Person and Community-Centred Approaches
April 2018

Donna Hall – Chief Executive, Wigan Council
Let’s make

1. Children starting school ready to learn
2. Young people equipped for life
3. Good jobs for people to progress and develop
4. A thriving economy in Greater Manchester
5. World-class connectivity

Greater Manchester

one of the best

6. Safe, decent and affordable housing
7. A green city for all
8. Safe and strong communities
9. Healthy lives and quality care
10. An age-friendly Greater Manchester

places in the world
Background: Reform Principles

- **A new relationship** between public services and citizens, communities and businesses that enables shared decision making, democratic accountability and voice, genuine co-production and joint delivery of services. Do with, not to

- **An asset based approach** that recognises and builds on the strengths of individuals, families and our communities rather than focusing on the deficits

- **Behaviour change in** our communities that builds independence and supports residents to be in control

- **A place based approach that redefines services** and places individuals, families, communities at the heart

- A stronger prioritisation of **wellbeing, prevention and early intervention**

- **An evidence led** understanding of risk and impact to ensure the right intervention at the right time

- An approach that supports the development of **new investment and resourcing models**, enabling collaboration with a wide range of organisations
Development of a GM programme for **person-centred and community based** approaches with funding agreed and resource established to support localities

Pioneer, within this programme, an approach based on the strengths and assets of local residents/communities, and radical expansion of **“social prescribing”** approaches recognising contributions that housing, work, physical activity and social connections make to improving health
What are we talking about?

Support for individuals to develop knowledge, skills and confidence to manage their health and wellbeing.

Clinical and social care

Support to access person- and community-centred approaches
- Social prescribing
- Bridging roles
- Personal budgets

Person- and community-centred approaches
- Peer support
- Self-management education
- Health coaching
- Group activities
- Asset based approaches

Intended impact
People become active partners in their care and their health and wellbeing improves. This leads to a reduction in the need for some formal health and care services as well as wider social benefits.

I have meaningful relationships with others that help me stay healthy and well
I am working with supportive professionals
I have choice and control over my care and support
I understand my situation and can look after myself

Greater Manchester Health and Social Care Partnership
### WELLBEING PRESCRIPTION

**NOTE** Did you know that Alavanley Family Practice can offer so much more than you think. Check out the list below to see if any of the activities may be of interest to you. Just put a tick in the box of those you like the look of, complete your name and contact details and pop it in to reception. Alternatively you can email us with your inquiry and details to stoccg.healthchampions@nhs.net

#### PART 1

I am interested in receiving more information about the following:

- [ ] Veg on prescription - *Grow your own, cook your own!!*
- [ ] Weekly Health Walks - *Every Wednesday*
- [ ] Coffee and Conversation - *Feeling alone, fancy a chat?*
- [ ] Social Events for New Mums - *Don’t feel alone*
- [ ] Pram Pushers Walk - *Bring along baby for a friendly walk*
- [ ] Singing for Health - *Singalong with the Champions*
- [ ] Knit and Natter - *Friendly banter with like minds*
- [ ] Cook and Taste - *Let us show you how to cook it*
- [ ] IT Skills - *Let’s get you started with the basics*
- [ ] Telephone Support - *A friendly voice on the end of the line*
- [ ] Practice Allotment - *Come and help with our allotment*
- [ ] Money Advice - *Advice and guidance*
- [ ] Evening Get Togethers - *A friendly group gathering*

#### PART 2

I understand that the details I give will be passed on to the Practice Health Champions who will contact me with the information I have requested.

#### PART 3

**Signed:**

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Evidence and Benefits

On average someone with a long term condition will spend 4 hours a year with a health or care professional, and 8,756 with their families and within their communities.

Therefore we need to:
• Support people to live healthier lives – *ie prevention*
• Support people to better manage their conditions – *ie self-care*
• Makes better use of the help and potential in communities – *ie asset-based approaches*

There is growing evidence around the impact person and community centred approaches. A study last year by the University of Westminster of social prescribing services across England found that people being supported in this way had, on average, have:

• 24% lower attendances at A&E
• 28% reduction in need for GP services

*Greater Manchester Health and Social Care Partnership*
Integrated Place-based Reform

- Place-based integration and Local Care Organisations represent vehicles through which integrated models of reform can be delivered, and over time must come together as a single neighbourhood delivery model.

GM HSC and PSR Alignment

GM Outcomes Framework & Delivery of Taking Charge/Stronger Together

PSR x10

LCO x10

Hospital Group / Chains

Common Areas of Assessment:
- Place-based leadership;
- Integrated commissioning;
- Focus on Early Intervention & Prevention;
- Asset-based approaches;
- Co-location of staff.

Strategic assessment for PSR

LCO maturity Framework
GM Support Offer

Localities are adopting many person and community centred approaches, in line with their local priorities. A GM wide programme will support local leaders from across sectors and communities, and encourage collaboration around a common purpose, in order to make genuinely transformational change a reality. Our support offer includes:

- **Bespoke support for every locality**
  - building on local ambitions, strengths, and challenges

- **An innovation and collaboration programme**
  - to make GM a leader in PCCA for those with the most complex needs

- **Cross GM work**
  - to address key underpinning and enabling factors, such as workforce training, IT and information sharing, measuring outcomes and evaluation

Greater Manchester Health and Social Care Partnership
GM Support – Focus Areas

Bespoke support to focus on:

- **Person-centred Care and Support Planning** – having better conversations with people who need help and support
- **Integrated Personal Budgets** - for people with more complex or ongoing health or care support needs
- **Social Prescribing** – offering holistic support, which is more than medicine
- **Asset-based Approaches** – using the strength of the community

Innovation and Collaboration to support:

- **People with a learning disability**, especially those with complex needs and at most risk of being institutionalised;
- **Older people with multiple long-term conditions**, which may include dementia and who may be frail and/or struggling to maintain independence.
- **People at the End of Life**
https://www.youtube.com/watch?v=7kwmn4oXHI4
Through The Deal, we aren’t just saving money...

... we are changing lives
Wigan Warriors Launch