How Peer Support and Self-Management skills improve patient experience and enable people to become more engaged in their own health, whilst delivering System benefit through creating community assets and more effective public and patient involvement.
# hello my name is...

Helen Graham

HealthMaker Facilitator and Patient Partner

www.berkshirehealthcare.nhs.uk/healthmakers
Peer Support

HealthMakers Pop In Café
1st Thursday 10.30am - 11.30am
3rd Monday 2pm - 3pm
every month
Bracknell Open Learning Centre

www.Berkshirehealthcare.nhs.uk/HealthMakers

www.berkshirehealthcare.nhs.uk/healthmakers
Becoming a Resourceful Self-Manager

- Challenging Unhelpful Beliefs
- Recognising, Accepting and Embracing Change
- Problem Solving
- Recognising and Managing Setbacks
- Goal Setting
- Goal Follow Up

Self-Management Tool Box

www.berkshirehealthcare.nhs.uk/healthmakers
When to encourage or refer

<table>
<thead>
<tr>
<th>No Role to Play</th>
<th>Starting out</th>
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<tbody>
<tr>
<td>Importance</td>
<td>Shaping the journey</td>
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<tr>
<td>Confidence</td>
<td>On the way</td>
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<tr>
<td>Problem Solving</td>
<td>Keeping Going</td>
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Consider suitability as facilitator or patient partner?

Refer to self management

Encourage self management & refer to peer support

www.berkshirehealthcare.nhs.uk/healthmakers
The role of Healthmakers

I'm informed
I'm confident
I'm improving my health & well-being

Self Care Info

CCG Meeting
How do we improve Healthcare?

Facilitating others

We are a Community

Learn | Network | Self Management
Long Term Conditions | Community | Support
Self Care | Shared Decision | Share
Collaboration | Facilitation | Partnership

www.berkshirehealthcare.nhs.uk/healthmakers
#HealthMakersUK

www.berkshirehealthcare.nhs.uk/healthmakers
How can our Thames Valley health & care systems work together to maximise the benefits of peer support and self-management?

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Questions?