

Personalised Care Plan

What is it?

Care plan developed between healthcare professionals and the patient to ensure an individual's personal values, concerns, usual behaviours and lifestyle choices are taken into account in shaping how they will be supported to live with and manage their condition(s). One plan, shared by all but owned by the patient so they are in control and can more effectively self-manage

Why?

- › Patient/carer feels more in control of life and care decisions
- › Patient experience improved; better health care outcomes

CASE STUDY



South West Lincolnshire CCG

"All About Me"

Key aim: Reduce hospital stays, reduce delays in discharge, promote independence and improve patient involvement in care decisions and delivery - putting patients in better control of their health and well-being.

Delivery model: Hand-held care planning booklet owned by the patient which communicates the patient's care and support needs for daily living and well-being. Developed and completed with patients and carers - used pre-diagnosis to end of life across health and social care.

Initiative supported by 20 plus partners across health, voluntary, community and social care.

Key outcomes: reduced stay in acute care, safer pathways, planned discharge more effective releasing time to care and patients empowered to be 'included and in control' - increasing positive patient outcomes and self-management.



*'my care plan was agreed with me and based upon my clinical and social support needs, rather than 'made to fit' within woefully inadequate budgetary constraints'
'Having a personalised care plan that I can take with me and share with any health professional as required'
'Personal Involvement with development of care plan to manage my long term, life limiting health issues and empowerment to make decisions felt best for me.'*

(PIC Survey: Midlands and East, 2014)

"...I wish I had had this to use as a handover document when my husband was a 'frequent flyer' in Lincoln Hospital; this would have joined the dots to ensure the person behind the illness was not just a baseline statistic.." (patient suffered from heart failure)

"...This document will allow me to share as much, or as little as I want to share. I am in control....."

(patient with long term condition)

