarettes a day

40% of people are not fully involved in decisions about their care or treatment

13% of GP consultations could be dealt with by someone else

Loneliness increases the likelihood of mortality by **26%**

@AllTogetherBetter
 @ATBSunderland
 atb@nhs.net

All Together Better

Better Health and Care for Sunderland.

Aims

- To ensure that local people (patients and carers) understand the benefits of looking after themselves and the positive impact it can have on their physical and mental health.
- To empower and support people to have the skills and confidence to take responsibility for their own health and care needs, utilising the facilities, resources and technology available to them.
- To ensure that staff involved in health and social care in Sunderland are equipped with the skills to assist people with supported self-care and self-management of their health and wellbeing.
- To ensure that local communities and organisations are encouraged to promote and provide self-care and self-management support and opportunities.



**All Together
Better**

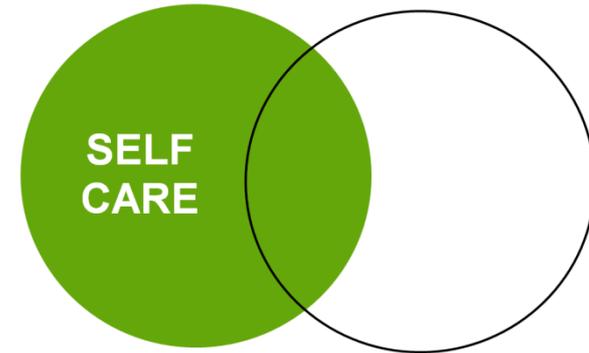
Better Health and Care
for Sunderland.

What's the difference between Self Care and Self-management?

Self care

General prevention and taking action to look after yourself, like:

- eating healthily
- cutting down on drinking
- stopping smoking
- getting more exercise
- mindfulness and talking



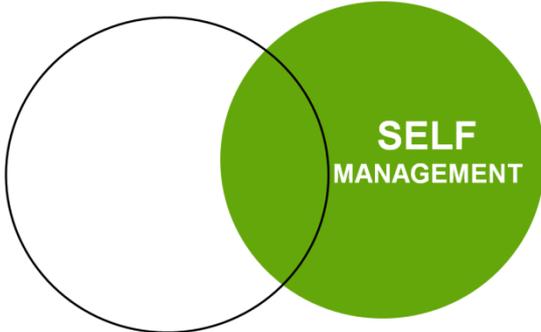
There is lots of support too, like:

- Change 4 Life
- talking therapies
- Stop Smoking Service
- Wear Recovery and
- Move to Improve



All Together Better

Better Health and Care
for Sunderland.



Self management

When people have one or more **long-term conditions**, like diabetes or COPD or have been sick with something like cancer or have had a heart attack.

They manage their own condition by:

- taking medication correctly
- participating in organised rehab such as *Desmondor Move to Improve*
- know how to monitor their condition
- recognise the signs and symptoms when things are not quite right

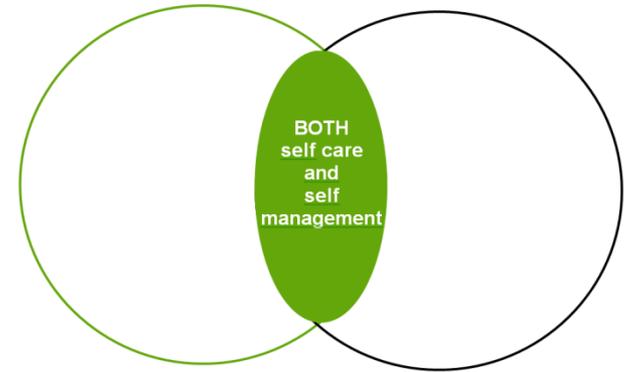


All Together Better
Better Health and Care for Sunderland.

Cross-over

Everyone, regardless of their level of health and well-being, whether they have a long-term condition or not, can benefit from some combination of self care and self management by:

- Keeping a well-stocked medicine cabinet
- Planning properly for key events – like bank holidays and ensuring prescription medicines are stocked up
- Building a relationship with your pharmacist
- Keeping in touch with friends and relatives
- Eating as well as possible
- Getting some exercise based on ability
- Cutting down on drinking and
- Quitting smoking



All Together Better

Better Health and Care for Sunderland.

Supporting the supporters

And important part of the programme is to ensure that frontline staff – including health or social care professional and those in other support agencies – have the skills to help people help themselves.

To do this we are providing some specialised staff training on how to coach people.

Everyone has a different level of understanding, skill and confidence when it comes to self-care and we want to make sure patients and carers get the right level of help they need from those who support them.



**All Together
Better**

Better Health and Care
for Sunderland.

Not as simple as riding a bike!

Denise, **John**, **Bryan** and **Susan** want to (or should) get more exercise

Some people need a little more help than most – they may not have the skills, motivation, confidence or knowledge to plan their own care or manage a condition.

Denise is very overweight and has diabetes – She'd would never ride a bike and is not sure she could even get on one, but she can walk if she has to.

*You'd never
get me on a
bike!*

John has COPD and his GP has suggested he gets more exercise to help his breathing. He hasn't ridden a bike for years but used to – in fact he wouldn't mind giving it a go again.

*I'll ask
Geordie if I
can borrow
his bike!*

**All Together
Better**

Better Health and Care
for Sunderland.

Bryan and Susan have a bit more confidence and are happy to take on a challenge.

Bryan had a heart attack a few months ago and now he's well again has been referred to the Move to Improve service.

Susan doesn't want to risk ill health as she gets older and got a bike for her 50th and hasn't looked back.

*They call us
the 3 o'clock
club!*

*I might even get a road
racer, you never know!*

So you can see different people have different challenges and that's just the same when managing your health and well being

**All Together
Better**

Better Health and Care
for Sunderland.

Outcomes

- Local people, particularly those with the greatest need and their carers, are more confident and skilled in self-care and self-management behaviours and see positive change as a result.
- A workforce skilled at promoting self-care and self-management, making more effective use of primary care and community-based services.
- Fewer unnecessary GP appointments
- fewer referrals to mental health
- less people attending A&E
- a reduction in unplanned hospital admissions
- Better engagement with community and voluntary organisations and support agencies, which will promote more resilient communities.



**All Together
Better**

Better Health and Care
for Sunderland.

Questions and views

Web: www.atbsunderland.org.uk

Twitter: @ATBSunderland

FB: All Together Better Sunderland

Email: atb@nhs.net

**All Together
Better**

Better Health and Care
for Sunderland.