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|   | Manchester Alliance for Community Care |
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| Self care of long term conditionsA BriefingAugust 2010 |
| MACCSwan Buildings, 20, Swan Street, ManchesterM4 5JWTel: 0161 834 9823[www.macc.org.uk](http://www.macc.org.uk) |   |

**1. About this briefing**

This briefing is aimed at practitioners and managers within the voluntary and community sector who want to know more about work which is taking place in Manchester to contribute to improving self care of long term conditions and to start thinking through how their organisation may be well placed to contribute to reducing this issue through service delivery and at strategic level.

It provides an overview of the issue in the City; how Manchester PCT and statutory partners are tackling the issue at a strategic level; the types of services voluntary and community sector organisations are well placed to deliver, useful resources and links to further information.

For more information about this briefing and the voluntary and community sector [Health and Well-being Network](http://www.macc.org.uk/macc/wellbeing_intro.php) or the [Mental Health Forum](http://www.macc.org.uk/macc/mental_health.php) please contact::

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**2. Overview**

A long term physical health condition can be defined as a one which cannot be cured but can be controlled by medication or other therapies. These include conditions such as diabetes, epilepsy, coronary heart disease and asthma. There are approximately 17.5 million people living with a long term condition in the UK. In Manchester approximately 32% of people were reported to have a long standing illness or disability (Manchester Residents Survey 2007) Three out of five of people living with a long term condition are aged 60 and over. Numbers of people living with long term conditions are expected to rise by 23% in the next 25 years.

Living with long term illness can lead to poor mental health which can result in:

* increased rates of morbidity and mortality
* reduced rate of recovery and poorer functioning
* poor health choices and behaviours
* reduced quality of life
* increased costs to health and social care

The growing burden of chronic health conditions has exposed significant limitations in traditional care delivery systems and models. In the UK alone, an estimated 17 million people live with at least one chronic illness, with prevalence highest among older age groups (Department of Health 2005c). The care needs of the chronically ill differ substantially from those of acute care patients for whom healthcare services were originally designed. These specific needs arise from the ongoing and often complex task of managing not just the physical aspects of chronic illness but its broader impact on the individual’s emotional, psychological and social functioning.

**3. Manchester’s Strategic Approach**

Manchester’s strategic approach focuses on a number of key areas:

* Expert Patient Programme: supports people who have fallen or are at risk of a fall, who are experiencing a loss of confidence, self esteem and reduced independence.
* Adult Social Care Prevention Strategy which targets prevention and early intervention to keep more people in better heath.
* Through the Partnerships for Older People Programme (POPPs) 47 new/expanded preventative schemes have been funded.
* Manchester Mental Health & Wellbeing Strategy which aims to place more emphasis on promotion of mental health, prevention and early intervention.
* Manchester’s Strategy for Ageing (2009-2012) which aims to make Manchester a great place to grow older.
* Manchester Employment for Health - Pathways to work: programmes developed to support people with health conditions claiming incapacity benefit to return to work. Barriers to work exist with many employers unwilling to take on people with long term conditions resulting in feelings of worthlessness and risk of depression.
* The Mental Health Wellbeing Group provides a lead for improving mental health and wellbeing for Manchester people through partnership between NHS Manchester, the City Council and representation from community and voluntary sector organisations.
* Manchester Suicide Prevention Strategy: Suicide in later life is strongly associated with depression, physical illness or pain, living alone and feelings of guilt and hopelessness.

**4. How can VCS organisations contribute to improving self care of long term conditions?**

* Through the personalisation agenda, tailor services to meet individuals needs.
* Increasing the knowledge, skills and confidence of frontline staff through mental health training could improve support provided by non mental health trained staff
* Develop service user groups / support engagement strategies for service users and carers.
* Provide public information that increases general awareness about the association between quality of life and long term physical health conditions.
* Develop skills of frontline staff to identify and respond to emotional distress and mental health problems.
* Promote awareness of the range of mental health services relevant for people from diverse communities and people with a variety of particular health care needs. Many such services are in the voluntary and independent sector.
* Provide public information to improve access to appropriate services.
* Develop increased collaboration and joint approaches between services providing for chronic health care and specialist mental health services.
* Promote the benefits of self management approaches directly to people with long term health problems and their carers, to health and social care services and other organisations with direct contact.
* Provide information and support directly to carers.

**6. Specialist local voluntary and community sector organisations**

For information about other organisations delivering work around self care go to [www.onecentralplace.org.uk](http://www.onecentralplace.org.uk) – an online directory of voluntary and community sector organisations in Manchester.

**7. Resources**

[A Strategy for Improving the Mental Health and Well-being of Adults with Long Term Physical Health Conditions in the Community – A consultation paper for Manchester](http://www.manchester.nhs.uk/document_uploads/Talking%20Health%20for%20ROB/MH%20and%20Long%20Term%20Conditions%20strategy%20final%20April%202010.doc)

**8. Useful Documents**

[Manchester Joint Strategic Needs Assessment (JSNA), 2008](http://www.manchester.gov.uk/site/scripts/download_info.php?downloadID=2829&fileID=8459)

[Improving Health in Manchester: NHS Commissioning Strategic Plan 2009-2014](http://www.manchester.nhs.uk/document_uploads/Commissioning/NHS%20Manchester%20Commissioning%20Plan%20111108_7bcd6.pdf)

Manchester City Council Adult Social Care Business Plan 2010/11

[Manchester Public Health Annual Report](http://www.manchester.nhs.uk/document_uploads/Board%207%20April%202010/Manchester%20Public%20Health%20Annual%20Report%202009%20%282%29.pdf)

[A Picture of Progress: Compendium of Statistics for Manchester](http://www.manchester.gov.uk/downloads/file/11460/a_picture_of_progress_compendium_compendium_of_statistics_for_manchester)

[Your Health, your way - a guide to long term conditions and self care](http://www.dh.gov.uk/en/Publicationsandstatistics/Lettersandcirculars/Dearcolleagueletters/DH_090037) (DoH 2008)

National Service Frameworks ….

[NSF for Long Term Conditions (2005)](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4105361)

**9. Useful Links**

[Manchester Alliance for Community Care](http://www.macc.org.uk/macc/food.php)

[NHS Manchester website](http://www.manchester.nhs.uk/default.aspx)

[Manchester Public Health Development Service](http://www.manchesterpublichealthdevelopment.org/)

[Expert Patient Programme](http://www.manchesterfallsservices.org.uk/falls-services/expert-patient.html)

**10. For more information**

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