

Personalisation, health and well being

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unlocking potential **effecting change**

What the government wants for people who need social care

The Care Act 2014

- Local authorities have to promote the well-being of everyone in their area
- Local authorities are expected to spend money to prevent people needing care
- People who are eligible for funding from the local authority for their care, have that funding as a personal budget which (theoretically) they can spend as they wish.
- Local authorities must make sure people can choose from lots of good quality services

What the government wants for people who need health care

NHS England: Five Year Forward View

- Main focus is on preventing people getting ill – eg: national action on obesity
- People who do need health care will have more control over their care – including shared budgets combining health and social care money.
- People will have more choice of services to meet their health needs

Community Catalysts CIC

Work across the UK to help people find out what they are good at and passionate about - and then use those skills and that passion to help other people in their local community. People set up social care and health enterprises that give people more choice of:

- What they do with their life
- How they get the help they need to do it





Stories

Encourage Activity

Chris Golding uses his sports coaching skills to help older people in care homes get active.



“Most of our days are exactly the same, this is a lovely bit of light relief it’s fun and competitive.”

“One lady who is 100 years old and after the first few sessions joining in whilst sat in her chair suddenly got the competitive bug and decided to stand up and see if she could get a better score”

Wheels for Wellbeing

Wheels for Wellbeing provide inclusive cycling, off-road, for anyone with a disability, impairment, older people, and in rehabilitation. So no matter what age – children to the eldest person alive – whether people have cycled before or never cycled they have a bike for everyone. www.wheelsforwellbeing.org.uk



Specialist Leisure Services

Specialist Leisure Services offers people with disabilities different sports opportunities.

Sam started mobility classes with Elaine Ball of SLS in 2010 with little mobility. She now attends all SLS classes, plays bowls, is a member of Wheely Different and their fund raising officer, is a wheelchair dancer and living the life! The picture shows Sam receiving a Sports Disability Award in 2014.



Get Yourself Active

Sports and other physical activities help people get healthier and feel better about themselves.

Get Yourself Active fits with what government wants for people

- Helping prevent people from needing health or social care
- Helping people stay mentally well
- Helping people learn new skills, make friends and have fun

Understanding the fit between sports and health and social care

- People with personal budgets and personal health budgets can use them to buy support and services that ‘meet their assessed need’
- Sports can offer people the opportunity to get healthy, do something they want to do and make friends – all things likely to be included in ‘assessed need’

BUT

- In our experience social care and health professionals often think about more traditional services first:
 - Exercise classes
 - Day centres
 - Clubs

'Talking to' health and social care

- People with personal budgets need to know about sports options
- People with a good local Centre for Independent Living (CIL) will go there for information - today is an opportunity to work out ways in which a local CIL can find out about local sports opportunities
- Many people rely on their social worker or GP for information
 - Approved lists
 - Social prescribing

Working together.....

.....to make sure people with disabilities have better opportunities to learn new skills, get healthy and have fun

Is what today is all about!

For more about Community Catalysts CIC

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