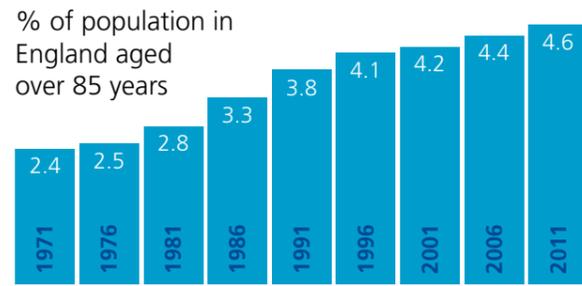


ENHANCING THE QUALITY OF LIFE FOR PEOPLE LIVING WITH LONG TERM CONDITIONS

Long Term Conditions are those that cannot, at present, be cured, but people living with these conditions can be supported to maintain a good quality of life.

People aged over 85 years are more likely to be living with a long term condition including frailty.

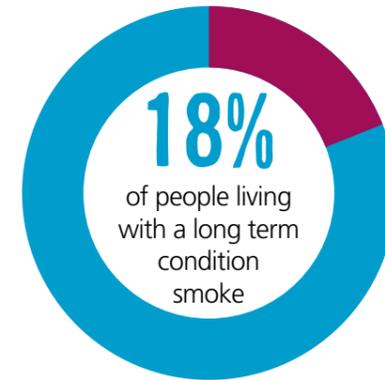


People might be living with more than one long term condition. Of the people who report that they live with long term conditions;

24% have two long term conditions...



...and 20% live with three or more long term conditions.



People who smoke are more likely to have flare ups in their condition and more likely to be admitted to hospital.

Carers are a hugely important asset to the NHS as well as the people for whom they care.



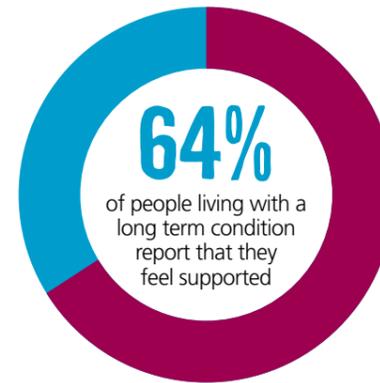
80% of carers said that caring has had a negative impact on their health.

Carers may need support both in their caring role and in maintaining their own physical and mental health

However many conditions people are living with it is important that they **feel supported** to manage their overall health and wellbeing. They should have a **care planning** discussion recorded in a written care plan.

72%

of people with long term conditions use their care plan to manage everyday health



5.4%

of people with long term conditions have a written care plan

People living with a long term condition are less likely to be working than the general population.



72%
of the general population are in work

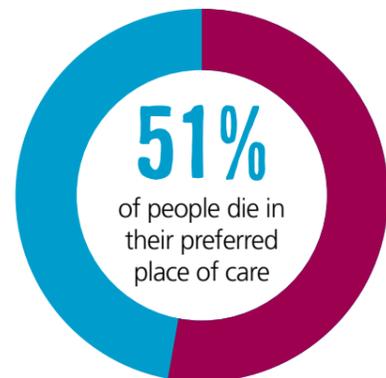


59%
of people with long term conditions are in work



35%
of people with a mental health condition are in work

Over time the needs of people living with long term conditions may change. Planning ahead is key for people who are approaching the end of life and for those important to them.



People should have opportunities to discuss their wishes and preferences for now, and for the future, and to have these recorded in a personalised care plan.

People living with a long term condition are more likely to use health and care services. They account for:



50%

of all GP appointments



64%

of all hospital outpatient appointments



70%

of all hospital bed days



70%

of total health and social care spend