



### **Self Care Packs**

The Self Care Packs are intended to form a key part of clinical pathways, with the intention of being used as a tool for health, social care and the third sector to use. They are aimed at adults with the condition so that they can manage as much of their own care as possible, with support.

Developed as part of the Integration of Health and Social Care Programme, the following virtual Self Care Packs have been developed:

- Dementia Self Care Pack (currently sits on SystmOne)
- COPD (Coronary Obstructive Pulmonary Disease) Self Care Pack
- Asthma Self Care Pack
- Heart Failure Self Care Pack

### **Why have the packs been developed?**

The packs have been developed for the person with the condition and are designed to support and empower people to feel more confident about their self care, maintaining independence, control and responsibility. It is hoped that the packs will be a useful resource, in supporting people to manage and understand their condition better.

### **How can I use this pack?**

It is intended that if a patient with a condition presents at surgery, that the GP will be able to refer to the pack, and either email or print off the pack, or relevant pages from it, to give to the patient.

### **How do the packs help me as a professional?**

The packs contain information and advice for people to use who have been diagnosed with each of the specific conditions. Use of the packs by individuals should enable them to manage and stabilise their condition as much as is possible and in keeping better for longer, reducing reliance on health and social care services.

For further information, please contact Tina Butler, 01274 437963 or email [tina.butler@bradford.gov.uk](mailto:tina.butler@bradford.gov.uk)