

Self Care Forum 2016

patients information
organisations
individuals promote Care
stakeholders
events development marketing more people
need effectively campaigns prevention providers
targeted target feedback support change groups
Wellbeing objectives Airedale event barriers awareness
practices CCG inform services website life SC&P
ensure effective Craven
engagement strategy Radio
District Partners
Local engaging two
workstreams content other plan communications
Bradford key
materials

national Develop understand



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The self care continuum

Pure self care

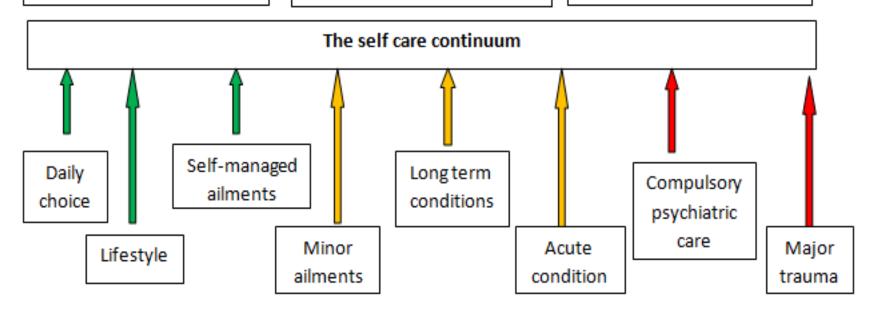
Responsible individual

Shared Care

Shared responsibility

Pure medical care

Professional responsibility



Ref 1



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Self care and management model





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Barriers to change

- General public expectations, knowledge, skills and confidence
- Staff attitudes, knowledge and skills
- Systems and processes
- Incentives and organisational objectives





Promoting a social model of care





Self management



Medical emergencies

Health and wellbeing managed in a social context

Health and wellbeing managed in a social context with clinical support

Medical model

Social model

Social and medical model

Medical model



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Self Care: approaching from both sides using the Kings Fund (2013) House of Care model







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Getting out in the community!





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Staff Education Opportunities

Level One

Basic Self Care awareness raising

Level Two

Self care, signposting, making every contact count and basic behaviour change

Level Three

Intensive behaviour change e.g. motivational interviewing





Whole System Approach

Supporting joint priorities across Health and Social Care

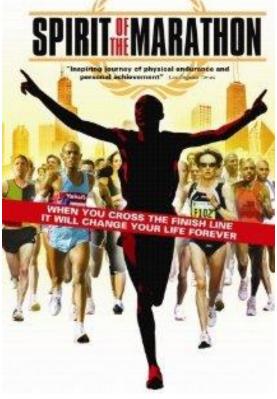


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The self care and prevention journey feels like a marathon





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We have fired the starting gun



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And everyone's motivation for doing it is different





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But with support... we can get to the finish line





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References

- The Self Care Continuum adapted from the Self Care Forum Website
- The need for an integrated approach to supporting patients who should self manage, Jim Phillips, Self Care Journal, March 2012





Any questions...





Collette Connolly

Enid Feather



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