

Breaking down barriers to better health and care



An EasyRead Guide

Introduction



The world has changed a lot since the NHS was set up more than 70 years ago.

People are living longer and new technology and treatments have made a big difference to people's lives.



In the past many people have had care that wasn't properly joined up.



They may have to repeat the same information to lots of different people and they may be going to the hospital when they don't need to.

This isn't good for them and isn't a good use of staff's time.



We need to support people to live their lives independently so they can have a healthy future.

How our health and care needs have changed



People are living longer and to an older age.

More people have more than one long term health condition like diabetes and asthma.



Many people who have a long term physical condition also have a mental health condition like anxiety or depression.



Lots of people are overweight or obese.



Overall, people who live in poorer areas don't live as long as people in richer areas.

Sustainable Transformation Partnerships



To make health and care better for everyone, services in every area have joined together in local partnerships.



These include GPs, hospitals, and other nearby health and care services. Together, they will make sure that everyone gets the best care possible.



Partnerships look after the needs of the people that live in their area.



They want to help people live healthier lives and get the right care and treatment.

Integrated Care Systems



Some areas are working even closer, becoming 'integrated care systems'.



In these areas, NHS organisations and local councils share their skills and resources.



They also get more powers to improve the care and health of the people in their community.



In the future, more areas will work in this way. Everyone will learn from each other.

Here are some of the ways local services can get better

Moving services closer to local people



In Frimley, people with mental health concerns can go to a local café instead of having to go to accident and emergency. (A&E)

From there they can receive care, advice and support that they need.



People can be treated quicker for a wide range of health needs at new local centres.

These centres will have GPs, doctors, nurses and other care professionals.



People in Frimley are very happy with the help and support they get and having less visits to the hospital.

GPs now have more time to care and treat people who really need it.

Expanding and improving hospital services



The NHS in Dorset is building new local centres to do things like blood tests and X-rays.

Like in Frimley, these will save people having to travel far to hospital as they can get the treatment and care closer to home.



This will allow Dorset's hospitals to do more complex work and to offer more 24-hour services.



Hospitals can give better and safer care, saving more lives each year.

Improving day to day health and wellbeing



People in Lancashire and South Cumbria have poorer health than in most other parts of the country.

But there are new fun ways to help them get out more and improve their environment.



Technology is helping them to look after their own health.

They can record their heart rate, blood pressure and oxygen levels, and receive text messages with health advice and reminders.



People over 60 and with two or more long term conditions can see a team of experts, who will help them make a new care plan.

They will keep seeing a member of this team to check if the plan is working.

Find out more

To keep up to date about how health and care are changing:

www.england.nhs.uk/integratedcare

Subscribe to NHS England's fortnightly bulletin, Future Health and Care:

www.england.nhs.uk/email-bulletins/future-health-and-care-update

