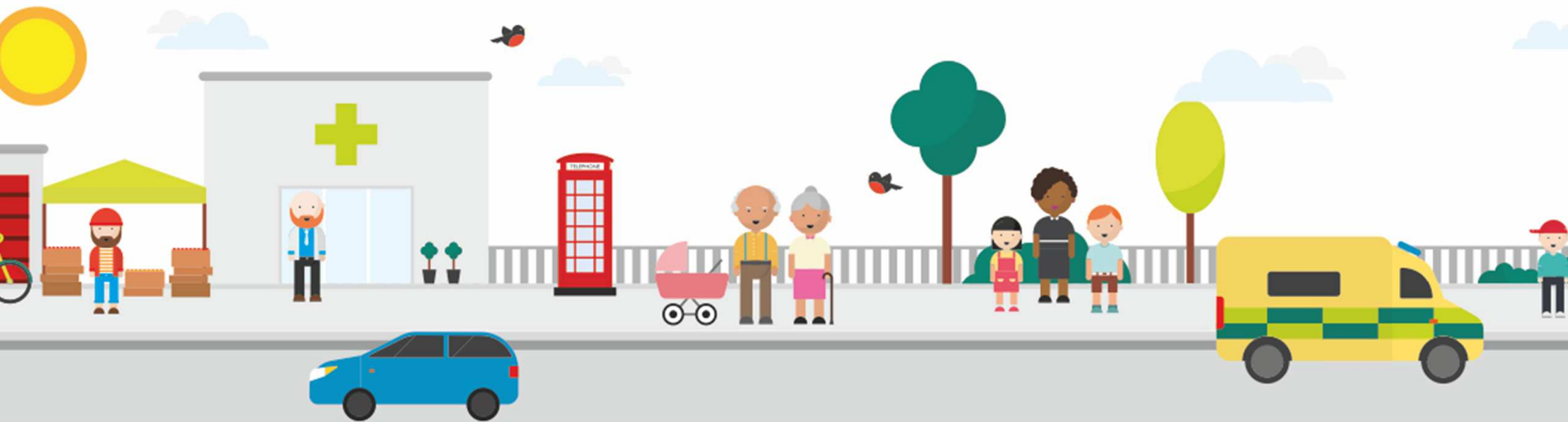


Self Care and Prevention

**TOWER HAMLET
TOGETHER**

*Delivering better health
through partnership*

Presentation to Tower Hamlets Health Scrutiny Panel – 5th October 2017



Brief

- What is the self-care and prevention agenda and how this is being implemented in LBTH? What real progress has been made in this area at a local level?
- What do the key assumptions around self-care and prevention, as set out in the STP, mean for the design of local health services. What will this look like in practice?
- What is resident's level of understanding of self-care and prevention? What degree of behaviour change is required for them to make an impact on health/social care sustainability?
- What role do other organisations in LBTH play in supporting and delivering the self-care and prevention agenda, e.g. Registered Housing Providers.

What is self care?

Self care (in health context)

'Self-Care is what people do for themselves to establish and maintain health, and to prevent and deal with illness. It is a broad concept encompassing hygiene (general and personal), nutrition (type and quality of food eaten), lifestyle (sporting activities, leisure etc), environmental factors (living conditions, social habits, etc.) socio-economic factors (income level, cultural beliefs, etc.) and self-medication.'

(WHO Definition)

In essence:

Self Care is about how you take care of your health and wellbeing through your life

If the average person sees a doctor 3 times a year for 10 minutes each time (total 1/2 hour), the rest of the time (365 days x 24 hours = 8759.5 hours) is in reality self-care!

Seven pillars of self care habits

SELF-CARE

IS A SIMPLE BUT POWERFUL FORMULA:
Healthy habits + taking care of minor and long term conditions = Self-care

- Longer healthier lives
- Less strain on health services

Can help you prevent many of the Non-Communicable Diseases, which are the greatest killers of the 21st Century:

80%	30%
heart diseases, stroke and type2 diabetes	cancers

7 Self-care habits:

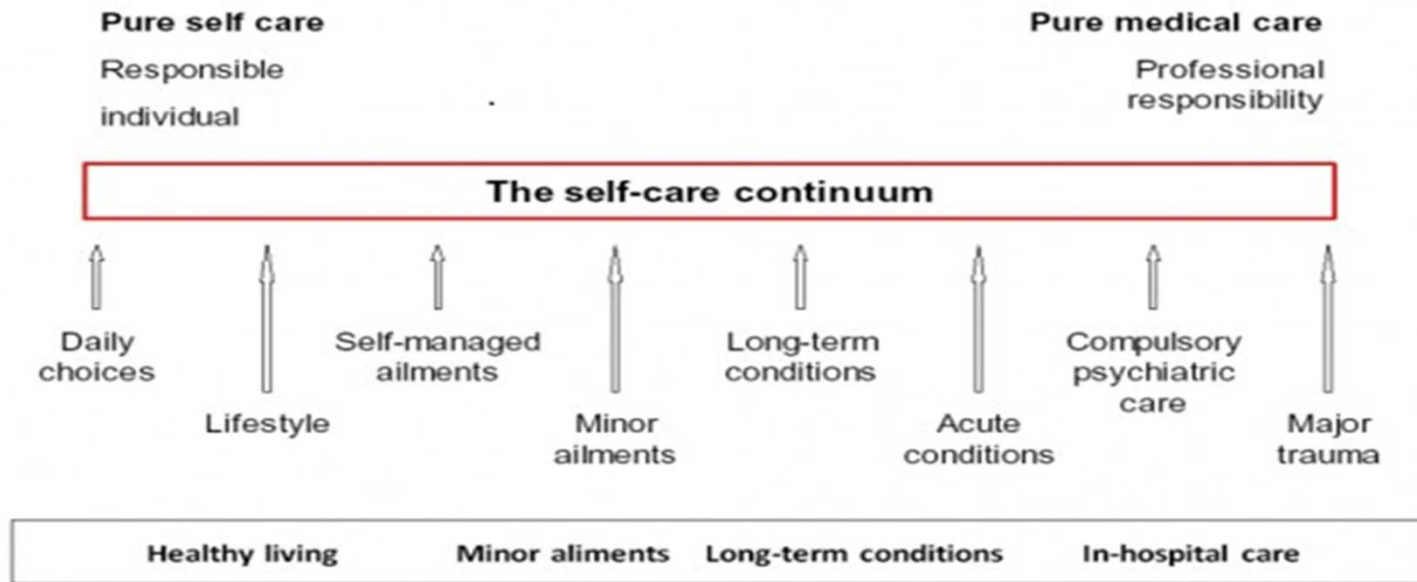
- 1 Health literacy**
Illustration: Computer monitor, keyboard, books
- 2 Self-awareness of physical and mental condition**
Illustration: Person looking in a mirror
- 3 Physical activity**
Illustration: Person on a treadmill
- 4 Healthy eating**
Illustration: Assorted fruits and vegetables
- 5 Risk avoidance**
Illustration: No alcohol, no smoking, no drugs signs
- 6 Good hygiene**
Illustration: Hands being washed with soap
- 7 Rational use of products & services**
Illustration: Various pills and capsules

Image Credit: Isfglobal.org

Your level of self care is on a continuum



The self-care continuum



Supporting self care involves activities within and outside the health and care system..



Source: NESTA. 2016. *At the Heart of Health*. <http://www.nesta.org.uk/publications/heart-health-realising-value-people-and-communities>

In a health and care context the kinds of activities supporting self care include..

- Personal Budgets
- Social Prescribing
- Patient Activation
- Assistive Technology
- Digital engagement
- Patient education and health literacy
- Collaborative consultations and shared decision making
- Personalised care planning and delivery
- Peer support
- Insight into self care

(Based on the Healthy London Partnership Framework)

How supporting self care can make a difference to peoples lives

Tower Hamlets Case Studies

A woman is helped to breastfeed and loves it.....

First time mother, J speaks about the support she received around breast feeding:

My decision has always been to breastfeed my baby as I know that's the best start to life for a child. I have been exclusively breastfeeding my baby since he has been born and I still am 8 months on.

As much as I enjoy breastfeeding and the wonderful bond it has created between me and my baby, it has not been an easy process and I have encountered many breastfeeding issues along the course. I encountered issues of latching on, breast side preference, engorgement and expressing. To help tackle my issues and continue with breastfeeding I sought help and support from the Tower Hamlets Breastfeeding Support Team.

From the beginning, S has been my main source of support from home visits to telephone advice she has been there for me. I have also attended the breastfeeding support groups which have been very helpful. I have found the support and advice from the team to be invaluable as without it, I would not be breastfeeding right now."



(picture is not related to case described)

70 year old lady finally gets out of the house, goes swimming and makes friends

Miss K was referred to the Health Trainers by her GP. Following an accident a few years ago, she has been unable to get out of the house for a long time. This contributed to the onset of depression, accompanied by drinking more than she had previously and weight gain. As a consequence her confidence fell and she became reluctant with public contact.

After attending her first health trainer session Miss K felt motivated to 'do something' about her health. She took a big step by going swimming for the first time in many years with a Health Trainer and three other clients. After two months Miss K was 'full of joy' at her progress and was committed to going swimming on a regular basis with new friends from the Health Trainer group.

Miss K said that with the help of the programme, she had lost a dress size, her clothes felt better on her, she was walking faster and further and that her confidence had improved significantly.



(picture is not related to case described)

'M' makes a 'Good Move' to take care of her health..

Good Moves, run by Social Action for Health, is a programme for men and women aged over 18 in Tower Hamlets who have been diagnosed with diabetes, hypertension or CVD.

The 90 minute weekly sessions aim to be fun, informative and inspiring and enable participants to implement long term, sustainable lifestyle changes that are realistic and achievable.

'M' has muscle weakness and diabetes. Her day to day activities are challenging due to weight, shortness of breath and low movement of hips and legs. Good Moves taught her breathing techniques and gentle exercise methods. She particularly enjoyed culturally relevant healthy eating and cooking sessions. Her Husband encouraged her to attend and keep up exercises at home.

She benefited from improved muscle movement and she felt her wellbeing improved.



A 'Good Moves' Class

An older lady gets her flat made more secure and finally feels safe, meets friends, has dinner and enjoys the odd game of bingo.....

As a result of the work done by the handyperson, Mrs B feels a lot more secure in her flat. She now gets out more than she did when she first moved into her flat, and she looks forward to going to the LinkAge Plus hub each week:

Oh I really look forward to tomorrow [Friday when she goes to hub]... we have a lovely 3-course dinner there... being transported we've got to know these other women and we see the same ones each week. So we meet each other, like I say we have a lovely dinner. I can't praise them enough.

She does wonderful work, she really does [the outreach worker]... all of them. And then maybe one day we might play a bit of bingo, or they do exercises. Which should do! I mainly sit down and do them... I try, yeah."



(picture is not related to case described)

Some 'Geezers' club together, do some gardening, get fitter, become friends

Bow Geezers are a group of older men in Bow. The Geezers Gardening club, which received a Can Do Community Grant to buy equipment and materials, meets to grow and sell affordable fruit and vegetable in a local estate



Group member described the benefits of the gardening club:

It gives us the opportunity to get some healthy exercise out in the open. Gardening gives us a sense of achievement, seeing things grow that we have planted together. We share and sell the food we produce. This helps us to have affordable fruit and veg and also the money that allows us to buy more seeds. It has brought out some hidden skills amongst our group and has given us a chance to work as a team.

What is the policy context for supporting self care?

Self Care and the Five Year Forward View

The screenshot shows a Windows Internet Explorer browser window displaying the Self Care Forum website. The browser's address bar shows the URL: <http://www.selfcareforum.org/2014/11/18/self-care-nhs-five-year-forward-view/>. The website header is blue with the logo and tagline "Self Care Forum Helping people take care of themselves". A search bar is located on the right side of the header. Below the header is a navigation menu with links for HOME, ABOUT US, GETTING STARTED, RESOURCES, FACT SHEETS, NEWS, EVENTS, and CONTACT US. The main content area features a video player with the title "Self care and the 'NHS Five Year Forward View' (video)". The video player shows a man in a suit speaking, with a play button overlay. Below the video player is a copyright notice: "© 2017 Self Care Forum. All Rights Reserved." To the right of the video player is a "Related posts" section with a list of links: "How can we help you?", "Self Care Week 2016: Best Year Yet!", "Self Care Week debated in Parliament", "Self Care Week Award Winners", and "Minister Welcomes Self Care Week". The Windows taskbar is visible at the bottom of the browser window, showing various application icons and the system clock displaying 17:12 on 29/09/2017.

<http://www.selfcareforum.org/2014/11/18/self-care-nhs-five-year-forward-view/>



Promote prevention and personal and psychological wellbeing in all we do

- Workplace
- Housing
- Self-service care

- Leisure
- Education
- Employment



- Self-care
- Peer-led services
- Voluntary sector services
- Home-based support
- Mental health services
- Children's services
- Social care services
- Opticians/dentists/pharmacies
- GPs
- Integrated multi-disciplinary teams
- Support from volunteers

- Maternity
- Acute physical and mental care
- Emergency care
- Specialised services



Promote independence and enable access to care closer to home



Ensure accessible, high quality acute services for people who need it

Promoting self care and prevention is at the centre of the East London Health and Care Partnership vision of the future health and care system in E London

The Care Act is a driver for self care..

Under the Care Act, LBTH must 'provide or arrange for the provision of services, facilities or resources, or take other steps, which we consider will:

- contribute towards preventing or delaying the development by adults and carers of needs for care and support
- reduce the needs for care and support of adults and carers.

Preventive services should operate at three levels:

- primary prevention to stop care and support needs from developing among those who do not have them, for example through health promotion or action to reduce isolation;
- secondary prevention, for people at increased risk of developing needs, which could involve housing adaptations or telecare that prevent deterioration;
- tertiary prevention for people with established needs to help improve independence, for example through reablement.

Strategic drivers include..

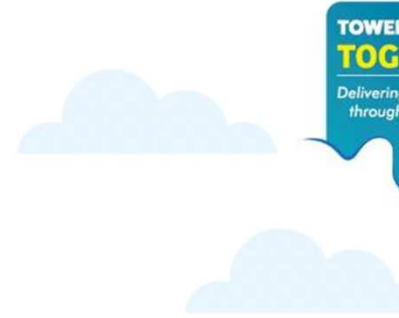
- Tower Hamlets Together Vanguard
 - Self care theme runs through value proposition
- Ageing Well Strategy
- Learning Disability Strategy
- Health and Wellbeing Strategy
- NEL Sustainability and Transformation Plan
- Transforming Services Together

What are we doing in Tower Hamlets to promote self care?

Self care is integral to a wide range of statutory services across public health, the NHS, social care and non statutory eg housing, voluntary sector..

Public Health and self care

- Children and Families
 - Breast feeding/weaning
 - Health visiting
 - School nursing/Healthy Lives Team
 - Integrated sexual health and substance misuse
 - Immunisation
- Adults
 - Making Every Contact Count
 - Sexual Health Promotion
 - Drugs and Alcohol
 - Stopping smoking
 - Weight management
 - Health Checks
 - Healthy Communities
 - Immunisation



NHS and self Care

- Primary care
 - Care planning for Long Term Conditions
 - Social prescribing
- Long term conditions and self care
 - Patient Education Programmes
 - Diabetes (Types 1 and 2)
 - Chronic Lung Disease
 - Cardiac Rehabilitation
- Mental Health and self care
 - Inspire Mental Health Consortium
 - Tower Hamlets Recovery College
 - User Led Grants supporting service users to run own activities
- Using medicines and self care
 - Developing patient information and promoting better understanding of health and medicine
- Patient Activation Pilot – integrated into CHS contract



Social Care and self Care

Childrens

- Parenting Programmes
 - DIY Health
- Ensuring self care is integrated into specialist services (SEND, LAC)
 - Strength based approach

Adults

- Linkage Plus –social isolation and wellbeing
- Prevention services through Mainstream Grants
- Personalised budgets
- Assistive technologies eg electronic pill dispensers

Carers

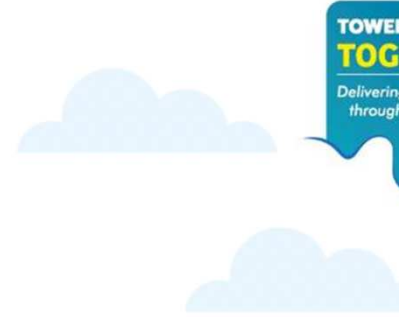
- Carers Charter underpins principle of services focussed on supporting self care in carers

Tower Hamlets Together Vanguard

Innovation programmes promoting self care include:

- Integrated carers support
- Integrated early years model
- Community rehabilitation/reablement
- Integrated personal commissioning
- Organisational development to drive cultural change to support self care eg making every contact count

Beyond statutory sector..



- Across Tower Hamlets there are a plethora of assets that support self care
 - Voluntary sector organisation
 - Community organisations
 - Housing associations
 - Informal networks
 - Families
 - Peers
 - Social networks

Where are we now and
where do we want to be?

Where are we now?

- Consensus that supporting self care should be integral to our health and care system
- Economic drivers to reduce demand on services (particularly acute in E London)
- Socially moving from 'paternalistic' to person centred model of health and care
 - User needs and rights increasingly at centre of health and care systems
- Technology is moving at pace to support people to self care
- In Tower Hamlets there is strong foundation to build on:
 - Having been implementing care planning in primary care for many years (eg diabetes)
 - Tower Hamlets Together Vanguard has driven innovation
- But there remains a long way to go to embed self care into the system

What do people in Tower Hamlets say?

- There needs to flexibility of approach to supporting self care – one size does not fit all
- To support self care needs excellent, easily accessible information on how to access assets and help in the community
- In developing approaches to supporting self management there is a need for a culture that support adventure and risk taking

(Tower Hamlets Together Stakeholder Workstream)

What are the challenges?

- **Intelligence** - measuring outcomes eg knowledge/skills to self care
- **Evidence base** – needs strengthening and building (eg social prescribing?)
- **Strategy** – aligning/integrating our strategies across the system
- **Commissioning** – building into specifications across the system
- **Provider** – driving new ways of working at scale (incentives, training)
- **Non statutory sector** – harnessing assets eg voluntary sector, housing, community networks, family, peers
- **Technology** – full grasping the opportunities
- **People** – how to engage, communicate and coproduce in a different way do develop the knowledge, skills and behaviours to support self care

In summary

- Self care is the foundation of health care and generally takes place outside health and care systems
- We need to drive system wide change in the health and care system so that it helps people self care better
- The alignment of policy, economic drivers, cultural change and technological change means there is great opportunity to drive this change
- We have much to build on in Tower Hamlets to make this change but we have a long way to go
- However, we are increasingly coming together as a system through Tower Hamlets Together and this provides a strong foundation for driving the changes we need to make.

