

# Our future Generations: Living Well

## A Health and Wellbeing Framework for Hywel Dda

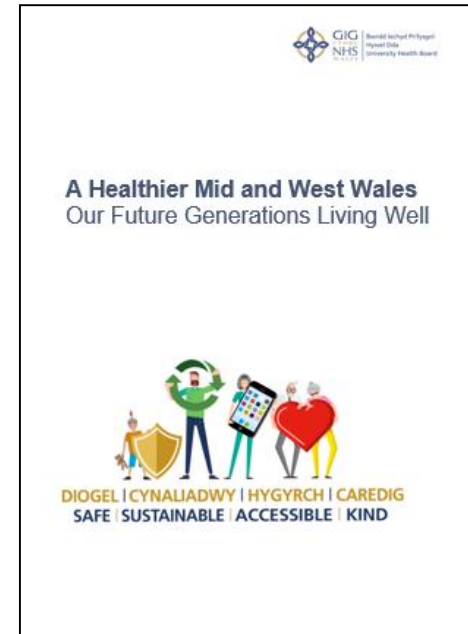


## Health and Care Strategy

considered and approved at Public Board, 29<sup>th</sup> November 2018

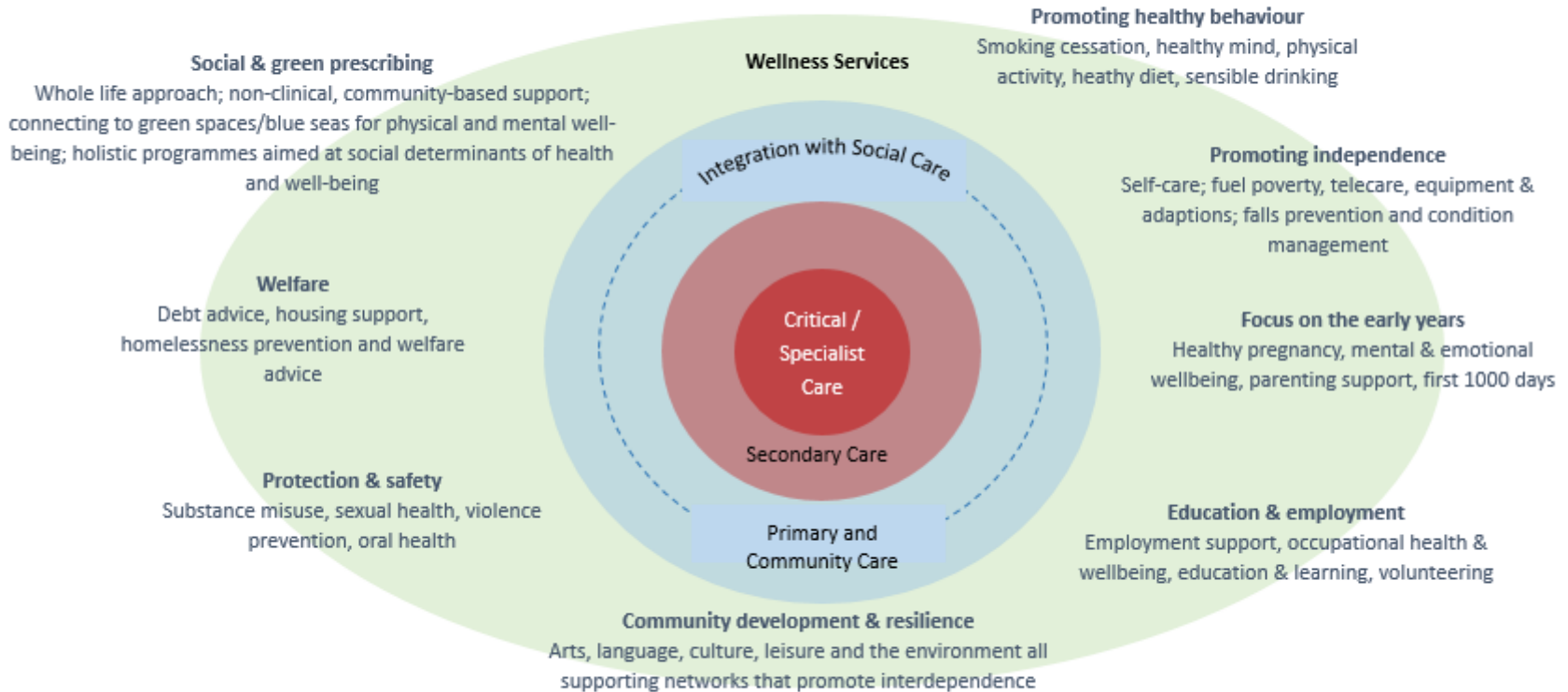
### What is the Health and Care Strategy:

- Population Health – 20 year vision and new strategic goals
- Health and care strategy – 10 year – medium to long term programme plan - fundamental shift from a medical to a social model of care



# Living Well

Our shared vision is a mid and west Wales where individuals, communities and the environments they live, play and work in are adaptive, connected and mutually supportive. This means people are resilient and resourceful and enabled to live joyful, healthy and purposeful lives with a strong sense of belonging



“Safe, Sustainable, Accessible and Kind”



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# A Shared Vision, Strategic Goals and Long Term Outcomes



## Living and Working Well

Every adult will live and work in resilient communities that empower personal and collective responsibility for health and wellbeing.

- I am supported and I contribute to creating the environment that enables me to look after myself, others and take responsibility for my independence
- My life counts, has purpose and I live a meaningful life with opportunity
- My community is connected, inclusive and supports life-long learning through the promotion of understanding and respect between generations



## Starting and Developing Well

Every child will have the best start in life through to working age, supporting positive behaviours and outcomes across the life-course.

- I am happy and confident, feel safe and that I belong and have help if I need it
- I am listened to and understood enabling me to reach my full potential
- I have meaningful opportunities and feel empowered to influence decisions about my life



## Growing Older Well

Every older person will be supported to sustain health and wellbeing across older age, living as well and independently as possible within supportive social networks.

- I feel positive about my health and live an independent, healthy life where I feel valued
- I live my life to the full and have opportunities to participate and contribute to my community
- If I have specific needs they are understood and I am enabled to make choices

Living life to the full



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## Health and Wellbeing Framework

### Commitments to:

- Use the best of our assets and work closely and collectively with the public and others across all sectors and services - the 'whole system' - to maximise the positive impact we can make on health and wellbeing
- Making a transformational shift in the way we provide our healthcare services, putting a preventative approach into all that we do



Healthcare services working alone, can have as little as 10% influence on our health and wellbeing.

# An asset based approach

As we learn what matters to local people, our movement for change will shift us from doing things **TO** and **FOR** people to **WITH** and **BY** people



People's skills, knowledge & sense of purpose



People's connections & social relationships



Community land, buildings & facilities



Community spirit & shared experiences

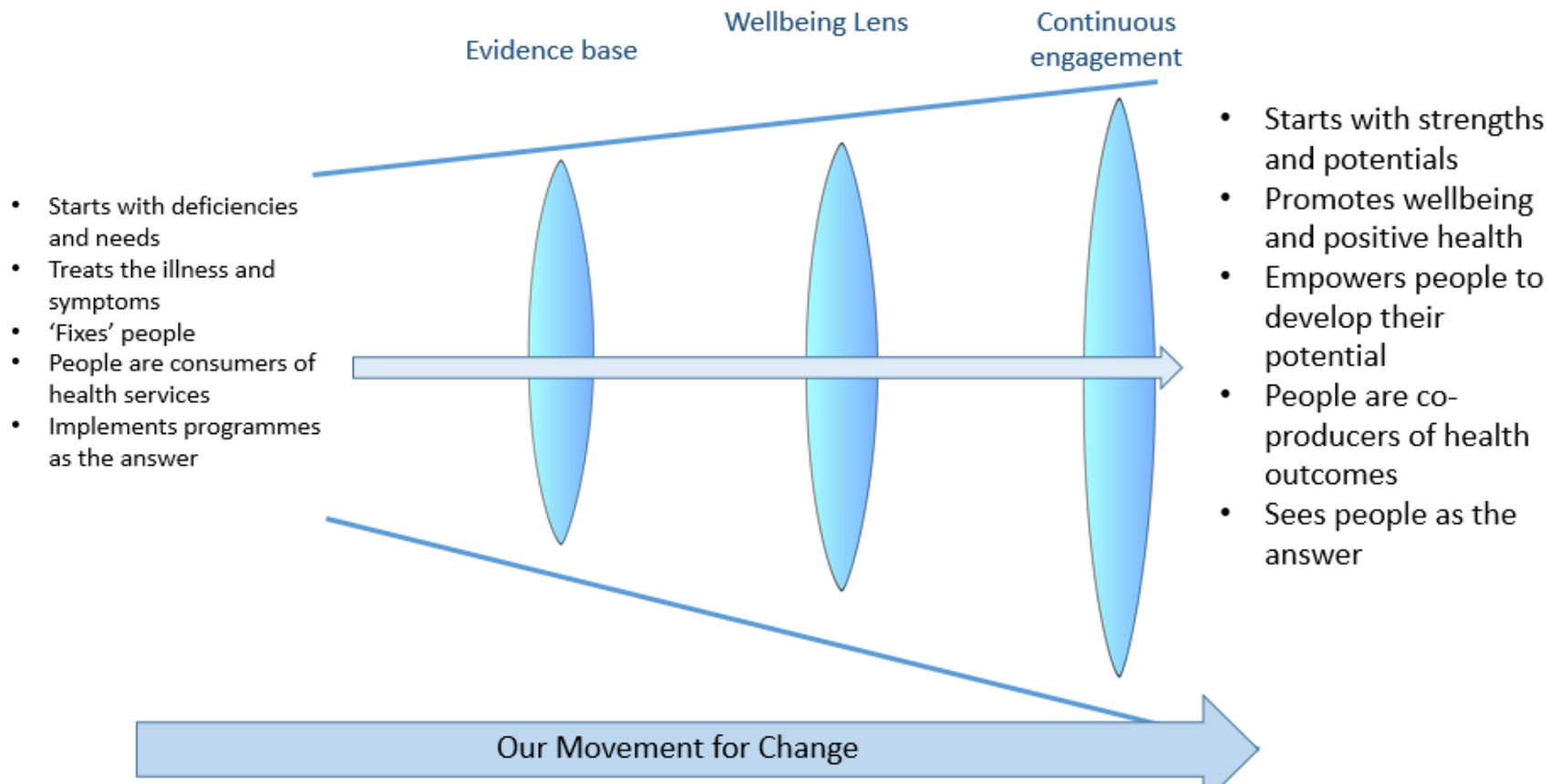


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# Our movement for change

Moving from 'doing TO' people, to 'done BY' people

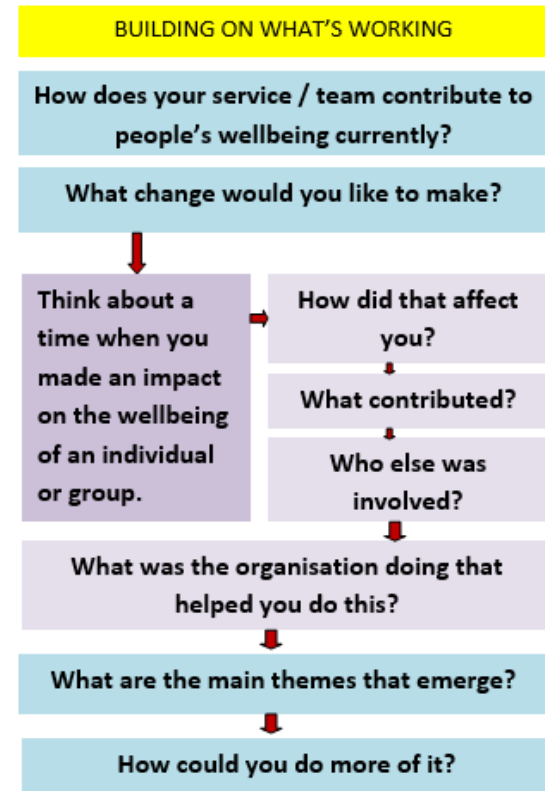
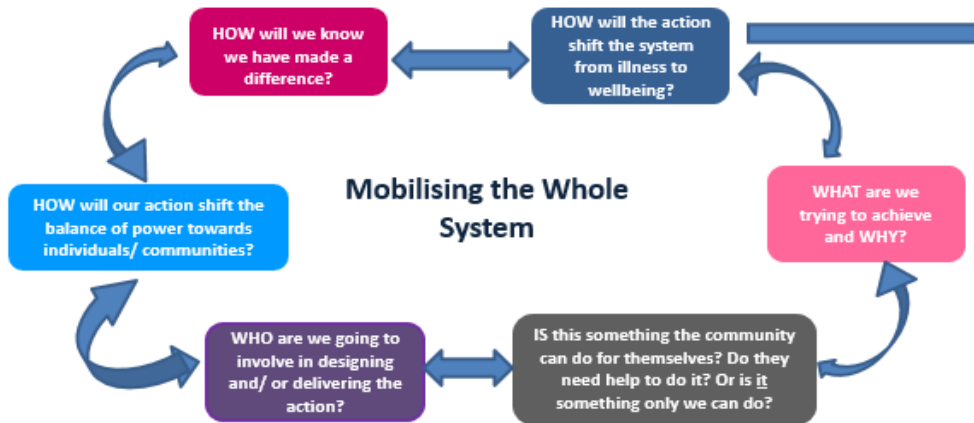


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# Tools to support the movement for change



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- How will we create health in the population?
- Benefit those experiencing the greatest health inequities?
- What could we do to prevent this problem from happening in the future?

- How will we contribute to the sustainable development principle?

- What does the evidence tell us about what works?
- What does good look like?
- How do we know that there is a need?
- Why is it important?

- How do we minimise and mitigate harms to health?

**HOW will the action shift the system from illness to wellbeing?**

**WHAT are we trying to achieve and WHY?**

**HOW will we know we have made a difference?**

**Check and Challenge Questions  
Mobilising the Whole System**

**IS this something the community can do for themselves? Do they need help to do it? Or is it something only we can do?**

- What would it be most useful for us to measure?
- Will this occur in the short or long term?

**HOW will our action shift the balance of power towards individuals/ communities?**

**WHO are we going to involve in designing and/ or delivering the action?**

- How do we know? How can we check this out?
- How could the system help strengthen communities to enable them to do it for themselves?

- How will we:
- Increase the resilience of individuals and communities?
  - Facilitate their participation and inclusion?
  - Give people more control over their lives?
  - Maximise their capabilities?

- How will we involved potential beneficiaries?
- Who else could help and how will we invite them to join us?

**Any questions?**



**Diolch.  
Thank you.**