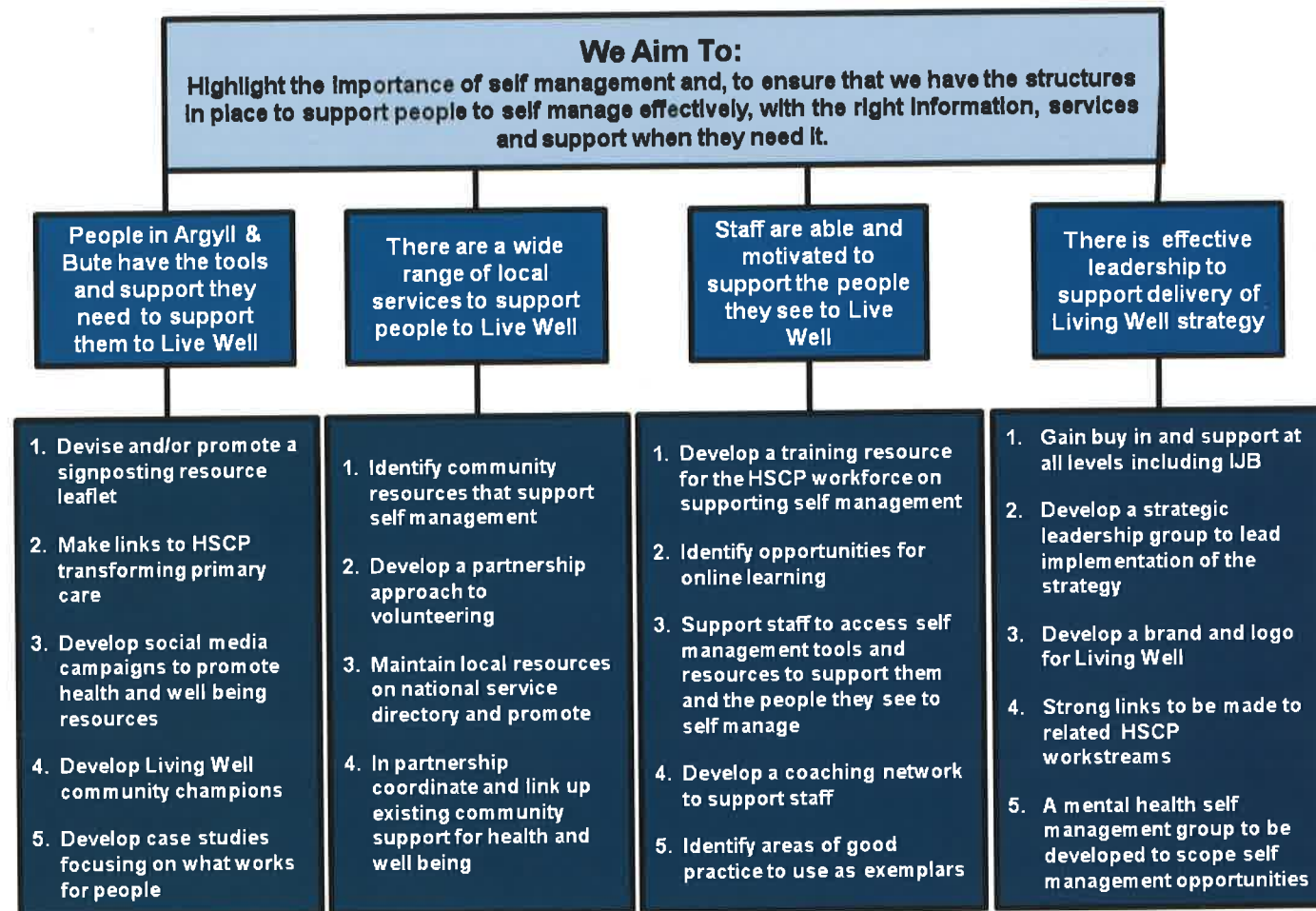


## HOW will we do this?

We have developed a 5 year action plan that will be implemented over the next 5 years. The summary actions are highlighted in the diagram below:



The full strategy contains information about self-management, demographics, and our engagement process, as well as more detail on our outcomes.

You will also find a few case studies on some person-centred activity currently happening in Argyll & Bute.

You will find the Living Well Strategy and the more detailed Living Well Action Plan at

[www.healthyargyllandbute.co.uk](http://www.healthyargyllandbute.co.uk)

# Living Well Strategy SUMMARY



**Supporting Enablement,  
Prevention, and Self-Management  
in Argyll & Bute  
2019-2024**

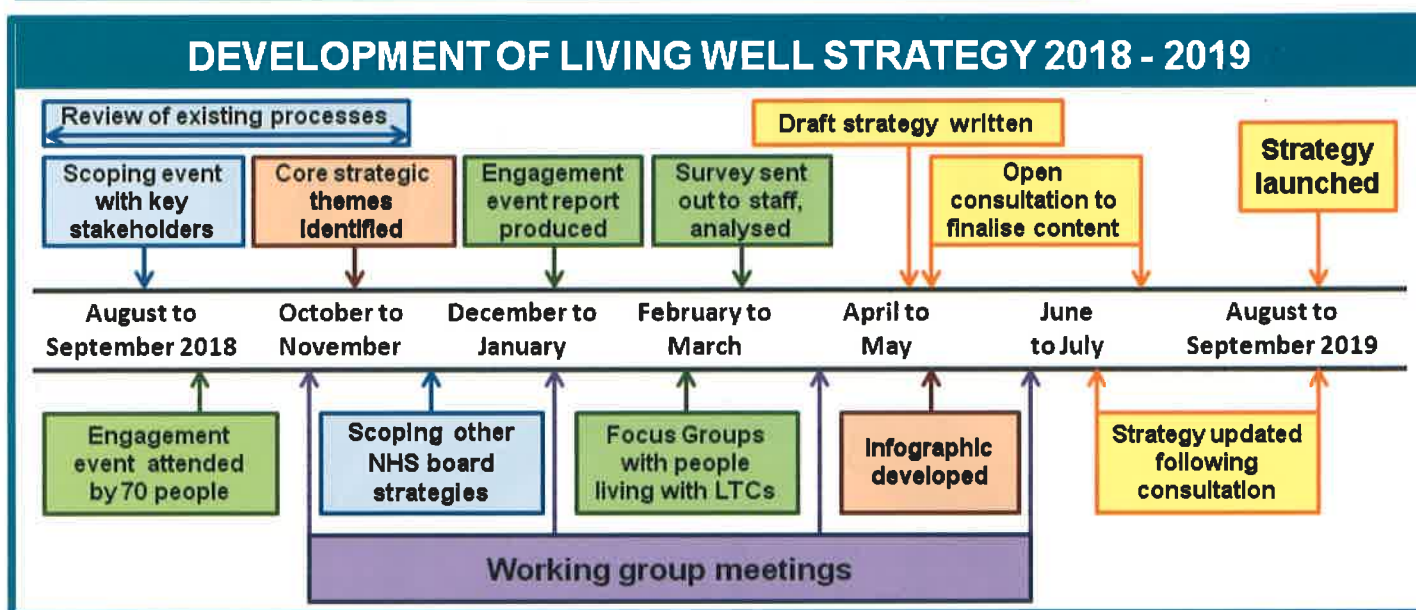


## WHAT is the Living Well in Argyll & Bute Strategy?

Our intention is to highlight the importance of self management, and to ensure that we have the structures in place to support people to Live Well effectively with the right information, and support when they need it.

The Living Well Strategy sets out the key outcomes that Argyll & Bute HSCP with our partners will to strive to achieve through the actions contained in the Living Well Implementation Plan. We hope, through this strategy, to **Empower** people, **Enable** the workforce, and **Improve Access** to support.

## HOW did we get here?



## WHY are we doing this?

Argyll and Bute has a higher proportion of older people than Scotland as a whole, with 11.6% aged 75+ compared to 8.5% in Scotland as a whole. Over the next 10 years, the population is projected to decrease overall by 4% to 83,120 people. However, the population of those 85+ is projected to increase by 32% in 2029.

This decrease in the overall population with the increase in numbers of the eldest in society represents a challenge to Argyll & Bute. Trends show increasing prevalence of diseases, particularly Type II Diabetes and hypertension, both of which are risk factors for other conditions like heart disease or stroke.

## WHAT did we learn?

There are many different ways that people self manage. Most of this is supported within the community, some by services. The diagram on the next page highlights some of the different services that have a role to play in supporting people to self manage.

We found excellent examples of third sector community-based person-centred services / approaches already in place in Argyll & Bute, and highlighted these in case studies in the strategy. Other useful tools include personal plans such as WRAP (Wellness Recovery Action Plan), Anticipatory Care Plans and the self-management toolkit.

The strategy is built around our vision where all level of services, community, third sector and statutory services work together to enable people to take control and support them to live well. Based on our engagement activity, 4 outcomes were identified:

### Outcome 1 – People

*People in Argyll & Bute have the tools and support they need to support them to live well.*

- 1.1 People living with Long Term Conditions will be more informed about how to manage their condition
- 1.2 Self management courses and toolkits are accessible to people
- 1.3 People in Argyll and Bute will understand what support is available and know how to access it
- 1.4 People in our communities will be more physically active
- 1.5 The skills and expertise of people living with their conditions is recognised and supported

### Outcome 2 – Communities

*There are a wide range of local services to support people to live well*

- 2.1 Our community Assets (services) are recognised and promoted
- 2.2 Links with the third sector and HSCP will be stronger
- 2.3 There will be an improved understanding of community led self management activity and its availability in our communities
- 2.4 Joint working opportunities will be increased for community groups/organisations to support them to build on existing activity/resources
- 2.5 There will be an increase in activities available in communities

### Outcome 3 – Our workforce

*Staff are able and motivated to support the people they see to Live Well.*

- 3.1 Our staff will feel supported to self manage their health and wellbeing
- 3.2 There will be increased understanding of what support and activity is available in our communities and how people can be signposted to it
- 3.3 The workforce will feel more confident in referring/signposting people to community led activities/support
- 3.4 Our staff will feel better equipped to support people to self-manage

### Outcome 4 – Leadership

*Effective leadership to support delivery of Living Well Strategy*

- 4.1 Living Well in Argyll & Bute has a clear and recognisable brand and identity
- 4.2 Good practice for living well is recognised and promoted
- 4.3 A strategic group exists to lead and direct living well activity in Argyll & Bute
- 4.4 There are effective connections between living well activity in Argyll & Bute
- 4.5 The Living Well Strategy has an implementation plan