

Understanding Self Care for Life

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A bright sun is positioned in the upper left quadrant of the frame, casting a warm, orange glow across the sky. The sun is surrounded by a soft, hazy atmosphere. In the lower right and bottom left, the dark silhouettes of trees are visible against the lighter sky. The overall scene conveys a sense of a new dawn or sunrise.

A New Dawn
for Self Care

What is the Self Care Forum?

- The Self Care Forum is a national charity that seeks to develop and promote self care throughout life and work and encourage the recognition and embedding of self care in all our lives

The Self Care Forum

- The Home of Self Care
- An independent not for profit Charitable Organisation
- Carry on the work of Self Care Week and conference throughout the year
- Everyone is welcome
- Membership Organisation

Short History of SCF

- Since 2000 – a group of like minded individuals meeting around the Self Care Conference



Gopa Mitra



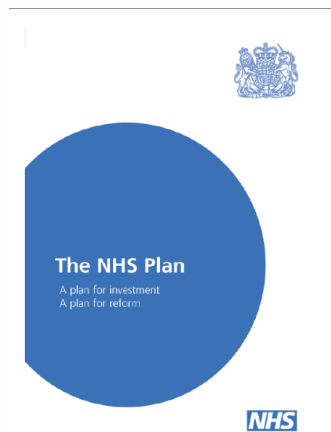
Short History of SCF

- Since 2000 – a group of like minded individuals meeting around the Self Care Conference
- GM and PAGB started Annual Self Care Conference and research into the self care of ‘minor ailments’: 1987, 1997, 2005, 2011, 2015
- 2004 – Self Care Continuum
- 2010 – Under GM – Self Care Campaign – groups of organisations inc. RCGP, NAPC, NHS Alliance
- 2011 – with support and endorsement of DH, Self Care Forum formed, took over Self Care Week
- 2016 - Independent Charity

The History of Self Care

History of Self Care

2000 NHS Plan



Self care

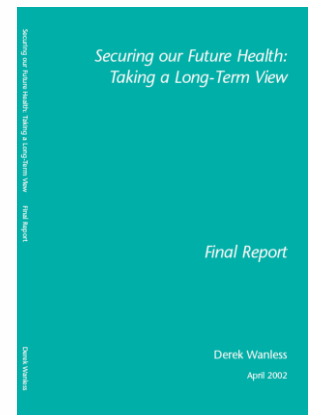
1.9 The frontline in healthcare is the home. Most healthcare starts with people looking after themselves and their families at home. The NHS will become a resource which people routinely use every day to help look after themselves.

0845 46 47 will become one of the best used phone numbers as millions of people every year contact NHS Direct to get advice about health problems. Each week will see millions of hits on the NHS Direct internet site. As well as providing fast and reliable information on a wide range of conditions, it will also be valued as an easy way to contact patient and self-help groups.

2002 Wanless

Fully engaged to survive...

For every £100 spent on encouraging self-care, around £150 worth of benefits can be delivered in return.



Wanless

- A comprehensive strategy on self-care would attempt to incorporate a wide range of approaches and models of self-care, including finding ways of providing funding, information, facilities, equipment and technology to support its development.

History of Self Care

2004 Self Care Continuum

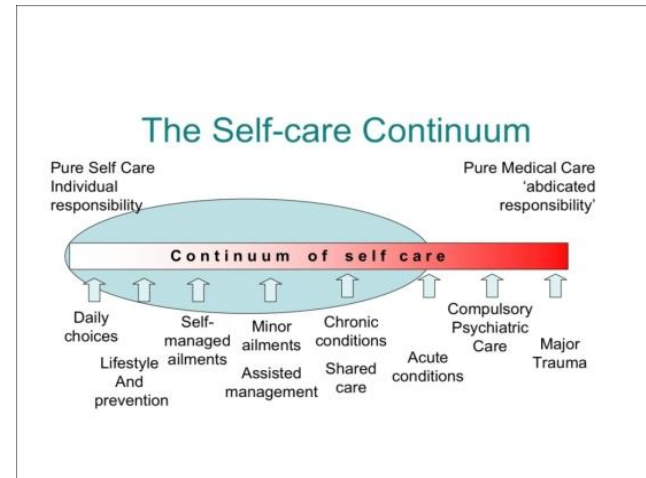
The Association of the European Self-Medication Industry
40th Annual Meeting

*Self-care in an enlarged Europe
More benefits for more people*

Conference Report



Madrid, Spain • 2-4 June 2004



2004 Working in Partnership Programme

Joining up Self Care
Self Care for People
Self Care for Professionals

History of Self Care

2005

DH Self Care Strategy

Improving Care
Improving Lives



Self Care – A Real Choice Self Care Support – A Practical Option

Self care was highlighted in the NHS Plan as one of the key building blocks for a patient-centred health service. More recently self care featured as a key component of the model for Supporting People with Long Term Conditions. Research shows that supporting self care can improve health outcomes, increase patient satisfaction and help in deploying the biggest collaborative resource available to the NHS and social care – patients and the public. Helping people self care represents an exciting opportunity and challenge for the NHS and social care services to empower patients to take more control over their lives.

This communication sets out the current position and is aimed at PCT, NHS Trust, GMA and social care management teams as well as health and social care professionals and practitioners.

Its purpose is to:

- provide information on the developing policy on support for self care and the reasons why it is important (the why);
- suggest what practical action can be taken by those delivering health and social care (the what);
- provide some ideas on how to support self care (the how).

This document has benefited from consultation with a wide range of stakeholders.

What do we mean by self care?

Self care is a part of daily living. It is the care taken by individuals towards their own health and well being, and includes the care extended to their children, family, friends and others in neighbourhoods and local communities.

Self care includes the actions people take for themselves, their children and their families to stay fit and maintain good physical and mental health; meet social and psychological needs; prevent illness or accidents; care for minor ailments and long-term conditions; and

maintain health and wellbeing after an acute illness or discharge from hospital.

The spectrum of care

Any particular example of care lies on a spectrum (see Fig 1) ranging from 100% self care (e.g. brushing teeth regularly) to 100% professional care (eg neurosurgery). In between these is shared care where individuals or families partner with practitioners in the care of the individual; practitioners include allied health professionals (AHPs), nurses, doctors, social workers and pharmacists. Supporting self care has always been

'Self care – A real choice,
Self care support – a
practical option'
Department of Health, 2005

2014

5 Year
Forward View



Five year forward view

“...challenging the traditional divide between patients and professionals... opportunities for better health care through increased prevention and supported self-care.”

CHAPTER TWO

What will the future look like? A new relationship with patients and communities

My Health, My Life

Achieving Engagement

The Self Care Forum Manifesto

Engagement and empowerment through self care

The Self Care Forum believes that the personal engagement needed to ensure the future success of the NHS will be achieved by putting people in charge of their own lives, giving them the information to make their own decisions and by using health services as a support and a resource when needed.

Some of the most powerful sections in the NHS Five Year Forward View, published in October 2014, deal with patient empowerment and engagement as suggested 12 years ago in the Wanless Report, but there is little that describes how this engagement might be achieved.

This Manifesto gives positive and practical steps to achieve maximum engagement. Only then will the benefits outlined in the Wanless Report and the Five Year Forward View be realised.

Our fully engaged self care model

In this model of self care, people are educated throughout life and given the tools and resources to be confident in looking after themselves, taking healthy lifestyle choices and with health and care services working for them when needed. They become the expert on their own lifestyle and their own health, and on those for whom they care, knowing when to seek help and support.

Professionals will have better, more timely information to support the care they give to the informed person.

Messages will be consistent and dependable across the whole range of lifestyle, care and health. Self care will become the norm throughout life. Informed healthier people will be empowered expert patients when health issues arise, knowing when and how to seek information, help and support.

"...many (but not all) people wish to be more informed and involved with their own care, challenging the traditional divide between patients and professionals, and offering opportunities for better health through increased prevention and supported self care."

Five Year Forward View

The Four Pillars of Engagement



1. Lifelong Learning

Provide education and personal resources at every stage of life to encourage self care and empowerment.



2. Empowerment

Promote the use of health and care services as a way of supporting personal and home care decisions, blurring the lines between patient and professional.



3. Information

Provide reliable, consistent information, evidence-based where possible, to support confident decision-making.



4. Local and National Campaigns

Use national and local campaigns to focus on a rolling programme of education with consistent messages.

All of these areas should be underpinned by the fullest use of new and current technology.



Self Care Forum

Helping people take care of themselves

History of Self Care

2016

**NHS England
Self Care Programme**

The Need for Understanding

- The Self Care Forum believes that maximum engagement can be achieved by putting people in charge of their own lives, giving them the information to make their own decisions and by using the health and other services as a support and resource when needed.
- For this to happen, we need a population with good health literacy



Understanding Self Care

WHAT IS SELF CARE?

What is Self Care?

- The actions that individuals take for themselves and on behalf of or with others in order to develop, protect, maintain and improve their health, wellbeing or wellness

What is it?

- Self Care is for Life
- Self care is not no care
- Self Care is nothing less than the actions to lead a happier, healthier, more fulfilling life



Understanding Self Care

UNDERSTANDING SELF CARE HEALTH LITERACY

What is Health Literacy?

- Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions
- It is not just about having information translated into different languages and delivered within an 'acceptable' reading age range.

Why is Health Literacy important?

- 2014 RCGP For health materials containing both text (literacy) and requiring numeracy, 61% of England's working-age population find the material too complex.
- In the USA, only 12 percent of adults have Proficient health literacy.
- Nearly nine out of ten adults may lack the skills needed to manage their health and prevent disease.
- These adults were more likely to report their health as poor (42 percent).
- Low literacy has been linked to poor health outcomes such as higher rates of hospitalization and less frequent use of preventive services, both associated with higher healthcare costs.

Developing people's health literacy

- The basic tools for good Self Care are effective health literacy and sound communication and evaluation skills. This should be supported by access to effective and accessible information systems
- The development of these tools should start in children's early years and be refreshed and consolidated throughout life.
- Good health literacy should be an essential outcome of all children's educational experiences.

Extending the Scope to Lifelong Health Literacy

Education

Primary School

Secondary School

Starting University

Workplace

Pregnancy Expectant and new mother

In other health and care settings

Voluntary classes on health and the NHS for new residents,
refugees

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Understanding Self Care for Life

Enjoy the Conference



The Self Care Continuum

Wellbeing

Healthy living

Short-term conditions

Long-term conditions

In-hospital care

