Self-care and Digital Innovation

24 May 2017

Jetendra Singh

Agenda

- Feedback from previous self-care and digital innovation work carried out by tlds

- Self-directed care definition

- Supportive Technology

- Interesting Data

- Layers of Health & Social Care in Birmingham

- Benefits of self-directed care

- Important Links

- Close

tlds
the learning and
development service

Birmingham
City Council

Feedback

Feedback from previous self-care and digital innovation sessions carried out by tlds

Sub-regional partners

Internal Teams (OT, ACAP, Standard Teams, Day Care Centres)

External Stakeholders
    Midland Mencap (Sparkhill Women's group)
    Birmingham Carers Hub

the learning and
development service

Birmingham
City Council

What is Self-Care?

"*Self Care is the ability of individuals, families and communities to*:

- Promote health
- Prevent disease
- Choose well
- Take ownership
- Engage
- Effectively manage illness and disability

With the support of the health economy stakeholders."

www.hee.nhs.uk

Supportive Technology

My care in Birmingham

Better Care Fund

TESCO

Manage@home — Your Online MEDEQUIP Retail Store —

Boots

Argos

Careline

NHS choices www.nhs.uk

The Care Advice Line

health exchange

AskSARA

tlds the learning and development service
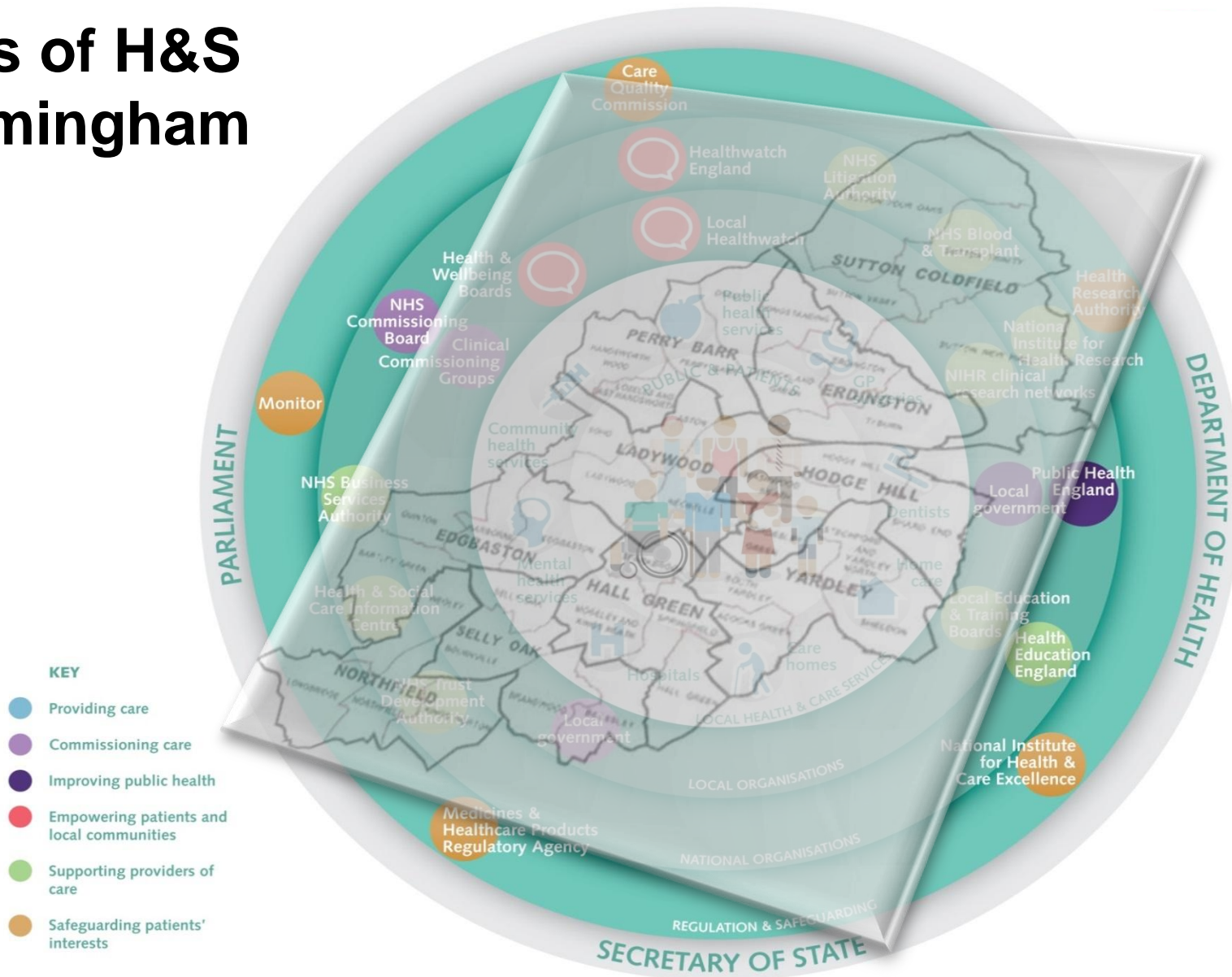
Birmingham City Council

Interesting Data

The Workforce:

- 1.4m NHS paid workforce
- 1.6m Social Care paid workforce
- 3m volunteers
- 5m unpaid carers

Generic Statistics:

- Self care accounts for 80% of all care in the UK.
- 57 million GP consultations for minor ailments each year (1 hour per day for GPs).
- 4 symptoms are evident every fortnight (most common are tiredness, headaches and joint pains).
- We seek medical advice within 4-7 days, giving up on self care because:
  - Not fully aware of the duration for each symptom (cold usually 14 days).
  - To get reassurance.
  - Prefer a prescription even though some medicines can be purchased over the counter.

tlds
the learning and
development service

Birmingham
City Council

Layers of H&S in Birmingham

KEY

- Providing care
- Commissioning care
- Improving public health
- Empowering patients and local communities
- Supporting providers of care
- Safeguarding patients' interests

Benefits of Self-directed care

- Safe and effective care.
- Early diagnosis and prevention.
- Quicker recovery and return to work.
- Positive patient/service user journeys.
- Appropriate use of resources.
- Active engagement and partnership between professionals and service users.

tlds
the learning and
development service

Birmingham
City Council

Online Resources

The online self-care digital innovation resource tool can be accessed via:

http://learning.wm.hee.nhs.uk/self-care

Skills for Care resources

Dementia resources

Adobe Acrobat Document

Manual Handling

Adobe Acrobat Document

Nutrition and Hydration

Adobe Acrobat Document

Infection, Harm, Prevention and Control

Adobe Acrobat Document

End of life resources

Adobe Acrobat Document

tlds
the learning and development service

Birmingham City Council

tlds
the learning and development service

tlds – the learning & development service

@tldsadults

tlds.learningpool.com

Tel: 0121 303 0990

Email: tldsadults@birmingham.gov.uk