



ALLIANCE
HEALTH AND SOCIAL CARE
ALLIANCE SCOTLAND
people at the centre

“Our vision is for a Scotland where people who are disabled or living with long term conditions and unpaid carers have a strong voice and enjoy their right to live well.”

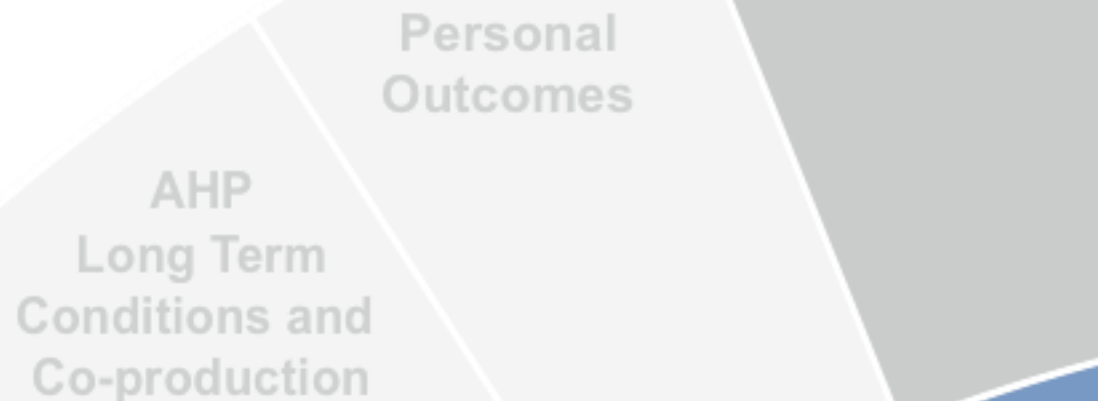


Self Management agenda in Scotland

- Self Management Strategy ‘Gaun Yersel’ developed in 2008
- Based on life experiences of people with long term conditions and their carers
- Self Management Fund for Scotland was a main recommendation of the strategy
- Key approach taken in Scotland has been to capture and share good practice and learning in self management

“Wellness is not merely the absence of illness”

“We know more about our conditions than anyone else, we live with them 24/7, 365 days a year.”



Principles of Self Management

“Be accountable to me and value my experience”

Evaluation systems should be ongoing and shaped by my experience. They should be non judgemental and focus on more than medical or financial outcomes.

“I am a whole person and this is for my whole life”

My needs are met along my life journey with support aimed at improving my physical, emotional, social and spiritual wellbeing.



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“Self management is not a replacement for services. Gaun Yersel doesn't mean going it alone”

Self management does not mean managing my long term condition alone. It's about self determination in partnership with supporters.

@SelfMgmtScot

“I am the leading partner in management of my health”

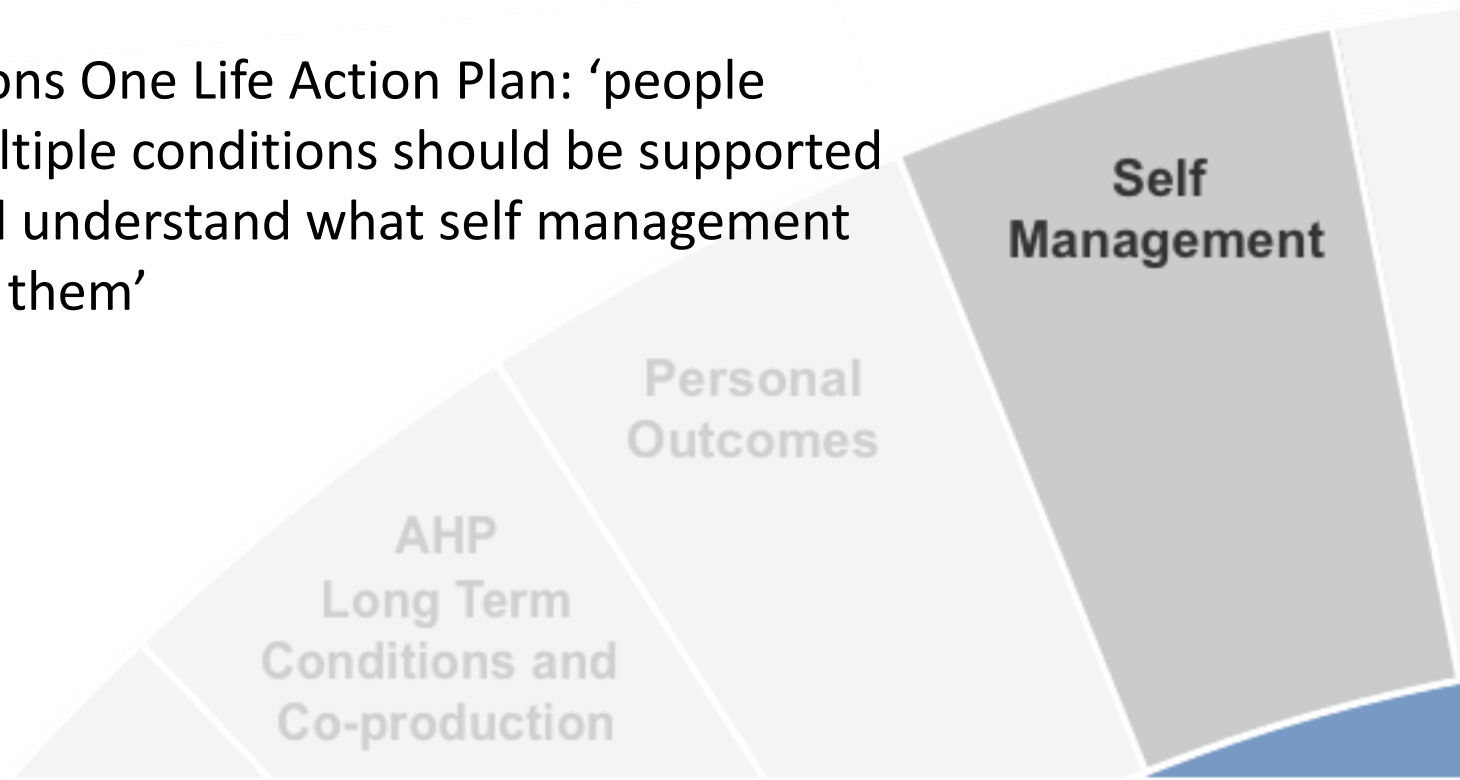
I am involved in my own care. I, those who care for me and organisations that represent me, shape new approaches to my care.

“Clear information helps me make decisions that are right for me”

Professionals communicate with me effectively. They help ensure I have high quality, accessible information. They also support my right to make decisions.

Self Management in Scotland

- Scottish Government's 2020 Vision: 'by 2020 everyone is able to live longer healthier lives at home, or in a homely setting and, that we will have a healthcare system where...there is a focus on prevention, anticipation and supported self management'
- Many Conditions One Life Action Plan: 'people living with multiple conditions should be supported to explore and understand what self management may mean for them'



Consortium
Public
Involvement

Scottish
Improvement
Science
Centre

My Condition
My Terms
My Life

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Lymph
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The Alliance launched the My Condition, My Terms, My life campaign to share the message that living with a long term condition does not stop you being in charge of your own life.

The campaign is designed to:

- help improve public understanding of what self management means for people living with long term conditions, and
- encourage people living with long term conditions, and the people who support them to adopt a self management approach



*Living better with
self management*

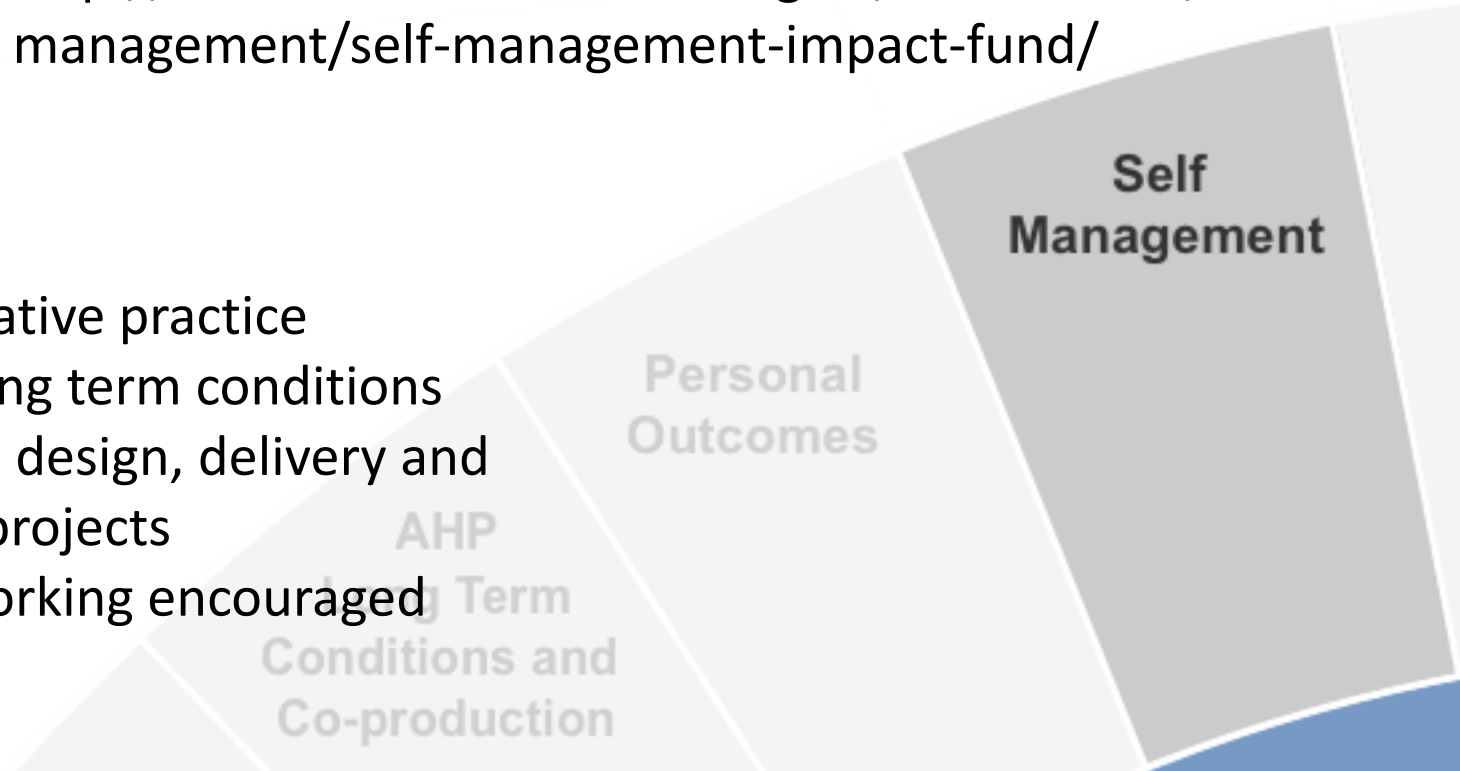
www.myconditionmylife.org

Self Management Fund

- £2 million a year since 2009
- First phase 2009 – 2011 supported 81 projects
- Development Fund 2011 – 2012 supported 30 projects
- Self Management IMPACT Fund 2013 – 2016 £6 million
- 95 projects
- Transforming Self Management in Scotland Fund: now open
- <http://www.alliance-scotland.org.uk/what-we-do/self-management/self-management-impact-fund/>

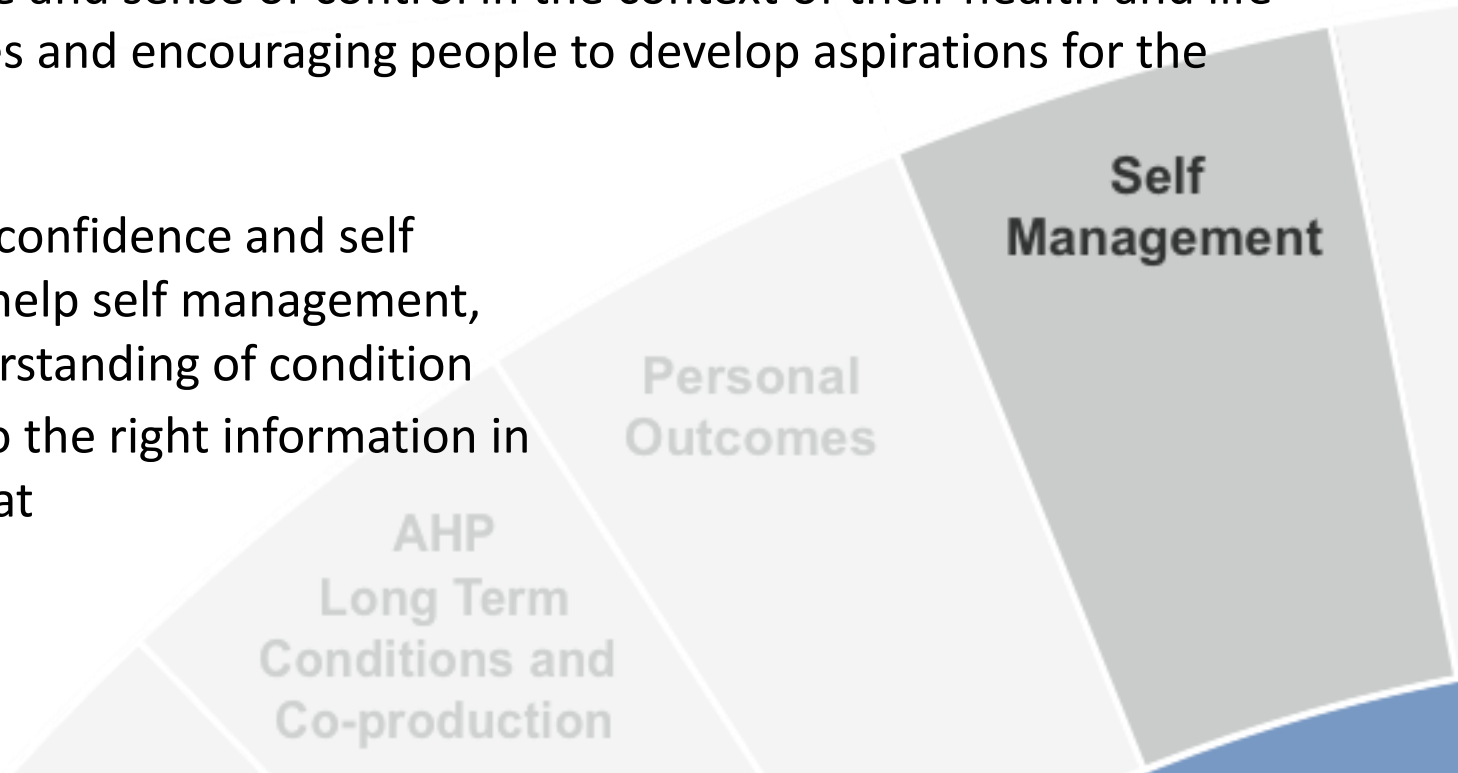
Key features

- Learning fund
- Support innovative practice
- People with long term conditions are involved in design, delivery and evaluation of projects
- Partnership working encouraged



Key learning about self management approaches

- Value of lived experience and peer support
 - Being seen as a whole person with strengths, resources, skills and experience as well as physical, emotional, social and spiritual health
 - support the development of meaningful relationships and meaningful activity to enhance their skills, social networks and confidence
 - Supporting people to find 'warm' acceptance of impact their caring role or long term condition is having/will have
 - Having choice and sense of control in the context of their health and life circumstances and encouraging people to develop aspirations for the future
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- Supporting self confidence and self awareness can help self management, increasing understanding of condition
 - Having access to the right information in accessible format



Grow Your Mind

- Innovative approach to supporting people with severe and enduring mental health conditions to improve and sustain their mental health and to access employment or training opportunities in rural enterprises.
- 4 way partnership: Fife Employment Access Trust; Falkland Centre for Stewardship; New Caledonian Woodlands and NHS Fife Mental Health Directorate.
- The programme is split into 4 phases of six weeks each delivered in a variety of different local landscapes.
- Supported increase in confidence, self esteem, self awareness and social skills.
- Two people have continued volunteering there and one other is ongoing at College undertaking a conservation qualification
- Working flexibly has been central factor of success

LGBT Self Management Initiative

- Stigma and discrimination encountered by lesbian, gay, bisexual and transgender (LGBT) people can have a devastating effect on self esteem and mental wellbeing
- LGBT Self Management Initiative, delivered by LGBT Health and Wellbeing, has been developed to enhance the mental wellbeing, resilience and self management skills of LGBT people experiencing mental health issues
- One-to-one counselling, self management workshops and group activities
- Many people have seen significant change in their mental wellbeing and feel better able to self manage their mental health as a result of this support
- Unexpected development for LGBT Health and Wellbeing has been their work educating counsellors

“I have a better understanding of some of the issues faced by LGBT community, practical knowledge of language & more personal insight.”

MS Centre Mid Argyll

- No access to self management support for people living on the Inner Hebrides
- Employed outreach worker to visit people with long term conditions within their community
- One to one basis and with the whole family to support self management
- providing access to information, exercise therapies, health and wellbeing advice or a listening ear
- Crucial difference the project has made for people's self management and their overall wellbeing - it has become a fundamental part of their life

“We all live with our conditions, have similar thoughts, feels and struggles. We live in the same small village but never got to meet up. Now we meet up, chat, have coffee and most of the time our conditions do not even get mentioned. It's just so nice being out of the house and meeting up with people who understand what's going on without even saying a word”

Self Management Network Scotland



- Launched in November 2014
- Now reached 300 members
- Anyone with an interest in self management: health, social care, third sector, lived experience and more
- Opportunities for shared learning and reflection
- Ensure learning is captured, disseminated and retained
- Bring together people living with long term conditions, unpaid carers and practitioners together
- Provide spaces to share self management good practice across health and social care

<http://smns.alliance-scotland.org.uk/>

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