



Self Care Forum 2016



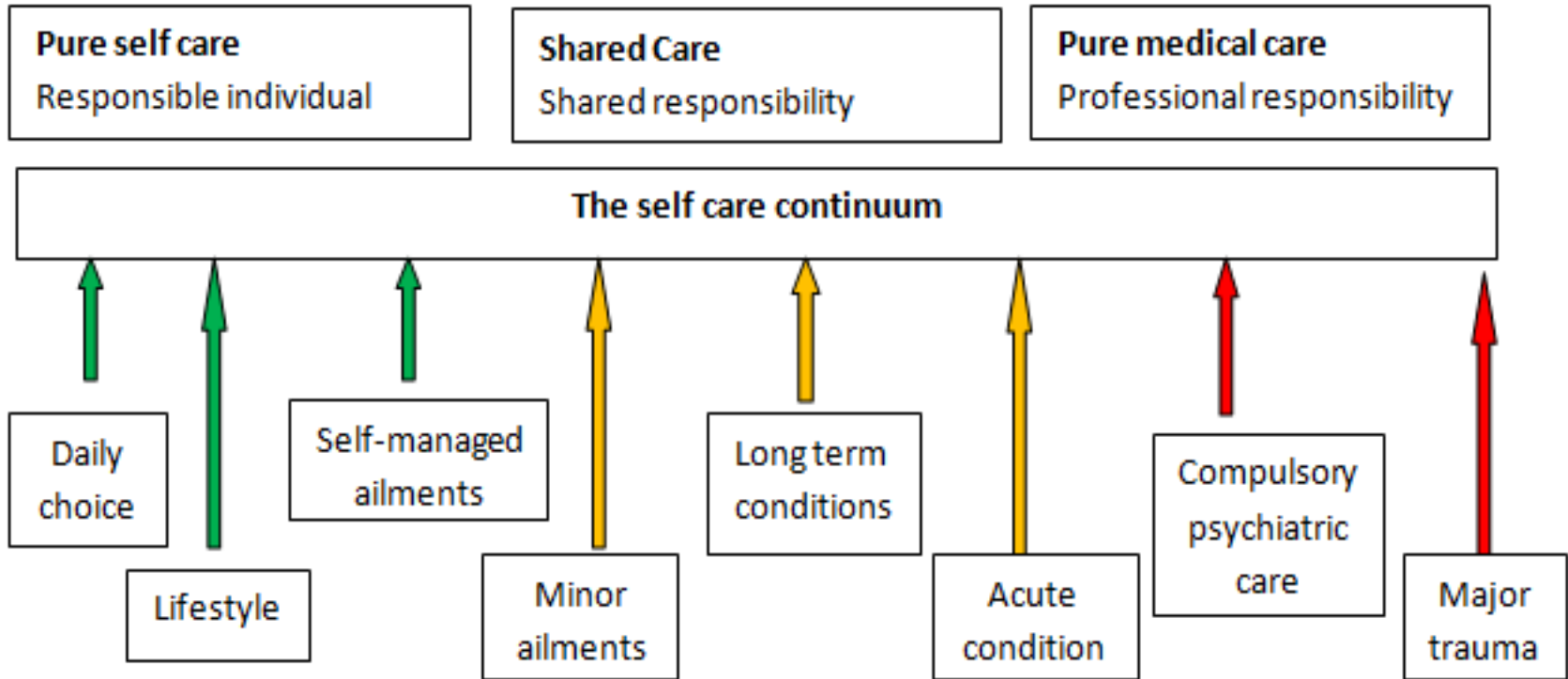
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Bradford City Clinical Commissioning Group
Bradford Districts Clinical Commissioning Group

Collette Connolly
Enid Feather

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The self care continuum



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

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Promoting a social model of care



Social model

Social and medical model

Medical model

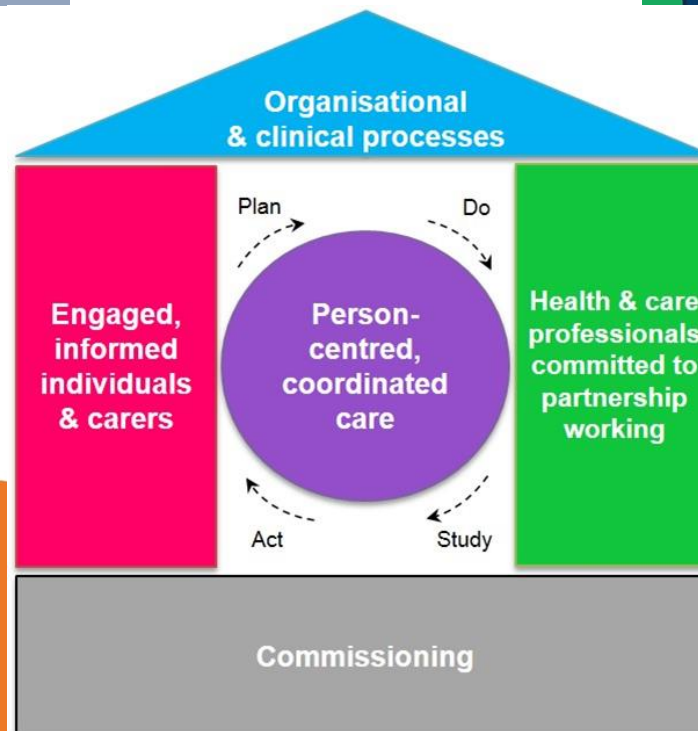
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Self Care: approaching from both sides using the Kings Fund (2013) House of Care model



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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



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Whole System Approach

Supporting joint priorities across
Health and Social Care



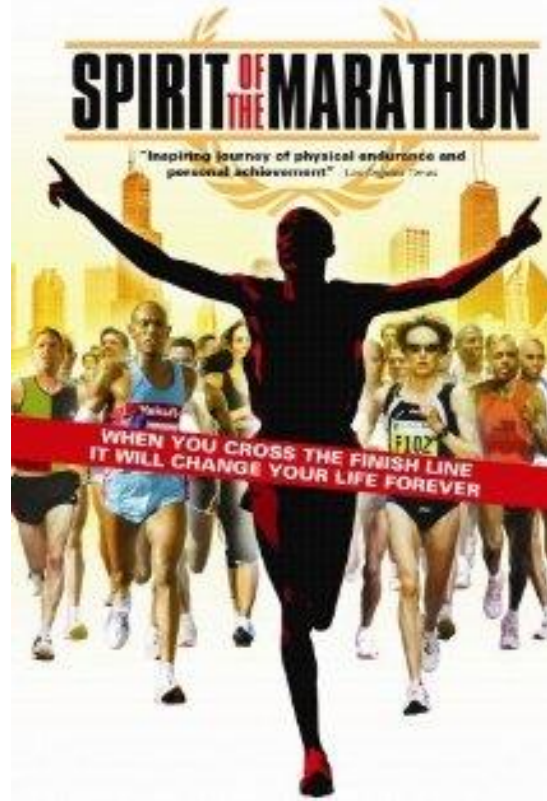
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The self care and prevention journey feels like a marathon



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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

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

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Any questions...



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