Improving Self-Care

Context

Self-Care is an approach to health which helps people to keep themselves well and gives them the knowledge to share in decisions about illness, from diagnosis to treatment and recovery. The outcome of this is to enable and empower people to make healthier choices to stay mentally and physically well.

From a children’s perspective, giving children and young people the best start to life and ensuring they grow up physically and mentally fit is fundamental to improving their life chances and inequalities. Child obesity has an impact and is associated with health problems in childhood, including tooth decay, sleep apnoea, asthma and psychological issues such as low self-esteem, online bullying, suicide and depression. In 2014-15 Ealing pupils in year 6, 37.5% were overweight including 22.8% who were obese. We want services to provide a range of resources and programmes to help tackle childhood health issues such as obesity and its impact.

There are more people living longer and with more long term health conditions. There is a need to shift the focus from treating to prevention and early intervention. In Ealing, it is estimated that there are over 66,000 adults with one or more long term condition and 12,000 of these people are over the age of 75. People with long term conditions are the most frequent users of health care services accounting for 50% of all GP appointments and 70% of all inpatient bed days. Where people are at risk of developing long term conditions, we want to provide accessible advice and information from a variety of sources and in a range of formats.

The Council’s Better Lives Programme focuses on enabling people to live as independently as possible for as long as possible. Ealing CCG’s Self Care Strategy identifies a continuum of self-care covering a range of activities from simple management of common health problems in childhood, including tooth decay, sleep apnoea, asthma and psychological issues such as low self-esteem, online bullying, suicide and depression. In 2014-15 Ealing pupils in year 6, 37.5% were overweight including 22.8% who were obese. We want services to provide a range of resources and programmes to help tackle childhood health issues such as obesity and its impact.

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Budget

The proposed budget for services to improve self-care is £0.100m per year for 4 years (2019/20 to 2022/23) subject to annual approval.

Proposed funding priorities

This priority will fund proposals to promote self-care with people of all ages – children, young people and families, and older people; providing self-care activities and solutions to support both peoples’ physical health and mental health needs.

Active support for self-management has been identified by the King’s Fund as one of the top 10 priorities for commissioners transforming the health care system.

The proposed key priorities are

- Arrangements for people who are mainly healthy to stay mentally and physically well, enabling and empowering them to make healthy choices and look after themselves
- Activities to reduce obesity, increase physical activity and reduce harm from alcohol
- Peer support for people with long term conditions enabling them to develop the skills required to effectively manage their conditions and live their lives as well as possible.
• Delivery of key health messages and signposting to NHS and other advice, information and support as appropriate
• Child health and activities to promote healthy and active lifestyle with children, young people and their families that enhance their physical and emotional well-being

It is proposed to fund these priorities via grants.

**Main changes from 2015/19 funding arrangements**

This priority was previously offered as a single grant in Adults for borough wide services with an emphasis on people in greatest need. Previously the promotion of self-care and health and well-being of children and families was a not separate funding stream: the promotion of health and well-being was an aspect of and encouraged against all grant criteria and funded projects.

The proposal is to now provide services towards the distinct outcomes highlighted above. There will be a rolling programme of different self-care and health messages to be disseminated over the grant period, some generic for the community as a whole, and some for specific sections of the community either by geographical area, ethnicity, age, and/or health related issue.

Providers will need to demonstrate flexibility and ability to respond quickly using innovative methods to promote different messages to reach our diverse community, in particular groups who would not normally take up preventative and self-care health messages. This could be provided by either a single grant or several smaller grants.

We would also expect self-help and health to be addressed in projects funded through the small grants fund, allowing a range of local groups to apply to run projects improving their communities’ wellbeing.