Self Care Forum 2016

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The self care continuum

- Pure self care
  - Responsible individual
- Shared Care
  - Shared responsibility
- Pure medical care
  - Professional responsibility

The self care continuum:

- Daily choice
- Lifestyle
- Self-managed ailments
- Minor ailments
- Long term conditions
- Acute condition
- Compulsory psychiatric care
- Major trauma

Ref 1
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 care**
  - Health and wellbeing managed in a social context

- **Self management**
  - Health and wellbeing managed in a social context with clinical support

- **Medical emergencies**
  - Medical model

**Social model**

**Social and medical model**

**Medical model**
Self Care: *approaching from both sides using the Kings Fund (2013) House of Care model*
Getting out in the community!
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
The self care and prevention journey feels like a marathon
We have fired the starting gun.
And everyone’s motivation for doing it is different
But with support... we can get to the finish line
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
Any questions…

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