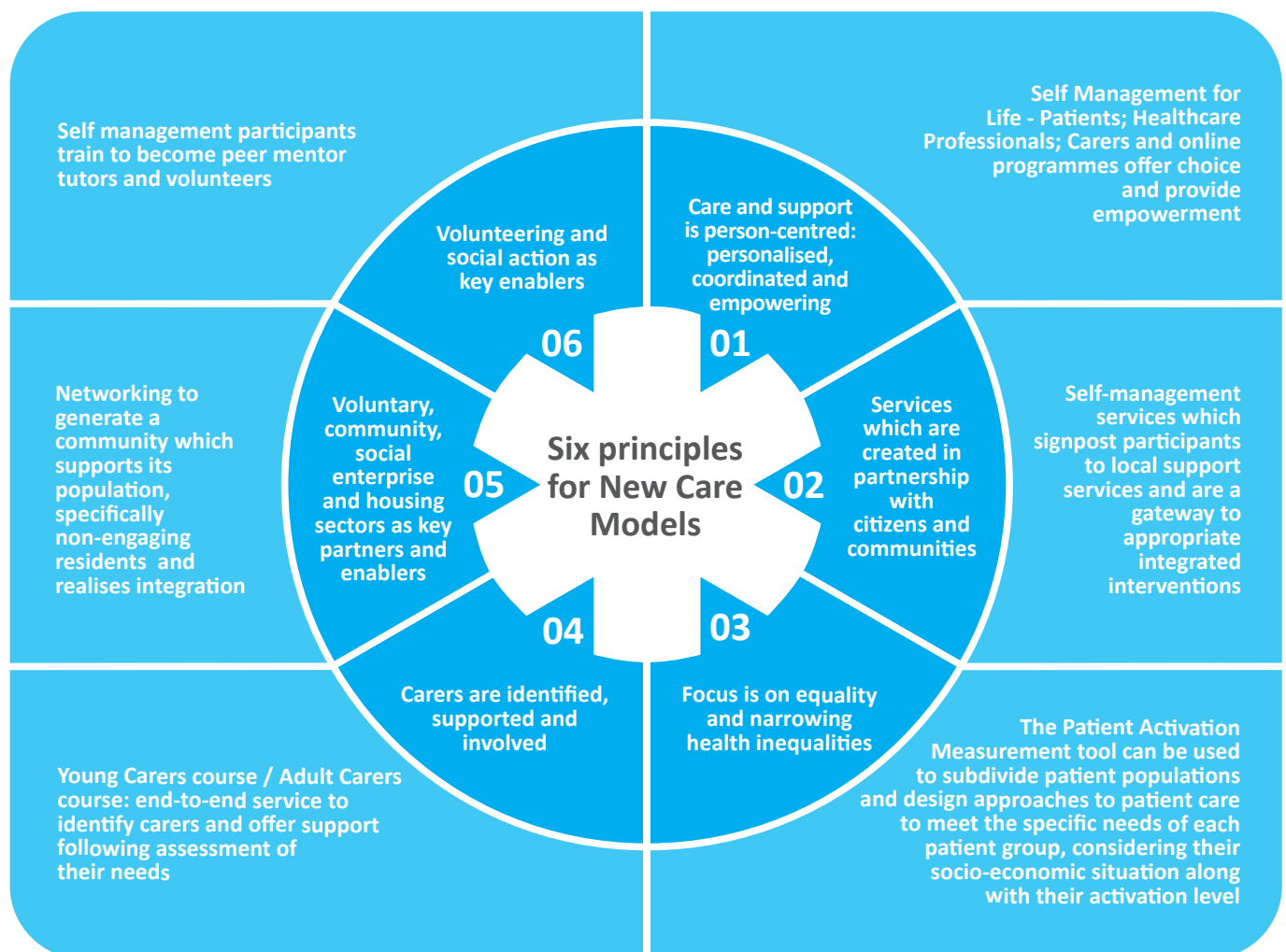


The Six Principles for New Care Models Programme

The guidance issued to Vanguard sites and Clinical Commissioning Groups highlights that central to the future of all new models of care are the “Six Principles”.

This diagram and related text show how our products and services can support CCGs when formulating their new models of care.



self management uk

- 01** Care and support is person-centred: personalised, coordinated and empowering ➡ For example, our work with Southend-on-Sea shows **self management uk** delivering bespoke pathways to deliver appropriate and specific interventions which give people choice to improve their lifestyles.
- 02** Services which are created in partnership with citizens and communities ➡ An example of this is how we develop signposting and onward referral services, involving other charitable and community organisations. These communities ensure sustainability, for example the delivery of diabetes education on the Isle of Wight.
- 03** Focus is on equality and narrowing health inequalities ➡ Our models of referral management allow us to engage with all sectors of communities, for example Kurdish males who were not engaging with their healthcare teams in a North London Borough. We are able to target specific groups, particularly those most at risk.
- 04** Carers are identified, supported and involved ➡ **self management uk** has a range of programmes focused on self-management support for carers; adults, young people and transitional aged carers. We work with CCGs, Public Health, borough councils and GP surgeries, amongst others, to identify carers and deliver training and support to this population. Our work in North, East and West Devon together with our half day introduction to self-management courses in Surrey are excellent examples of this.
- 05** Voluntary, community, social enterprise and housing sectors as key partners and enablers ➡ **self management uk** is a charity with the charitable aim of developing and promoting awareness of self management skills to help people with long-term health conditions manage their health better. We provide integrated services and can act as a gateway provider.
- 06** Volunteering and social action as key enablers ➡ we promote peer-to-peer education and training through the use of volunteer tutors. We actively recruit participants from our courses to become volunteers. Our volunteers are local and have links to the local population and neighbourhood. In addition, our recent work with Bristol Commissioning Support Unit have seen us create community champions who will continue to support the local community.

To find out more about our work and how we can support you with the six principles for new care models, contact us via www.selfmanagementuk.org or sales.support@selfmanagementuk.org