

## INDEPENDENT ADVOCACY BOOST FOR ARGYLL & BUTE

**People with long-term health conditions across Argyll & Bute are set to benefit from an exciting new independent advocacy initiative thanks to funding secured by Lomond & Argyll Advocacy Service.**

The Advocacy Service has been supporting adults with learning disabilities, adults with a mental illness and older people to express their views, challenge decisions and uphold their rights for the past sixteen years. The well-established voluntary organisation have now secured funding of £280,000 from the Scottish Government via the Scottish Health & Social Care Alliance to extend its work to meet the needs of anyone aged 16 or over living in Argyll & Bute with one or more long-term conditions which are progressive or degenerative, or which impact on their ability to lead an independent life.

The new project is being supported through the "Transforming Self-Management in Scotland Fund" and will introduce a new dimension to the development of self-management skills for people with long-term health conditions.

Advocacy Manager, Scott Rorison, said "We hope to shift the focus away from the current norm of reactive interventions at times of crisis towards a more preventative approach to



healthcare, with independent advocacy being offered as an essential early intervention, helping individuals to plan their own care and be fully involved in the discussions and decisions which shape their lives.

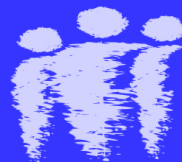
"We know from advocating for people with long-term conditions who meet our existing criteria because of age or mental health issues, that we can make a significant difference to how they feel and to the support they are able to access. People tell us of the positive impact independent advocacy can have in achieving positive outcomes, promoting well-being and empowering them to lead longer, healthier, more independent lives."

The new project will initially run until March 2019 and will see the recruitment of five part-time advocacy workers across Argyll & Bute.

**Lomond & Argyll Advocacy Service gratefully acknowledges the support of :**



**The Scottish Government**  
Riaghaltas na h-Alba



**ALLIANCE**  
HEALTH AND SOCIAL CARE  
ALLIANCE SCOTLAND  
people at the centre

**Lomond & Argyll Advocacy Service is one of 15 new projects to be funded by The ALLIANCE, in partnership with the Scottish Government, in the second phase of the Transforming Self -Management in Scotland Fund.**



**Minister for Public Health, Aileen Campbell, MSP**

Announcing the newly funded projects at the Self Management Awards, Minister for Public Health and Sport, Aileen Campbell MSP, said

*“This new phase of projects supported through the Transforming Self Management in Scotland Fund will be working to address some of the major challenges we face across health and social care, head on. It’s vitally important that we continue to recognise how lives can be transformed when people are supported to live well, on their own terms, with whatever long-term conditions they have.”*

The projects currently funded by the Transforming Self Management in Scotland Fund support a broad range of self management activities and age groups in wide range of locations across Scotland, from the Highlands to the Borders. All 15 new projects, along with the 23 existing projects strongly contribute to the Clinical Strategy for Scotland and demonstrate clear links to the Fund’s ethos of transforming self management in Scotland through person centred, co-productive approaches within their communities.

The Grant Allocation Panel, made up of members of Government, third sector organisations, people with lived experience, NHS and from academia, were impressed with the high standard of applications received to the Fund in the first round of funding which closed in December 2015. Due to the high number of excellent applications received the panel chose to take a small number of applications forward to a second phase of assessment of which 15 were successful.

## What is a Long-term Condition?

Long term conditions are health conditions that last a year or longer, impact on a person’s life, and may require ongoing care and support.

The definition does not relate to any one condition, care-group or age category. Around two million people, 40 per cent of the Scottish population, have at least one long term condition, and one in four adults over 16 report some form of long term illness, health problem or disability.

Long term conditions become more prevalent with age. According to Audit Scotland, the number of people aged 75 and over will rise by 60 per cent between 2004 and 2031. By the age of 65, nearly two-thirds of people will have developed a long term condition.

Older people are also more likely to have more than one long term condition: 27 per cent of people aged 75-84 have two or more. There is a predicted rise of 38 per cent in the number of people who will be over 85 in the population by 2016, and a 144 per cent rise in the over 85s by 2031.

The human costs and the economic burden for health and social care are profound. 60 per cent of all deaths are attributable to long term conditions and they account for 80 per cent of all GP consultations.

People with long term conditions are twice as likely to be admitted to hospital, will stay in hospital disproportionately longer, and account for over 60 per cent of hospital bed days used. Most people who need long term residential care have complex needs from multiple long term conditions.

People living with long term conditions are also more likely to experience psychological problems. Prolonged stress alters immunity, making illness more likely and recovery more difficult, especially for those who are already unwell.

There are clear links between long term conditions, deprivation, lifestyle factors and the wider determinants of health. People living with a long term condition are likely to be more disadvantaged across a range of social indicators, including employment, educational opportunities, home ownership and income.

Someone living in a disadvantaged area is more than twice as likely to have a long term condition as someone living in an affluent area, and is more likely to be admitted to hospital because of their condition.

# What is Independent Advocacy?

**Independent Advocacy is about giving people a stronger voice. It helps people to speak up for themselves and take control of their own lives.**

If you are living with a long-term condition, Independent Advocacy can help you to:

- **Defend your interests**
- **Uphold your rights**
- **Ensure your voice is heard**
- **Build your confidence and improve your wellbeing**
- **Understand all the options open to you**
- **Make your views and wishes known**

You can make a referral to the Long-Term Conditions Self Management Advocacy Worker if there are times when.....

- **You struggle to speak up for yourself**
- **You feel confused and alone when dealing healthcare professionals**
- **You wish you knew more about your options and choices in managing your health condition**
- **You have difficulty getting your views heard and understood**
- **You wish you had someone who would support you to ask the questions you would like answers to**
- **You are finding it difficult to cope with your health condition or are worried about what will happen in the future**

Your Advocate is on your side and is completely independent of any health and social care services you receive. Their only loyalty is to you.

Lomond & Argyll Advocacy Services operates an open referrals policy. This means that we accept referrals from all sources, including self referrals and referrals from health and social work Professionals, carers and others. We are only able to act with the consent of the person being referred.



# How can an Advocate help?

**Your Advocate can spend time with you, getting to know you and your needs so they are in a good position to help you express your views and, if necessary, speak up on your behalf.**

**Your Advocate can also help by gathering information for you, thereby giving you the opportunity to make an informed choice from all the options available to you. An Advocate won't make judgements or try to impose their own views.**

**Whatever you discuss with your Advocate will remain confidential. We will not breach your confidentiality unless you or someone else's safety is at risk. Your Advocate will only act with your agreement.**

# Listening to the voice of experience - Can you help?

**Lomond & Argyll Advocacy Service will be establishing an Advisory Committee to help guide the work and development of our new project for people with long-term conditions. Whether you work in health and social care, have a disability, long term condition or are an unpaid carer, your perspective is important. To find out more about getting involved please get in touch.**

# Self Management Campaign

Health and Social Care Alliance Scotland (the ALLIANCE) has launched the "My Condition, My Terms, My Life" campaign to share the message that living with a long term condition does not stop you being in charge of your own life.



## Self management means:

- a shared approach to setting goals and problem solving
- signposting people to the type of support and information they need
- having a more outcome-focused approach to planning and reviewing an individual's situation
- taking account of people's inherent ability for self-healing and recovery
- acknowledging that each of us is the expert in our own life circumstances.

## The campaign aims to:

- help improve public understanding of what self management means for people living with long term conditions, and
- encourage people living with long term conditions, and the people who support them to adopt a self management approach.

To find out more visit: [www.alliance-scotland.org.uk](http://www.alliance-scotland.org.uk)

Lomond & Argyll Advocacy Service is committed to partnership working and is keen to ensure that our services are accessible and firmly rooted in the communities we serve. If you are a health or social care professional or are involved with a voluntary or community group which comes into contact with people with long-term conditions, our staff would be pleased to hear from you. We are happy to provide information about our work and arrange visits and short presentations for professionals or community groups across Argyll & Bute. If you would like to find out more we'd be delighted to hear from you!

## How to contact us:

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