

Information for Professionals

The My Life Self-Management programme©, developed and piloted on Teesside has been supported by Middlesbrough CCG and Redcar CCG, to build on the positive evaluation in 2011-12.

This programme draws together proven effective approaches in developing support to help those living with long term conditions, including:

- Small interactive groups
- Evidence based information and how services work locally
- One to one coaching session with trained coaches
- Skills and confidence building
- Links to community integration, engagement and continuity within own localities.

Uniquely this programme focuses on the interface between health and community support so that individuals can access and approach support service more effectively and timely, take more control over their responses and be aware of lifestyle options they may have.

The programme has been funded for people with a long term neurological condition or are living with chronic pain.

This enhanced pilot programme will start on November 6th 2012, the initial session being at Redcar Primary Care hospital and following sessions at the 25K community centre. The programme runs for 9 weeks, one session per week.

A Middlesbrough programme will start in January 2013.

The outline of the programme is based on the following topics, but is finally modified to suit the participants on the programme:

- Health and Well being /taking control
- Navigating the maze of social care
- Living independently with technology in the home
- Social active: what's in it for me? volunteering, employability, participation
- Local integration: close to home

To find out more, to refer a patient, or contact us directly if you are interested in attending, ring and leave your contact details on 01642 343 449. We will get back to you to discuss your call as soon as possible, within 2 working days. We look forward to hearing from you.

Lynne Barr

Advancing Potential Un Limited is a non profit making company, strongly committed to delivering quality sustainable services for local people.

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