

We can't do it without you

When we think about changes to community services in Bath and North East Somerset we want to see as much focus given to your emotional wellbeing as your physical health. Services that talk to each other, that involve you in decisions about your care, and that help people to manage long-term conditions so they can feel in control and independent.

But what do you think?

- How could community services really help you or your loved one?
- What's important to you when you're ill?
- What would you want to happen if you suddenly needed extra support at home?
- How can we help you manage your long term conditions better?

Getting your views on questions like these is what **your care, your way** is all about. We want your thoughts and ideas about the way community services should work for you, your family and your friends.



Get involved!



Join in:

Come to a *your care, your way* event or invite us to your local community group



Find out more:

www.yourcareyourway.org
yourcare@bathnes.gov.uk



Call us:

01225 396512



Write to us: Your Care,
Your Way, BaNES CCG,
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Let's plan community services together

Getting started January – April 2015

**Bath & North East
Somerset Council**

NHS
Bath and North East Somerset
Clinical Commissioning Group

Introducing *your care, your way*

At some point in our lives all of us will receive some kind of healthcare outside of hospital. These community health and social care services are provided by a range of organisations and overseen by Bath & North East Somerset Council and the Clinical Commissioning Group working together.

We want to make the way these services are organised and delivered even better which is why we have launched *your care, your way* – a review of community health and care services.

It's important that we hear from as many people as possible before we start to change things. It's only with your feedback and your vision that we can design and commission services that will help you, and your loved ones, to live healthier and happier lives.

Let's plan community services together!



Councillor Simon Allen
Bath & North East
Somerset Council



Dr Ian Orpen
NHS Bath and North
East Somerset Clinical
Commissioning Group

What are community services?

'Community services' is what we call health and care services that are delivered at a person's home or in nearby local care settings. It's a very big part of what the NHS and the Council does and it includes:

- Working with new mums to ensure their child gets the best start in life, such as a **health visitor**
- Helping children develop to their full potential in their early years, such as **speech and language therapy**
- Helping people manage their own care and support needs with **personal budgets** and **direct payments**
- Giving specialist care for specific health conditions, such as **diabetes nurses**
- Helping people to avoid unnecessary hospital stays, such as **district nurses**
- Supporting people to live independently for as long as possible, such as **the falls prevention team**
- Prolonging independence with voluntary, community and housing-related support, such as the **independent living service**
- Helping people to readjust to daily life following a change in their health or a stay in hospital, such as **physiotherapists** or **reablement services**
- Giving people the best quality of life at the end of their life, such as **palliative care nurses**.

Here in Bath and North East Somerset...

A man's life expectancy varies depending on where he lives. **Just five stops** on the bus can make a difference of over **8 years**.



There will be a

38%

increase in the **65+**
population by 2030.

36% of our
population live in
rural areas without
reasonable access to
GP facilities
by public
transport.



Last year **815 people** were able to die at home as they wished. We want more people to die where they choose. We're better than the national average but there's still room for improvement.



1 in 10 people aged over
18 are carers.



155 young people are carers.