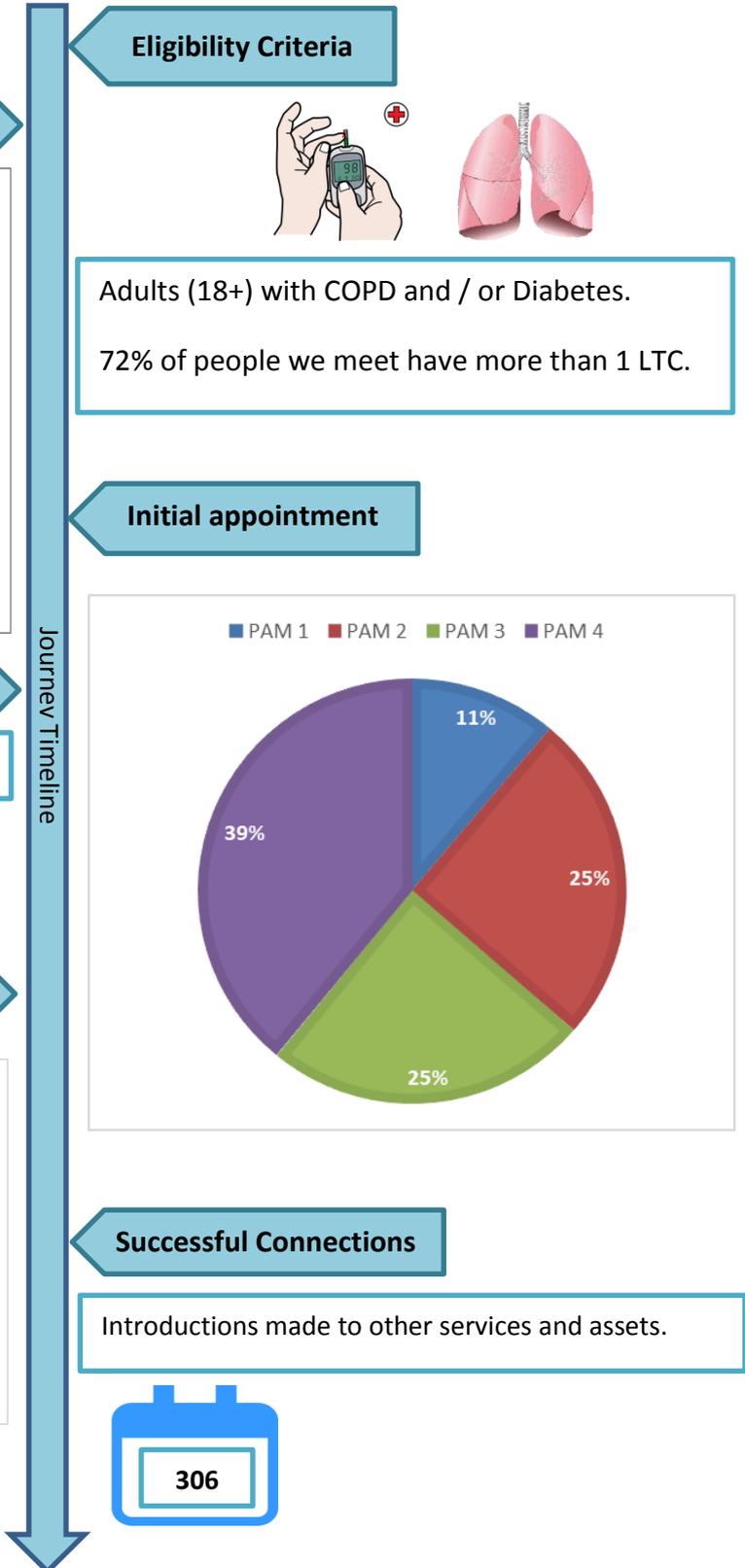
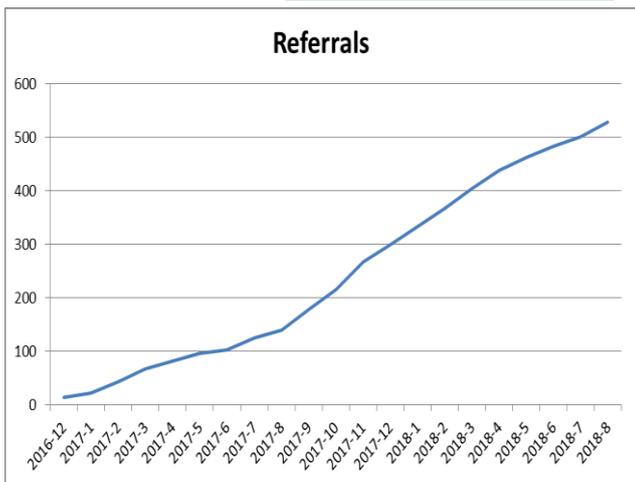




The 'A Better U' Coaching Team is working across a number of practices in South Tyneside, supporting a shift in care towards a bio-psycho-social approach. We motivate people to make healthier lifestyle choices, to improve their health and wellbeing and to access community assets. The Patient Activation Measure (PAM) is used to identify client needs for intervention and to measure success, an increase in PAM is linked to a decrease in health and social care costs.

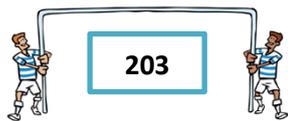


Referrals

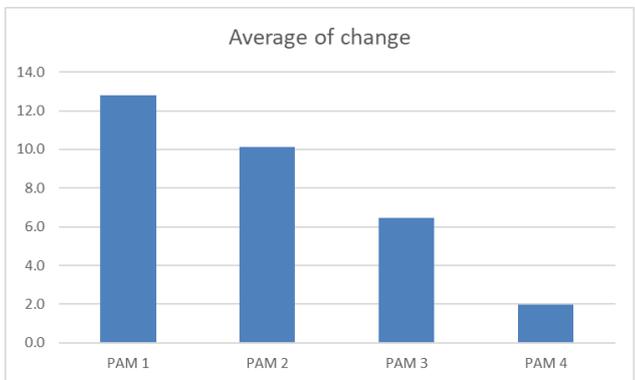


Intervention

Goals made by people we see.



Change in PAM



THE PEOPLE

The Background

“Kath” was identified via our targeting work within the GP practice pathway. She had multiple exacerbations and was currently taking her rescue pack medications and also on oxygen therapy. Our self-care coach made telephone contact and invited Kath to attend an appointment. A home visit was scheduled where we explored how we could best support her. Kath has good family connections and support and had independently given up smoking for a period of four weeks. Kath shared that she uses a wheelchair to get around and that she would really like to exercise but did not know how this would be achievable.

The Support

We supported Kath by providing her with information surrounding exercises. We connected Kath to local seated exercise courses and provided her with exercises that could be completed at home. We encouraged her to engage with smoking cessation advisors to manage her nicotine cravings.

The Achievements

Kath was a Level 2 PAM when we first engaged and is now a PAM 4 with an improvement of 14.6 points! Kath has sought support with smoking cessation and has started doing leg exercises at home on a regular basis. She has also commenced water exercise classes at her local swimming pool. Kath tells us that this is the “best I’ve felt in a long, long time” and that she is “quite happy with my little

What’s new?

Our original project of working with people who have been diagnosed with COPD was expanded to include Diabetic patients diagnosed in the last twelve months. We are now able to provide support to **all** people diagnosed with this condition.

We are making steps to develop our Mutual Aid networks and are working closely with our Volunteer Facilitator, exploring the commencement of a male only support group for people with long term health conditions.

LTC Mutual Aid Group

- **Group based support in a social format**
 - **Goal setting and education**
- **Support to access community assets and services**

Interested?

Every Tuesday Morning 09:30am - 11.30am at Centre For Change, Stanhope Road, South Shields, NE33 4BA

Contact **Zoe Grant** on **07519070812** if you would like more information.

