

Important opportunity for providers of Self Management Support



The Quality Institute for Self Management Education and Training (QISMET) is committed to increasing the provision of high quality self management education, training and support services, delivered by a plurality of certificated organisations, working within agreed quality standards.

As part of its overall goal; QISMET is keen to ensure that all commissioners (locally and nationally), with a responsibility for long term conditions and self care procurement are aware of existing self management resources and capacity. As a first step QISMET has commissioned Talking Health, Taking Action to identify what self management support already exists across England.

What is Self Management Support?

For the purposes of this exercise QISMET is interested in any intervention that enables people living with long term conditions to ***develop the knowledge confidence and skills they need to enable them to adapt their behaviour in a way that will improve their individual quality of life and impact upon the way in which they use health care resources.***

Self management support can vary in its content and how it is delivered. However, some common characteristics of the changes self management support of this kind might bring about in people will be:

Knowledge:

- Greater individual knowledge of their condition and its management
- Better monitoring and management of symptoms

Confidence

- To know where to look for support and ask to get it
- Better relationships with family, friends and health care professionals
- Taking better care of themselves by adopting a healthier lifestyle

Skills

- Agreement of care plans; developed in partnership with healthcare professionals
- Better problems solving skills
- Using action plans to achieve small steps towards longer term goals

What do mean by providers?

We are interested to hear from you if you consider yourself to be a provider of self management support. We are particularly interested in:

- **Front line organisations** – providing self management support to people living with long term conditions of the kind described above
- **Capacity building organisations** – supporting front line agencies to develop their self management support services
- **Self management practitioners** – individual practitioners operating as sole traders or freelancers delivering front line self management support or capacity building services

Why should you complete this questionnaire?

QISMET anticipates that the 'market' for self management support will continue to grow and so there may be opportunities for organisations delivering self management support to further extend the services they are currently providing. It is essential therefore that those seeking to purchase self management support are able to quickly and easily obtain information about high quality providers. This is why QISMET wants to gather as much information as possible about what SMS is available before deciding upon the most appropriate format for this to be shared with potential commissioners.

If you have received this questionnaire it is because you have been identified as a provider of self management support and therefore potentially eligible for inclusion in the QISMET provider database. We do appreciate that the questions are quite detailed. Please feel free to complete as much as you are able at this point in time and if you are delivering more than one self management intervention please complete a separate form for each one.

What will happen to the information you supply and what will happen next?

QISMET will use the information you provide to build a picture of the current level of self management support. In the first half of 2013 we will be in touch with you to see if you would like information about your organisation to be placed on the QISMET website. Once QISMET has established a base level of provision it will contact providers to discuss issues for further developing the market for self management support including networking opportunities, support for developing robust quality assurance frameworks and having these recognised as best practice at a national level.

The questionnaire

Please click this link <http://www.smart-survey.co.uk/v.asp?i=67263iword>

and complete our online survey. Please complete this to the best of your ability at this point in time. We do appreciate that some of the questions will be too detailed for some providers but we want to hear from you and will be happy to receive whatever you feel able to share. The information you send will be entered directly onto a database and your information will not be shared with a third party without your express permission.

We want to know about all self management activities in existence across England that are supporting people living with long term conditions to ***develop the knowledge confidence and skills they need to enable them to adapt their behaviour in a way that will improve their individual quality of life and impact upon the way in which they use health care resources.*** Therefore, if you know of any other colleagues who might benefit from this opportunity please feel free to pass this questionnaire on or provide their details as requested and we will contact them.

If you have any further questions, or need additional support please do not hesitate to contact us at admin3@gismet.org.uk