

Welcome to edition 2 of *Better Health!* the newsletter of Debra Moore Associates

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Events & Training

We provide training and consultancy services to commissioners, providers, self advocacy organisations and family carers.

Our focus is on promoting person centred and inclusive health services for everyone including people with learning disabilities, mental health needs and older people.

We do this by providing bespoke support, training events and conferences to share the latest thinking and good practice.

For further information about the events and the in-service training programme contact info@debramooreassociates.com or ring 07950 888334



Information and participation

This issue takes a look at some of the recent initiatives and guidance to support self care and encourage people to have greater participation in the design and delivery of local health services. There seems, quite rightly, to be an increased urgency nationally and locally to get better information about the needs of local populations and their experience of health services. We highlight just a few of the key programs in this edition that we think may be particularly useful in facilitating the participation of people who may be at increased risk of ill health or are living with a long term condition.

Reports 'Round Up'

In this section we aim to provide readers with an 'at a glance' review of recent reports that we think are particularly significant to the theme of this newsletter



Principles to Support Self Care

On the 1st May the Department of Health published guidance prepared by Skills for Care and Skills for Health on the 'Common Core Principles to Support Self Care'.

The principles are intended to support self care in its broadest sense and includes but is not limited to, people with long term conditions or complex needs. Importantly, the guide states that "they should be an integral part of the all education and training for staff working in or aspiring to work in health or social care"

I really welcome this guidance as it sets out the principles in a clear way and gives straightforward definitions of self care and self management. This helps all staff to clarify their contribution to this agenda and to see the links with current and related work.

Clearly, lots of work has already taken place in taking this agenda of increasing choice and control forward. In health services, initiatives such as the Expert Patient Programme and Health Action Planning have helped many people to access better information and make informed decisions.

There are now many good practice examples of how health professionals have worked in partnership with people and their families that can be found on networks & forums (pg 2)

7 Core Principles of Self Care

Principle 1 Ensure individuals are able to make informed choices to manage their self care needs

Principle 2 Communicate effectively to enable individuals to assess their needs, and develop and gain confidence to self care

Principle 3 Support and enable individuals to access appropriate information to manage their self care needs

Principle 4 Support and enable individuals to develop skills in self care

Principle 5 Support and enable individuals to use technology to support self care

Principle 6 Advise individuals how to access support networks and participate in the planning, development and evaluation of services

Principle 7 Support and enable risk management and risk taking to maximise independence and choice

For a copy of the guidance

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_084505

Networks & forums

Sharing good practice

We know that people are often hard pressed to get to meetings to share good practice and solve problems. As a result many people have benefitted from electronic networks and forums.

As well as providing our own web based forums we will be supporting readers by 'featuring' 2 other national and regional networks in each edition.

These networks may be specific to supporting healthcare for a particular group e.g. older people or may support a professional staff group.

The UK Health & Learning Disability Network

This network is hosted by the Foundation for People with Learning Disability and is free to join and is for anyone with an interest in health issues and people with learning disability. To join the network log onto www.learningdisabilities.org.uk/ldhn

There are also 4 network meetings a year - the next ones will be on 2nd June at DH in London and others in October 08 and January 09

To find out more or join the network contact Janet Cobb jcobb@fpld.org.uk or janet@jan-net.co.uk



Local Involvement Networks

Continuing with the theme of participation is the development of Local Involvement Networks (LINKs). This initiative is part of the raft of measures to make sure people have a 'stronger voice' to make changes in health and social care. The LINKs will be established between April and September this year.

If you want more information about LINKs you can contact the NHS Centre for Involvement (NCI) which is the lead organisation for supplying and guidance. The main focus of the NCI is to support NHS staff and organisations to improve patient and public involvement. To get more information or for instructions about joining the NCI go to their website <http://www.nhscentreforinvolvement.nhs.uk/index.cfm?content=15&Menu=26>



Information Prescriptions Online Resource Pack

The White Paper 'Our Health Our Care Our Say' contained a proposal to give 'information prescriptions' (IP's) to all people with health or social care needs. Information Prescriptions are intended to support individuals and their family to manage their condition better and contain details of local services and support groups as well as details about care and treatment.

After a piloting phase the DH has now launched an online resource pack to support implementation locally.

For website & full report www.informationprescription.info/resource

Learning Disability Nursing Events

" a great day, really informative and enjoyable"

In May we held 3 events for Learning Disability Nurses in partnership with Inclusion North. The days were a real success with engaged and lively discussions and debate with participants from across all sectors.



The events were designed to enable nurses to consider the implication of recent government policy and guidance and how it relates to their practice.

We will be producing a short report that pulls together the main themes of the day that included discussions on personalisation, workforce and training and service redesign.

Since holding the events we have received a number of requests for more dates, including bespoke locality based days. If you would like to discuss running an event for your area or region or would like more information please contact Debra Moore on 07950 333884 or email at: debra@debramooreassociates.com

A network for those interested in sharing good practice, resources and ideas to support access to mainstream NHS services for people with learning disabilities. Contact - mark.bradley@oxleas.nhs.uk or visit <http://www.networks.nhs.uk/networks/page/845>

If you would like your network or forum to be featured in a future edition please get in touch by emailing

info@debramooreassociate.com or ring 07950 88833

Important Health Events

DH Event - Commissioning Primary Care for People with Learning Disabilities
17th & 18 June 2008

Free events targeted at PCT commissioners and GP's for further information or to book a place contact Stephan Brusch on 020 71508046 or email stephan.brusch@westminster-pct.nhs.uk

Leaving Indifference Behind 9th Sept. 2008

An event to disseminate the findings of the DH Formal Investigation & share good practice

For further information contact Rick.Robson@sssft.nhs.uk

Participating regionally & nationally



At the moment the SHA's are busy launching their vision documents as part of the NHS Next Stage Review. Also on the 8th May the review team published 'Leading Local Change' which is the document that sets the context for the SHA vision documents and key principles to support and guide implementation. You can find out about more about the review, get the SHA vision documents and find out about the remaining launch dates by visiting the website <http://www.ournhs.nhs.uk/>



Ivan Lewis Launches National Dignity Tour

On the 20th May the Care Services Minister, Ivan Lewis, announced the appointment Sir Michael Parkinson as the National Dignity Ambassador and will be embarking on a 'dignity tour' around the country.

I really welcome this initiative for older people and I am sure getting such a high profile ambassador will really help it get the attention it deserves.

I am particularly interested in its potential to raise the profile of older people who may be at increased risk of poor treatment and inequality such as older people with learning disabilities. The emphasis on considering the needs of couples who are older and support to keep them 'together' also got me thinking about older people with learning disabilities who may be also living with an older family carer (I know it is not uncommon for someone in their sixties to be living with someone in their 80's).

If you want to know the dates of the tour and find out more about this campaign visit the website

http://www.dh.gov.uk/en/News/Recentstories/DH_084941



THE NHS CONFEDERATION

Learning Disability Group

The NHS Confederation Mental Health Network now has a group for providers of NHS Learning Disability Services chaired by Yvonne Cox who is the Chief Executive of the Ridgeway Partnership (Oxfordshire Learning Disability NHS Trust). In association with the Valuing People Support Team the network recently published a briefing for its members on the way forward for learning disability health services. You can find out more about the network by visiting the website <http://www.nhsconfed.org/>



'Consultation Corner'

Some of the key live consultations relating to health that we feature in our last edition and are still live!!!.....

A consultation on the framework for the registration of health and adult social care providers - *Closing date 17th June 2008*

http://www.dh.gov.uk/en/Consultations/Liveconsultations/DH_083625

Private and voluntary healthcare: Care Standards Act 2000. Regulations and national minimum standards consultation document - *Closing date 10th June 2008*

http://www.dh.gov.uk/en/Consultations/Liveconsultations/DH_083519