

Press Release

22nd September 2016

New courses to help people take more control of long-term conditions

A self-management programme for those living with long-term conditions is on the look-out for patients who are keen to take more control and responsibility for their health.

The **Patient Self-Management programme**, run by Worcestershire Health and Care NHS Trust, is facilitated by an occupational therapist and volunteers with lived experience of long-term health conditions. It helps people to take more control and responsibility for the management of their condition(s) and to become more independent. It also explores how their condition impacts on different aspects of their lives.

The programme consists of two half-day courses which cover symptoms, motivation, goal setting, action planning, problem solving, communication, healthy lifestyles and mental and emotional wellbeing and will provide the basic tools to empower people to self-manage their conditions day to day. After this participants will be able to access additional information, factsheets and resources via a new online portal and interactive group sessions.

Health and care organisations are working together to empower people to take more control and responsibility for more of the day to day aspects of their condition(s), with professionals supporting them with the more complex elements. This is in part because we have a growing population and rising demands on services, and we have to make sure we can do the best we can with the resources available, which means all of us doing more to support healthy living, or to self-care and self-manage where we can.

Carlene Hill, PSM lead for Worcestershire Health and Care NHS Trust, said: *“Self-Management is a vital component in health and wellbeing and encourages individuals to develop the skills and knowledge to take control. This programme supports people to do that in a structured and supportive way.*

“We know that if we get this right it will give patients and service-users a sense of confidence and independence which they often want. That’s in line with one of our key values which is to ‘Empower’ people to take control of their health and wellbeing. It will also help ensure our staff can spend more time supporting people with the more complex aspects of their care.”

Courses are currently running across the county with the next ones scheduled for Bromsgrove, Worcester, Malvern and Evesham.

For more information on the Patient Self-Management programme email Carlene.Hill@nhs.net or visit www.hacw.nhs.uk/PSM

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