

Improving health and care for local people

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Easy Read

Contents

Page



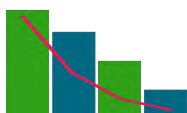
Healthier Lancashire and South
Cumbria

3



What people want

5



Why we need to change

6



Things to do to stop you being ill

12



How people feel

14



Local care

15



Working together

16



Hospital care

18



Emergency and urgent care

19



What do you think?

20



For more information

21

Healthier Lancashire and South Cumbria



Healthier Lancashire and South Cumbria is a group of NHS and council organisations working together to improve health and care in our region.

There are five local areas:



● Morecambe Bay

● Pennine
Lancashire

● Fylde Coast

● West Lancashire

● Central
Lancashire

In each area many different organisations are working together to link health and social care:



- Local Councils



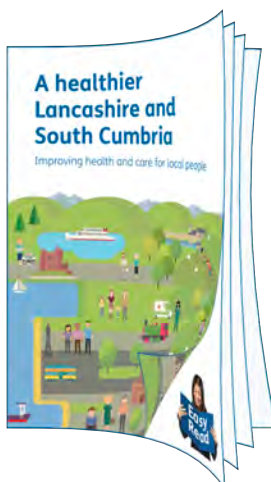
- Clinical Commissioning Groups (CCGs). These buy health services for patients



- Hospital, Community and Mental Health Trusts



- Local doctors



This document explains some of the issues and our plan for improving health and care.

What people want



Over the last few years we have been listening to what people want from health services.



People told us they:

- Want everyday health services near to where they live



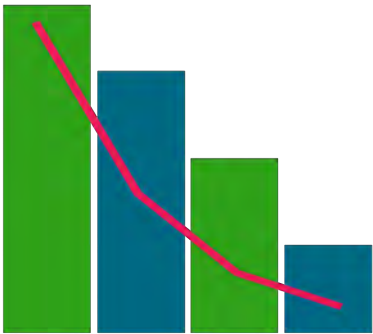
- Don't want to repeat things over and over to all different professionals

Why we need to change



1. Funding

More services are needed to look after all the people in our region.



Funding for the NHS is set to increase over the next few years but not enough to pay for what people need.

The funding for care services is going down.



This means that people end up in hospital when they should be able to get the care they need at home.



We spend a lot of money treating people who are ill because of:

- Poor diet
- Lack of exercise
- Smoking
- Drinking



We need to help people to live healthier lives.

2. Poor Health

Many people in Lancashire and south Cumbria have poor health.

Compared to the UK as a whole, on average more people in Lancashire and south Cumbria have:

- Heart problems



- Asthma



- Dementia



- Depression



There are more young people going into hospital with a mental health problem.





In our region:

- 2000 people over 35 years old die each year from a disease linked to smoking



- One in every 12 people drink far too much alcohol



- People with a learning disability are likely to die younger than people who don't have a learning disability



3. Health and care staff

Our staff want more support.

We cannot always get the doctors and nurses we need to join our teams.



One in every 5 GPs will retire in the next 10 years. One in every 3 nurses are over age 50.



We want to help our staff to work better by using computers to share information more.

4. Older people with many illnesses



As you get older you may get diabetes, breathing problems and high blood pressure.



In Lancashire and south Cumbria people with a long term health problem have a worse quality of life than others.



You can be frail and vulnerable at any age.



They often end up in hospital beds because there aren't enough services to treat them at home.



We plan to help people to get treatment while living in their own home or as close to home as possible.

5. Mental health



There are not enough services for people with mental health problems.



This means that people feel alone and their general health gets worse.



We plan to offer more support to people close to home.



We will also provide more support for people with mental health problems when they go to hospital in an emergency.

6. Knowing where to go

It is not always easy to choose where to go with a health problem.



Too many people go to the Accident and Emergency (A&E) unit at hospital when they could have been seen by their local doctor or a community service such as a pharmacist.



It costs much more to treat a patient in A&E than at the local doctor.



Seeing the practice nurse costs the NHS less than going to a walk-in centre.

Things to do to stop you being ill



Many people get ill as they have not looked after themselves.

Some people may need extra help understanding information and advice about diet, food, cooking and regular exercise



We want people to look after themselves so they stay fit and healthy for as long as possible.



We plan to:

- Help people to come together in their communities to think about healthy lifestyles
- Work with schools, work places, and community groups to tell people about healthy living





- Give people with common illnesses, like coughs and sore throats, support and advice to manage them better at home



- Give people with long lasting health problems ways to look after their health problems at home



- Give people with learning disabilities a health check every year



- Notice diseases like diabetes and cancer sooner



- Think about people's health when we plan new roads, rail and housing schemes

How people feel



It is important to help people with mental health problems quickly so that their condition does not get worse.

We plan to:



- Make sure there are enough well trained staff to support people and help people locally
- Make sure that we notice mental health problems early



- Treat people's physical health problems at the same time as their mental health problems
- Work quickly to help people who might harm themselves



- Provide a safe place for children with mental health problems which is near to where they live

Local care



We want people to be able to get more services from their local doctors' (GP) surgery.

GPs and other health staff would like to work more closely with other local health services and voluntary groups.



We want people to understand more about the different ways that pharmacies can help.



We plan to:

- Spend more money on local services so that people don't have to use hospitals as much
- Help pharmacies and other community services to support people with minor conditions like coughs, colds and sore throats
- Give more training to GPs and other health professionals
- Help more people with learning disabilities to live independently at home



Working together



We want all different services to work better together to give the best support to people.



This means that health and social care services should work together.

We plan to:



- Give people the information in easy read so they can stay healthy and independent
- Help the different organisations involved in your care to share information so you don't have to explain things over and over again
- Help health services and mental health services to work together better





- Work better with care homes



- Make sure that advocacy services are ready to help people who need extra support to get care and support



- Help people to have care plans that are right for each individual person



- Check that your local services do what they should do

Hospital Care



We want to make sure people get the best care at their nearest hospital or a more specialised hospital if necessary.

We plan to:



- Help our hospitals to work together more and share staff when needed
- Help our hospitals to work more closely with health services in the community
- Make sure our hospitals look after you properly
- Make sure people don't have to wait too long for hospital treatment, especially in the Accident and Emergency unit (A&E)
- Make the best use of the doctors who are experts in a certain type of care



Emergency and urgent care



Urgent care is where you need some help straight away - but you are not in danger of dying.



Emergency care is when you might die if you don't get help quickly.

People say that they want urgent health care close to home.

We plan to:



- Help GPs, urgent care services and walk-in centres to work more closely together
- Work with GPs and nurses to help them to be available in the evening and at weekends, wherever you live in our region
- Support hospitals to work together so that patients with serious needs get the best expert help





- Make sure there are mental health staff working in A&E units



- Improve the way we give advice with leaflets, helplines and online



- Listen to what people say about our services

What do you think?



We want to know what you think.

There are many different ways that you can tell us what you think about these plans.



Please go to **www.healthierlsc.co.uk** to find out how to have your say.

For more information

If you would like to find out about what is happening in your local area contact:



Healthier Lancashire and South Cumbria

Email:

healthier.lsc@nhs.net

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Central Lancashire: Our Health Our Care

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