

Ways to Wellness

a new approach to long term
conditions in Newcastle West

The service

Help patients with long term conditions to

- take up healthy activities
- access local services
- take more control of their condition(s)

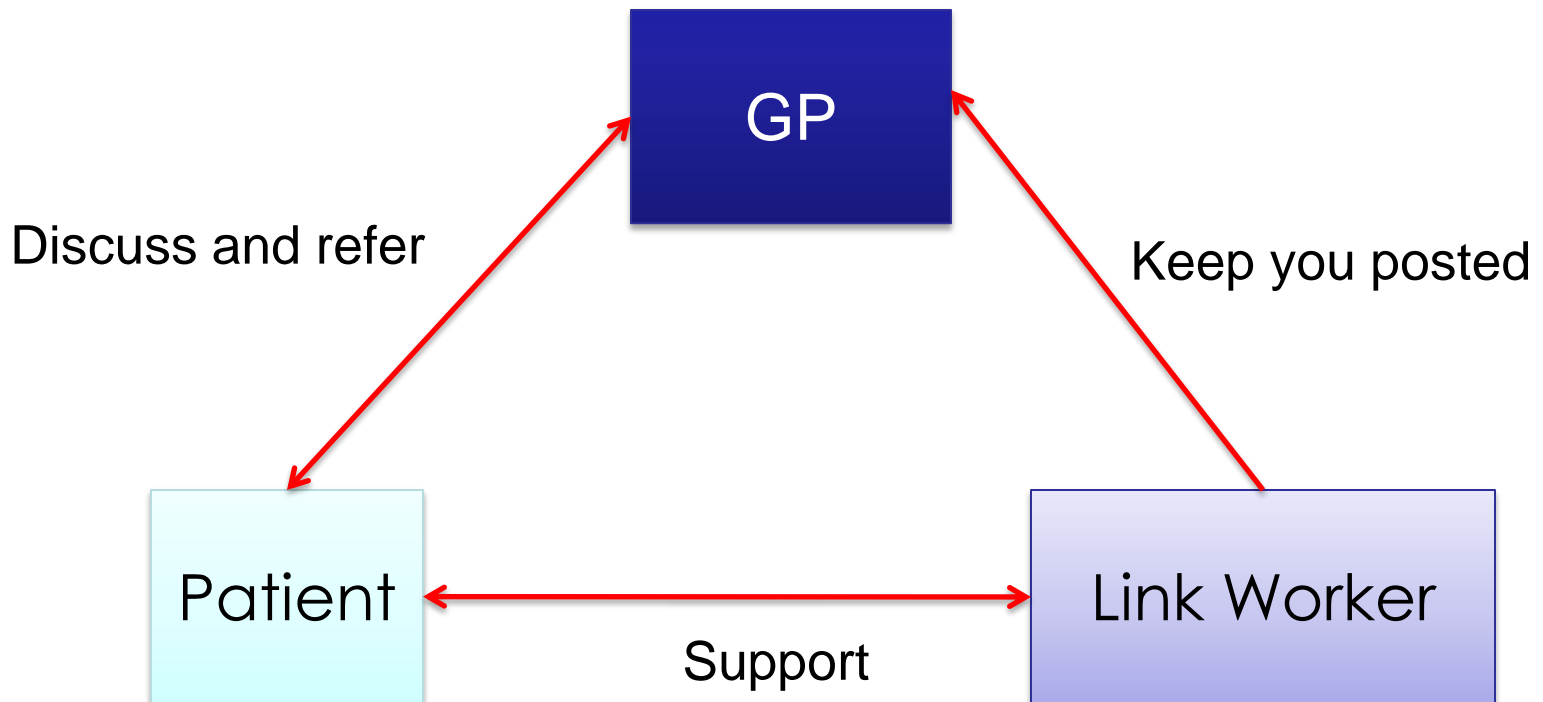
Long term support from a 'Link Worker'

5,000 patients a year





Ways to Wellness



Ways to Wellness Referrals

Patients with any of the following long term conditions:

- Arthritis or chronic MSK pain
- COPD and Asthma
- Diabetes
- Angina
- Heart Failure
- Hypertension
- Epilepsy
- Any of the above with depression and anxiety



Referrals...continued

GPs are asked to prioritise those people who:

- Poor English literacy
- Socially isolated
- Obese or inactive
- Poor understanding of their condition
- Poor adherence to taking prescribed drugs
- Poor health – but scope to improve with lifestyle change (not 'end stage')
- Frequent attenders at the Practice or hospital





Launch

April
2015