

Better Health for the South West



Easy read guide

Better Health for the South West

NHS
South West

This booklet is from the South West Strategic Health Authority. We are a part of the NHS.



We work out how to spend money on health services for 5 million people living in the South West.



We make sure health services are run well. And we plan care for the future.

We made a new plan to make health services better in the next few years.



The plan is hard to understand, so we made this easy read guide to tell you the most important things.

You can get a copy of the full plan from www.southwest.nhs.uk



The South West is the healthiest place to live in England. Most people are happy with health services.

Now we are ready to make health services even better.



We have been listening to local people, patients, carers and health staff over the last year. They told us lots of ideas.

Some people filled in pink forms to say what they thought was important. This was very helpful, thank you.



We want health care in the South West to be as good as the very best in Europe. This guide tells you about our plans for health.



Sir Ian Carruthers OBE
Chief Executive

Sir Michael Pitt
Chairman

Our Plan



There are 10 main parts to our plan. The next few pages tell you the main things in each part.

	Staying healthy	▶
	Mothers and babies	▶
	Children and young people	▶
	Long term care	▶
	Mental health	▶
	Learning disability	▶
	Planned care	▶
	Emergency care	▶
	End of life care	▶
	Fit for the future	▶



Staying healthy

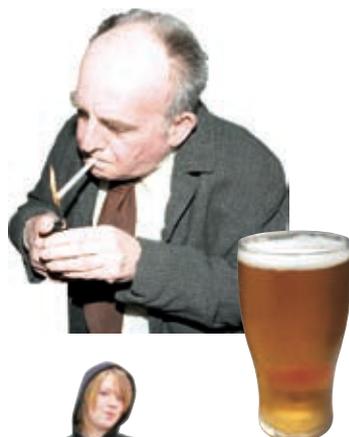


We want everyone in the South West to enjoy good health and live a long life.

People in some parts of the South West live longer than people in other parts.

We will help people in the worst areas live longer.

We will help more people stop smoking.



We will work to stop accidents and injuries caused by drinking. Too many people end up in hospital this way.

We will try to stop so many girls under 18 getting pregnant.



We will help more women get regular checks for cancer.



Mothers and babies



We want pregnant women to have more choice about the care they get.

Women will get to choose where they have their baby - at home, hospital or a birthing or midwife unit.



We would like to see more babies born away from hospitals, except when mother and baby might need special care.



We would also like to see less babies delivered by caesarean section.



We want to help more women to think about breastfeeding their babies.



Children and young people



More and more children are unhealthily overweight. We will help children eat better and exercise more.



We want lots more children to have the MMR injection, so they don't get ill from measles, mumps or rubella.



We will have better mental health services for children and young people, in the community instead of hospitals.



We will have better emergency care for children to make sure they don't stay in hospital unless they need to.



Children needing long term care will get a supporter to help plan their different care needs over time.



Long term care



Some people need care for a long time. We will make sure they have a plan to help look after their own health. We will set up places where they can support each other and get advice.



They will be able to see all the different health staff in one place.



We will help more people be in their own homes and keep more hospital beds free.



More people will get special care after a heart attack or heart surgery.



We will help more elderly people keep safe from falls and ending up in hospital.



Carers will get their own assessment.



Mental health



Services will get quicker at helping people who need an assessment for mental health.

They will support carers more.

People with depression or anxiety will be able to get specialist help.

People will be able to get help with eating disorders in their community.

People with dementia will get a care plan sorted out much quicker.

People with long term mental health problems will get help from their GP.

We will make sure mental health services work in the best ways and listen to you when planning care.

Learning disability

125,000



There are 125,000 people with a learning disability in the South West.

Many of them do not get as good health care as everyone else. Many people are less healthy because of it.

Some people are treated unfairly, left out or ignored.

Every person with a learning disability will get more choice and control of their care.



Everyone will get their own care plan about their support.

People with a learning disability will get a health check every year.



People with a learning disability will get the same tests for cancer as everyone else.



People who live in NHS care at the moment will get to choose where they want to live.





Planned care



These are the things we want to do to help people plan their care. Things like appointments, check ups and tests.

We will make sure more people can book appointments with their GP.



Everyone will be able to see a GP in the evenings or weekends.



People with cancer will get their test results much quicker.

People will be able to book tests and treatments at a time that suits them.



Less people will need to come back to hospital for their follow up treatment.

More people will get to use NHS dentists.



Emergency care



We want health care for people in an emergency to get better.

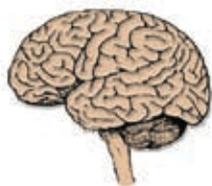
More people will get health care locally instead of being treated in casualty.



We are aiming for people in casualty to be treated within 2 hours.



People with broken bones will get treated much quicker, and leave hospital quicker.



People who have had a stroke will get quick treatment and better support.



People who need urgent heart surgery will have an operation within 7 days.



End of life care



We will make sure health services know about any plans people have for when they die - like if they would rather be at home if possible.



People at the end of their life will find it easy to get the nursing care, medicine, advice and equipment they need.



There will be better health care in nursing homes so people won't have to go to hospital so much.



Fit for the future



Health services need to keep up to date.

We will look after NHS staff, so they look after patients well and safely.



We will make it easier for people to get any tests they need quickly.



Computers will be used more to speed things up. All care staff working with you will be able to see your health information.



We will keep working to stop hospital infections like MRSA.



We will make sure we don't waste money.

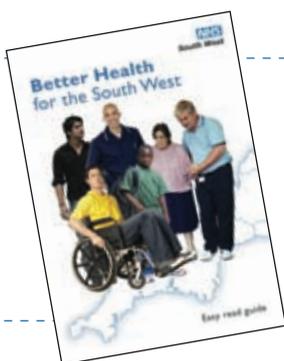


We will cut down on energy used by health services to help save the planet.



This is an easy read version of 'Improving Health: Ambitions for the South West'

You can get a copy of the full plan from www.southwest.nhs.uk



This easy read guide tells people about our new plan for health services, using easy words and pictures.

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