

Workforce Engagement

what is self-care?
 "I use my FitBit for self-care"

what is self-care?
 "Getting enough sleep is our biggest self-care priority"

Your recent experiences of accessing health and social care services

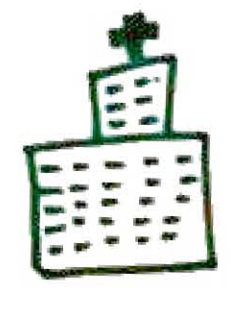
I ♥ myGP app!

I can't get an appointment with my GP

what is self care?
 "To me, self-care is doing what you can to sort yourself out"

 Elderly people don't use technology

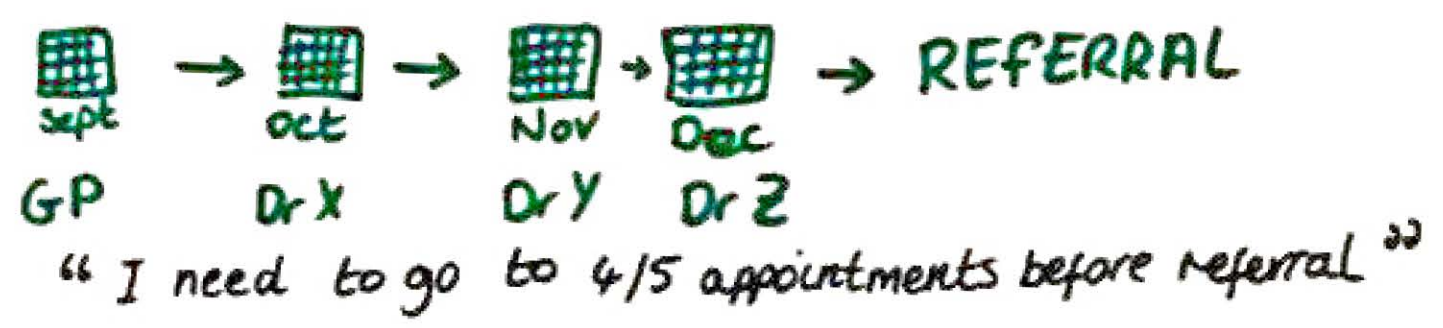
 APPOINTMENT WAITING TIMES ARE TOO LONG

 I use the urgent treatment centre for everything

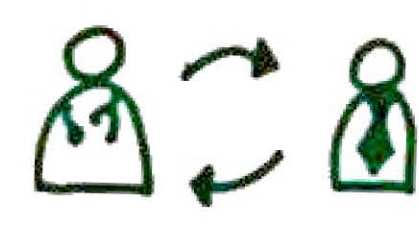
Ideas for decision makers to improve services?

 mental health services in crisis
 "we need someone watching over whole system"

what is self-care?
 "Being able to manage work, school, mental health without burning out"





people in crisis can't attend appointments and get removed from services
 Crisis Patient better

mental health patients need stability in who is providing their care


What should good health and care services look like?

FOR EVERYONE!


 ←  8-9pm
 late appointments for professionals/working people only

 FREE CAR PARKING

BE MORE APPROACHABLE
 www: online directories social media


 DNAs
 Talk to the hospital online
 eg "Don't forget your appointment"

If you/your employee became ill what would you/they do?

"Work is good at giving us time off for appointments"

what is self-care?
 "we get 're-charge' days via work to self-care"
