Understanding Self Care for Life

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Co-Chair Self Care Forum
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
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• 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 Seff Care Week
• 2016 - Independent Charity
The History of Self Care
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.
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

2004
Joining up Self Care
Working in Partnership Programme
Self Care for People
Self Care for Professionals
History of Self Care

2005

DH Self Care Strategy

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

2014

5 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.
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
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

Self Care Forum
Helping people take care of themselves
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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Enjoy the Conference
What is this life if, full of care,
We have no time to stand and stare?