

Annual Self Care Conference

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Conditions



Leeds Health and Wellbeing Strategy 2016-2021

We have a bold ambition:

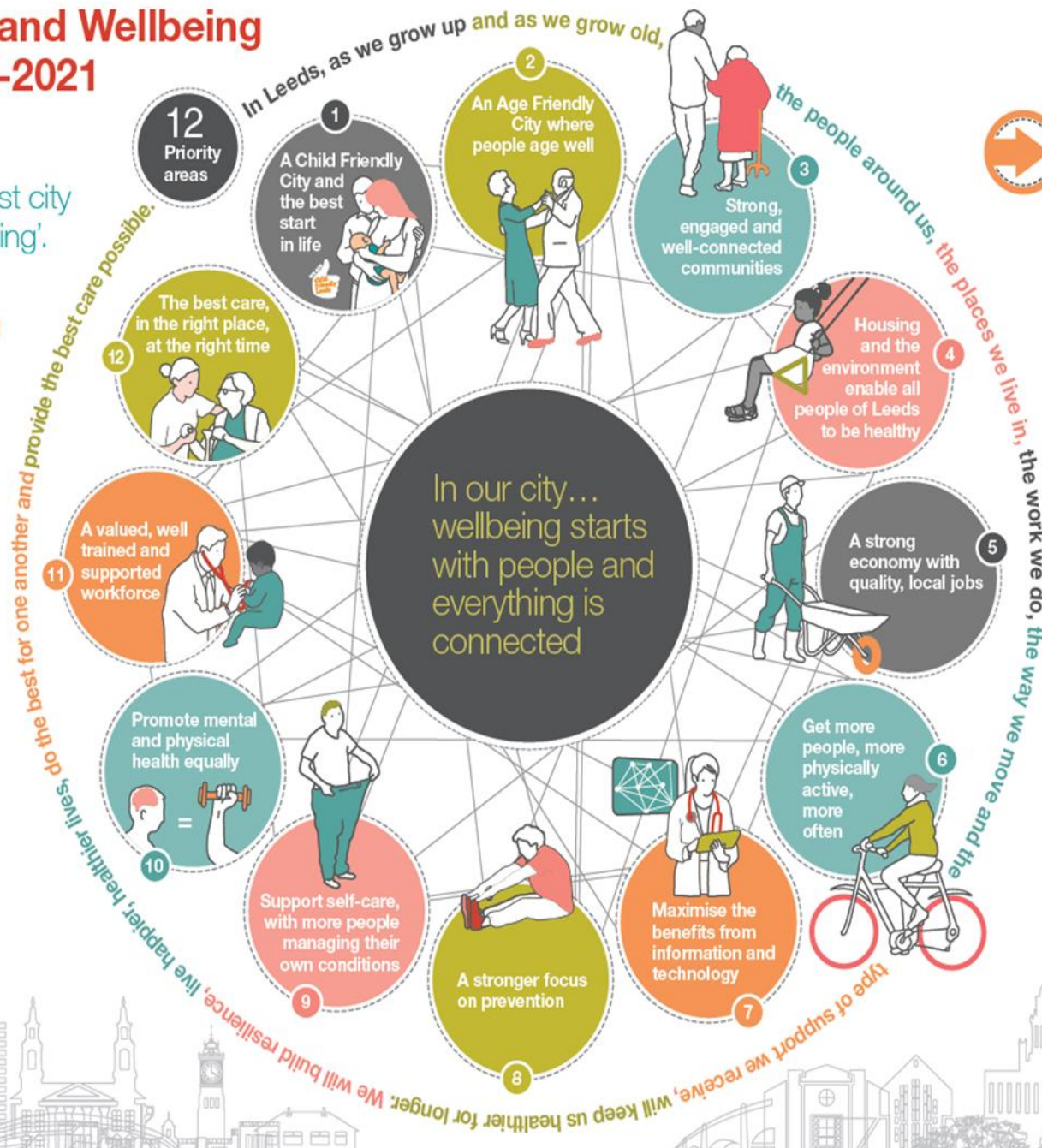
'Leeds will be the best city for health and wellbeing'.

And a clear vision:

'Leeds will be a healthy and caring city for all ages, where people who are the poorest improve their health the fastest'.

5 Outcomes

1. People will live longer and have healthier lives
2. People will live full, active and independent lives
3. People's quality of life will be improved by access to quality services
4. People will be actively involved in their health and their care
5. People will live in healthy, safe and sustainable communities



Indicators

- Infant mortality
- Good educational attainment at 16
- People earning a Living Wage
- Incidents of domestic violence
- Incidents of hate crime
- People affording to heat their home
- Young people in employment, education or training
- Adults in employment
- Physically active adults
- Children above a healthy weight
- Avoidable years of life lost
- Adults who smoke
- People supported to manage their health condition
- Children's positive view of their wellbeing
- Early death for people with a serious mental illness
- Employment of people with a mental illness
- Unnecessary time patients spend in hospital
- Time older people spend in care homes
- Preventable hospital admissions
- Repeat emergency visits to hospital
- Carers supported



Leeds House of Care

ENABLING SYSTEMS PROCESSES

- Digital systems – Person, workforce, carer
- Workforce systems -Menu of training options available to embed an approach to 'better conversations '
- Neighbourhood asset based approaches– Better together/NNs

ENGAGED INFORMED PATIENT

- Pilot menu based structured education programme for people with LTC's
- BME diabetes education
- 11 Integrated Breathe Easy groups across Leeds by 2018
- Leeds directory
- Social Prescribing
- Development of digital solutions

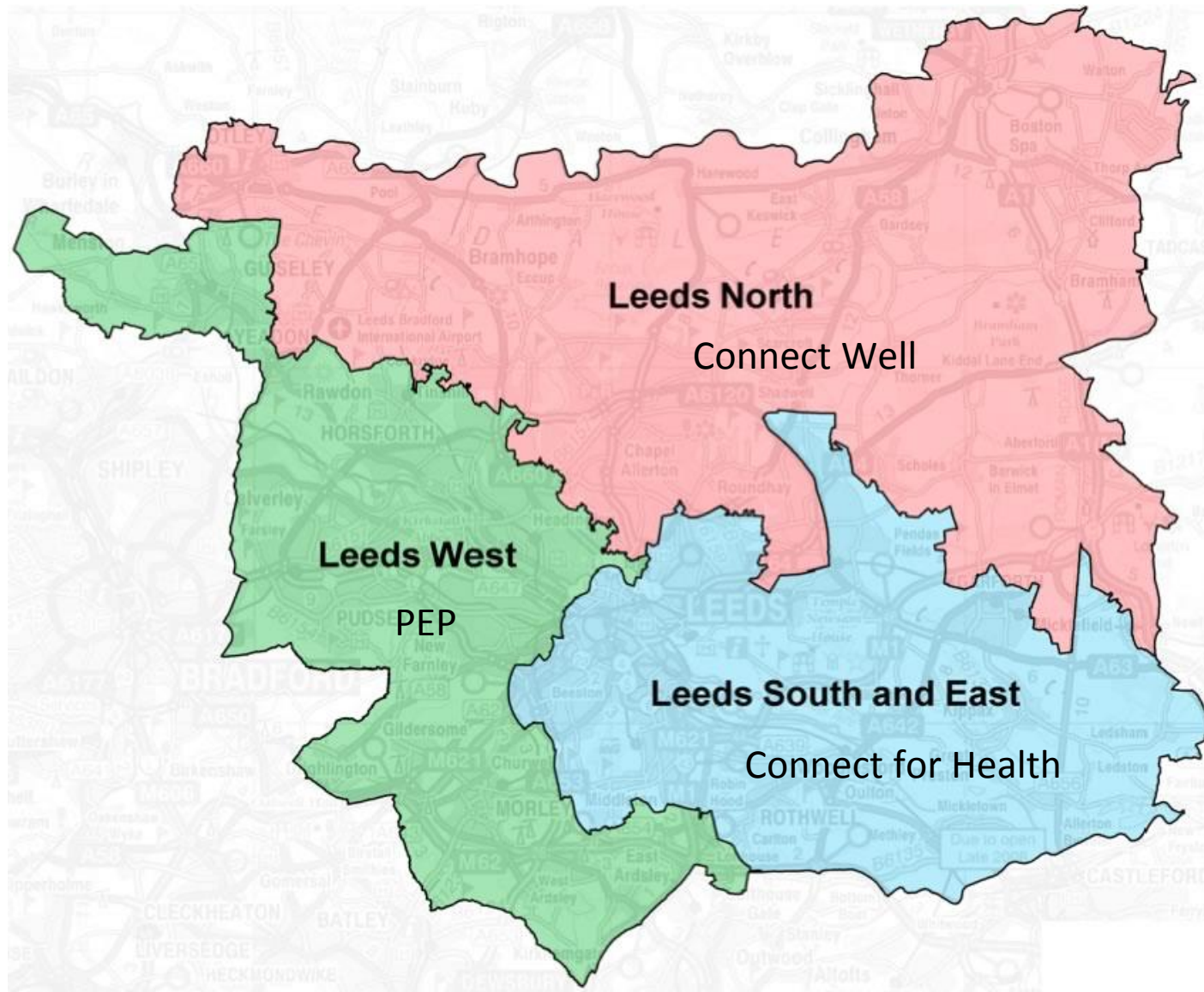


HCP COMMITTED TO PARTNERSHIP WORKING THROUGH BETTER CONVERSATIONS

- Health Coaching
- Collaborative Care and Support Planning
- Strength based social care
- MECC
- Patient Activation Measure

COMMISSIONING/INVOLVEMENT

- Social prescribing review
- Structured Education review
- Peer Support plan
- Health and care portal review
- LTC's patient involvement group



Outcomes

- Over 3,000 people per annum accessing the services
- high conversion rate of referrals to attendances at 70 -90%
- Services are most active in areas with high levels of deprivation
- Service benefits – mainly in primary, but also smaller increase in non elective bed days
- Statistically significant improvements in Short Warwick Edinburgh Mental Wellbeing Scores
- Decrease in the proportion of individuals who reported being very/severely anxious or depressed post intervention;
- Significant improvement in health related quality of life;
- Improvements in the management of specific health conditions: Diabetes and hypertension, mental health benefits;
- Evidence of additional, social and lifestyle benefits such as improved debt management, reduced rate of smoking, improved self-care and self-management

