

Supporting Young Adults to Self-Care



Call for Evidence

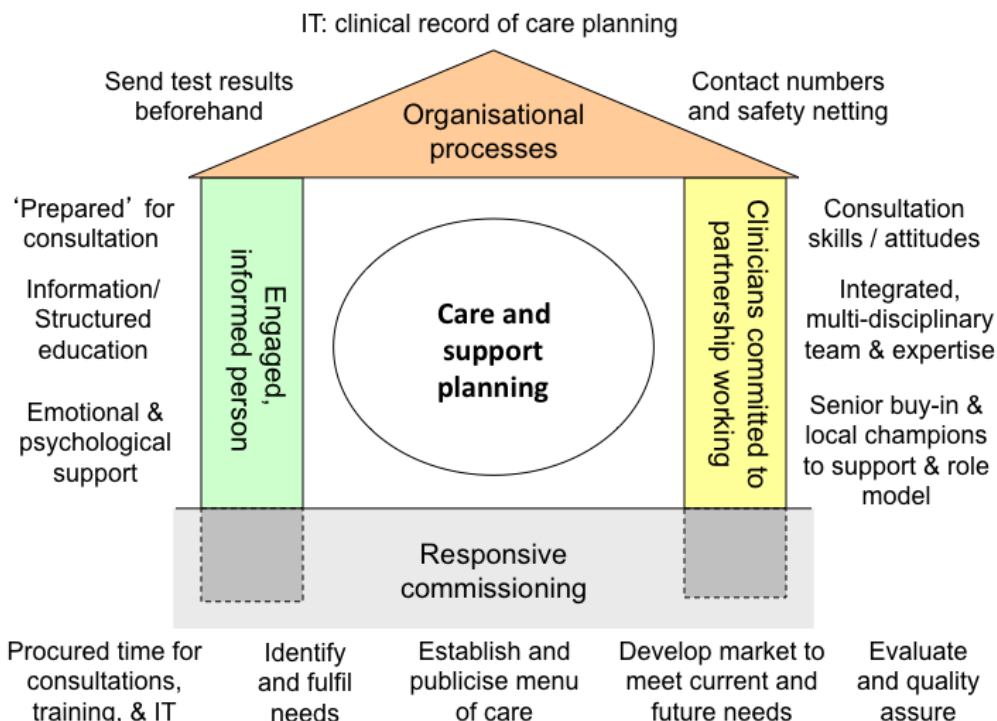
This is an invitation to get involved in **co-designing a framework for embedding self-care in the commissioning of services for young adults in London.**

In bringing together the evidence base and your views, we want to identify good practice and barriers to good practice. In particular we would like:

- **To gather evidence of good practice** in commissioning self-care programmes for young adults;
- **To hear from young adults about their experiences** in being supported to self-care;
- **To hear from local groups and community organisations** working with young adults with a long term condition; and
- **To hear from carers** on their experiences in being supported to care for young adults.

1. Scope of Call for Evidence

Building on **The House of Care** model set out by the Kings Fund, we want to consider what is specific to young adults with long term conditions in delivering this model.



Adapted from Coulter¹ with examples of potential activities

¹ Coulter A, Roberts S, Dixon A. Delivering better services for people with long-term conditions. London: Kings Fund; 2013 <http://www.kingsfund.org.uk/publications/delivering-better-services-people-long-term-conditions> (accessed 09/12/14)

2. Key Questions

In responding, please consider the following **key questions**:

1. From **your experience** how do we effectively deliver the different elements of **The House of Care** model and the model as a whole?
2. What are the **additional areas/issues** we need to **take into account**?
3. **How should organisations**, public sector professionals, community groups and young adults **work together to support people** to set their goals²?
4. How should organisations give young adults control of their **support and care planning**?
5. What **barriers** need to be **addressed**?

If you can provide examples of good practice to support each of your answers this would be most useful.

3. Timescale

This call for evidence will take place throughout February and March, and the **deadline for submitting evidence is Friday 10 April 2015**.

² These **goals** may relate to a person's health but also to other areas such as employment, education or training, housing, relationships etc.

4. Getting Involved

The Self-Care Programme has adopted the following 4 Key Principles:

Collaborative - Bringing clinicians, commissioners, staff, patients, service users, carers and the community together as equal partners to develop standards for good practice and agree high impact initiatives for recommendation to commissioners.

Evidence-based - Develop and promote evidence based solutions to support self-care for people aged between and around 16-30 years.

Asset-based - Developing the capacity of patients, service users and the community to engage effectively in identifying needs, the planning and development of services and making recommendations to commissioners.

Continuous and iterative - Engaging to build and refine sustainable models for local and pan-London commissioning that reflect the needs and aspirations of people and frontline staff.

As well as gathering evidence and examples, **we would like to identify:**

- **Young people and grass roots organisations** that we can work in partnership with to **facilitate** the engagement events and **drive** the programme forward.
- Organisations that can **provide training and support to young adults** to facilitate the engagement events.
- Other grassroots **organisations and community groups** that should be **involved** in the call for evidence and engagement events.

5. About the London Clinical Senate

The London Clinical Senate was established in 2010 and is a multi-professional advisory body, which brings together a broad range of health and social care professionals with patients and carers. In the current commissioning system, established in 2013, the Clinical Senate has an increasingly important role to play in giving a whole systems perspective to the issues at hand.

The Senate is not focused on a particular condition or patient group, but supports the delivery of safe, sustainable, high quality and cost effective care, by providing independent, strategic advice to commissioners. The advice is impartial and evidence based where possible enabling them to make the best decisions about the development of London's health services by improving quality and outcomes for the populations they serve.

6. About the Self-Care Programme

The Clinical Senate Forum and the work of the London Health Commission identified self-care as a major priority for the health system in London. The Senate agreed that it could add greatest value in promoting self-care for younger people (where there is felt to be a gap), by identifying standards of good practice and bringing together the evidence base. A twelve month programme was established commencing in September 2014.

A lot of relevant work is taking place across London and a collaborative approach in this work to build on knowledge and the expertise that exists among stakeholders is essential. Consideration will be given to the potential value of IT and social media, the education and training needs around self-care and maximising the support of self-care in the work place.

7. Key definitions

SELF CARE includes aspects that relate to health, illness, disability, general outcomes, the performer of self-care, the action of self-care, the relation to the healthcare professionals, and the relation to the healthcare system.

Individuals perform self-care by taking responsibility for their own care or care of another. Self-care can be performed independently, or guided or informed by a health professional to promote physical or psychological health.

LONG TERM CONDITIONS are health conditions that last a year or longer, impact on a person's life, and may require ongoing care and support.

A **YOUNG ADULT** is considered by this programme to be anyone between the ages of 16 and 30 years old.

A **CARER** is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

8. Contact

The London Clinical Senate Self-Care Programme Board would like to hear about examples of good practice and other evidence on how we can improve self-care for young adults with long term conditions in the capital.

All comments are welcome, but you might like to look at the key questions to which we are seeking responses set out in section 2 ([Key Questions](#)) above.

It is easy to tell us what you think or request further information or support in submitting evidence or comments:

- Email England.selfcareLCS@nhs.net

For an informal discussion please email your contact details, including telephone number and one of the Self Care Delivery Team, Samira Ben Omar or Jaimie Cross, will be happy to call you.

Please send us your views by the deadline of **Friday 10 April 2015**.