

BCF Scheme:		BCF 10: Self-Care and Self-Management
Lead Officer:	RCCG	Dominic Blaydon
	RMBC	Shona McFarlane

Description:

Develop self-care and self-management, working with voluntary and community groups to co-design, co-develop and co-produce improved health and care outcomes, including the areas of transitions from young people's services into adult care.

Develop patients and practitioner skills programmes that can be implemented across health and social care. Development of integrated workforce development programmes and risk management courses aimed at promoting an ethos of self-management.

Develop specialised psychological support services for people with long term conditions so that they are better able to self-manage their condition.

Outcome:

Individuals are provided with the right information and support to help them self-manage their condition/s.

Professionals are equipped with the right skills to enable self-care / self-management and promote independence.

Key Actions	Lead	Timescale
HWB Board agree proposals to resource project officer responsible for delivering self-management strategy		June 14
Self-management network (SMN) governance structure and membership agreed		July 14
SMN produces proposals on a patient skills programme, extended to social care customers		Dec. 14
SMN produces proposals on a health and social care practitioner skills programme		Dec. 14
SMN produces proposals for delivering psychological support to people on		Dec. 14

case management programme		
New patient and practitioner skill frameworks are approved by the HWB Board		Jan. 15
Practitioner skills programme is co-opted by RMBC, RCCG and RFT		March 15
Outcomes		
People with long term conditions are better able to manage their condition		
Practitioners are educating patients and working in partnership with them to manage their own condition		
Better health outcomes for people with long term conditions and their carers		