



Healthcare  
Improvement  
Scotland

Community  
Engagement

# Engagement Case Studies

Dr Kate Dawson, Suzanne Thomson, Lynn Anderson

Community Engagement in  
Primary Care event



# Case Studies Video



<https://youtu.be/-gtGAc69M5Q>

# Benbecula Medical Practice Facebook Group

- Medical Practice in the Western Isles
- Set up a Facebook Group for patients
- Membership has grown over time



# Aberdeen City Health and Social Care Partnership Living Well with Diabetes Type 2 Peer Support Group



Aberdeen City Health & Social Care Partnership

*A caring partnership*

- Co-production
- Project group made up of a wide range of professionals
- Currently 3 groups set up – wider activities to be started when restrictions allow (cooking, walking group, Technogym)
- Keeping in touch with core group via Teams
- Regular contact with wider group through email and phone calls



# Power

Healthy & Connected Communities



A project supported by the European Union's INTERREG VA Programme, managed by the Special EU Programmes Body (SEUPB)



Southern Health  
and Social Care Trust



Western Health  
and Social Care Trust



# What is mPower?



## Healthy & Connected Communities

- EU funded 5 year project; 2017 to 2021\*
- Supporting older people (65+) living with long-term conditions
- Enabling people to live well, safely and independently in their own homes
- Supporting self-management of their care in their community



# Importance of Self-management



- Long term conditions require ongoing management and become more prevalent with age:
  - **Aged 65-74s - 65%**
  - **over 75s - 72%**
- LTCs account for large proportion of GP appointments and hospital admissions
- Helping people live in better health for longer
- Self Management is managing for yourself, not by yourself (Alliance)



## What services does mPower provide?



Community Navigators support beneficiaries to develop person centred, holistic, Wellbeing Plans and Anticipatory Care Plans. This includes:

- Self Management
- Independent living
- Digital health interventions
- Social prescribing





# Referral Pathways

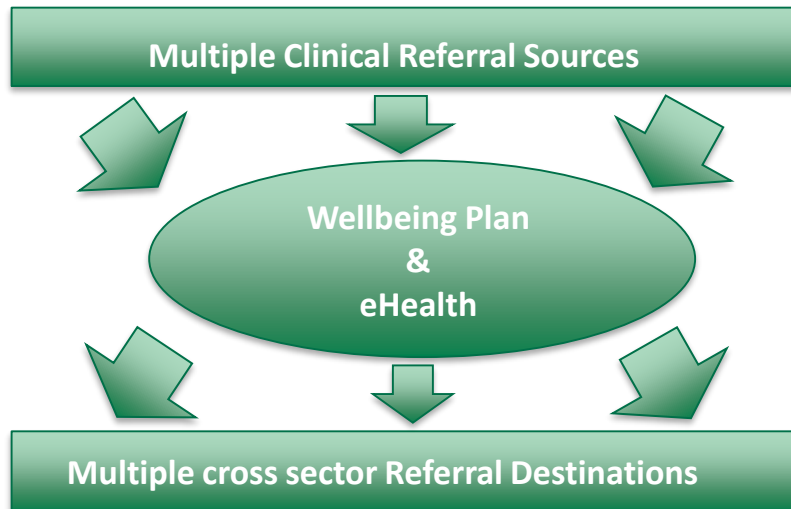


## 5 Priority Areas:

- Social Work
- Community Mental Health Teams
- Respiratory
- Intermediate Care Teams
- Reablement



# mPower pathway



**Thank you  
....and happy to answer any questions**

**Lynn Anderson  
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# Get in touch

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