

CELEBRATING SELF MANAGEMENT



Self management is about people living with long term health conditions being 'in the driving seat'. Self management supports people to live their lives better, on their terms, to take control and think positively about the future.

Since 2008 the Self Management Fund has awarded £18 million to 244 innovative projects that put people and their needs at the centre, involving them as active partners in their care. These projects have enabled many different self management approaches, resources and ideas to develop which are collectively transforming the landscape of health and social care in Scotland.

It is important now to take stock, to see where we have come from, to celebrate the transformations that have occurred, and to consider how we can take control of the future and remain in the driving seat.



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FUTURE
Continued spread of self management ideas and approaches across third and statutory sector organisations. Practitioners increasingly promoting self management to those with long term conditions and unpaid carers.

FUTURE
The Scottish Government ensures that policy and strategy is developed in a co-produced manner. Self management continues to feature heavily in policy and strategy documents across Scotland.

PRESENT
Knowledge of self management is more widespread and its approaches are increasingly adopted by people and organisations.

PAST
Knowledge and understanding of what self management means was very low

PRESENT
Since 'Guan Yerself' was published in 2008, self management can be found in almost every health and social care policy in Scotland.

PAST
Self management was not visible in government policies

PRESENT
Hundreds of projects and approaches and ideas have been tried in the country

PAST
Self management activity was minimal

UNDERSTANDING

PAST
Connections between third sector and statutory sector were minimal and formal.

INVESTMENT

PAST
Very little investment in self management

PRESENT
Over £12m invested since 2008

CONNECTION

PAST

FUTURE
Increased investment and recognition from the Scottish Government, Health and Social Integration Joint Boards

FUTURE
Self-management activities and the co-production of approaches becomes normalised.

PRESENT
Relationship between funders and applicants is more two-way and open. There are growing partnerships and connections between the third sector and the statutory sector.

FUTURE
Increased partnerships between funders and organisations, adopting an open approach to applications. Mutually beneficial partnerships become the norm for third sector and statutory sector organisations.



In the past, the Self Management Fund directed projects to evaluate their success based on their immediate impact.

Today, the success of self management projects are still evaluated based on their immediate impact, but there are many additional contributions which are worthy of evaluation, such as how these projects contribute to the wider ongoing transformation of self management in Scotland.

Self management projects have been supported to transform evaluation by...

- 👉 Helping people to think differently about evaluation, making sure that their reports have an impact for them
- 👉 Continuing partnership with Evaluation Support Scotland to support and advance the successful evaluation of projects
- 👉 Streamlining and clarifying the evaluation guidance and guidelines for projects
- 👉 Encouraging creative forms of evaluation and diversifying the way in which evaluations can be reported: via films, blogs, photography, stories, case studies and personal testimonies
- 👉 Ensuring those with lived experience are involved in the evaluation process
- 👉 Evolving the way in which we evaluate the collective work of Self Management Fund projects, utilising a range of multimedia formats

In the future we would like to see the innovative and co-produced approaches and resources developed by self management projects adopted and supported by a range of partners, making strong contributions to healthy communities.





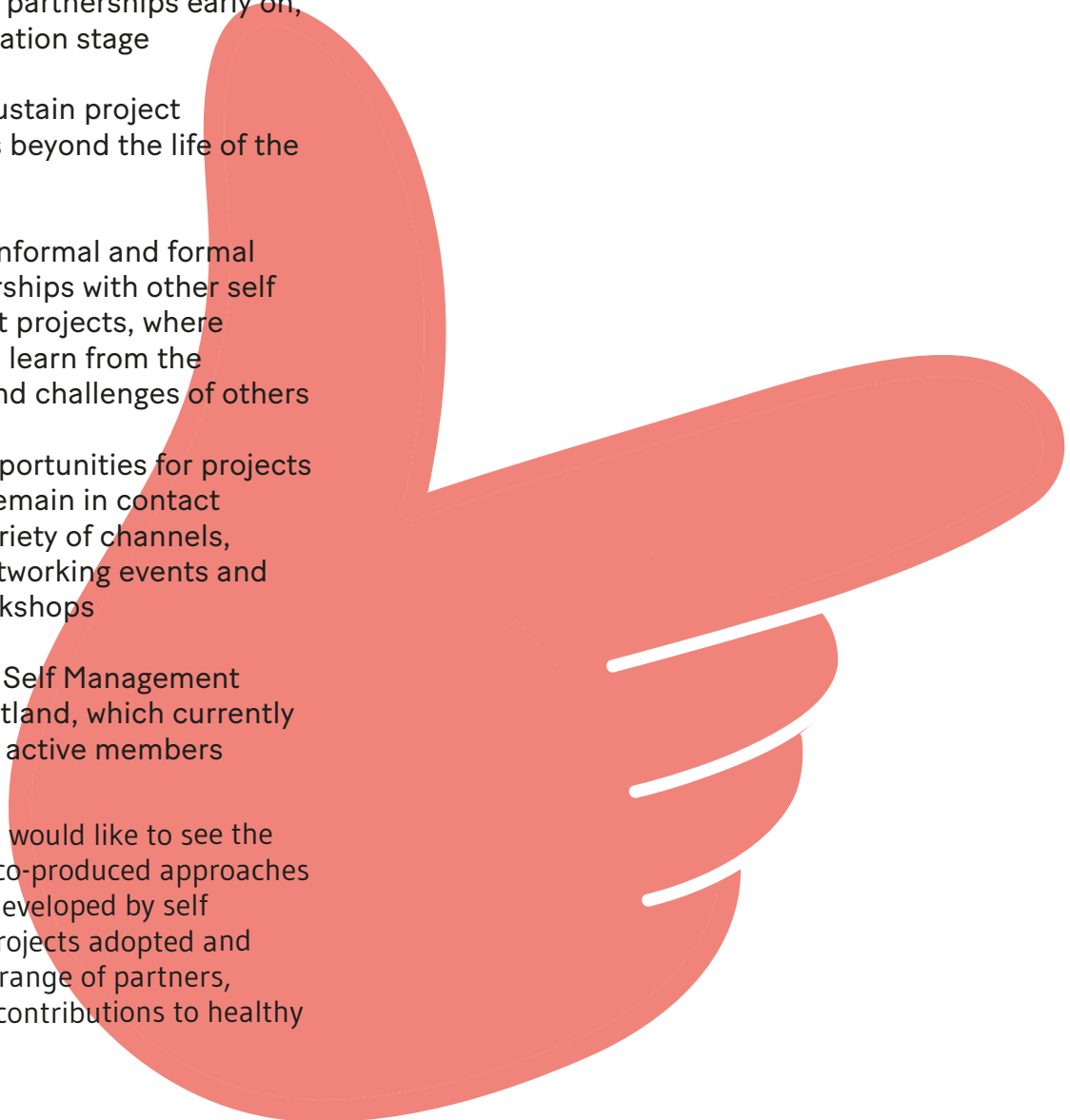
The Self Management Fund originally encouraged projects to work in partnerships, but in reality projects applied for funding alone.

Over the years, partnerships have become an integral part of Self Management Fund projects. We now specifically fund projects that work together or work towards equal partnerships, and we increasingly encourage collaboration between funded projects.

Self management projects have been supported to transform partnership by...

- 👉 Encouraging partnerships early on, at the application stage
- 👉 Helping to sustain project partnerships beyond the life of the funding
- 👉 Facilitating informal and formal peer-partnerships with other self management projects, where partners can learn from the successes and challenges of others
- 👉 Providing opportunities for projects to link and remain in contact through a variety of channels, including networking events and informal workshops
- 👉 Initiated the Self Management Network Scotland, which currently has over 500 active members

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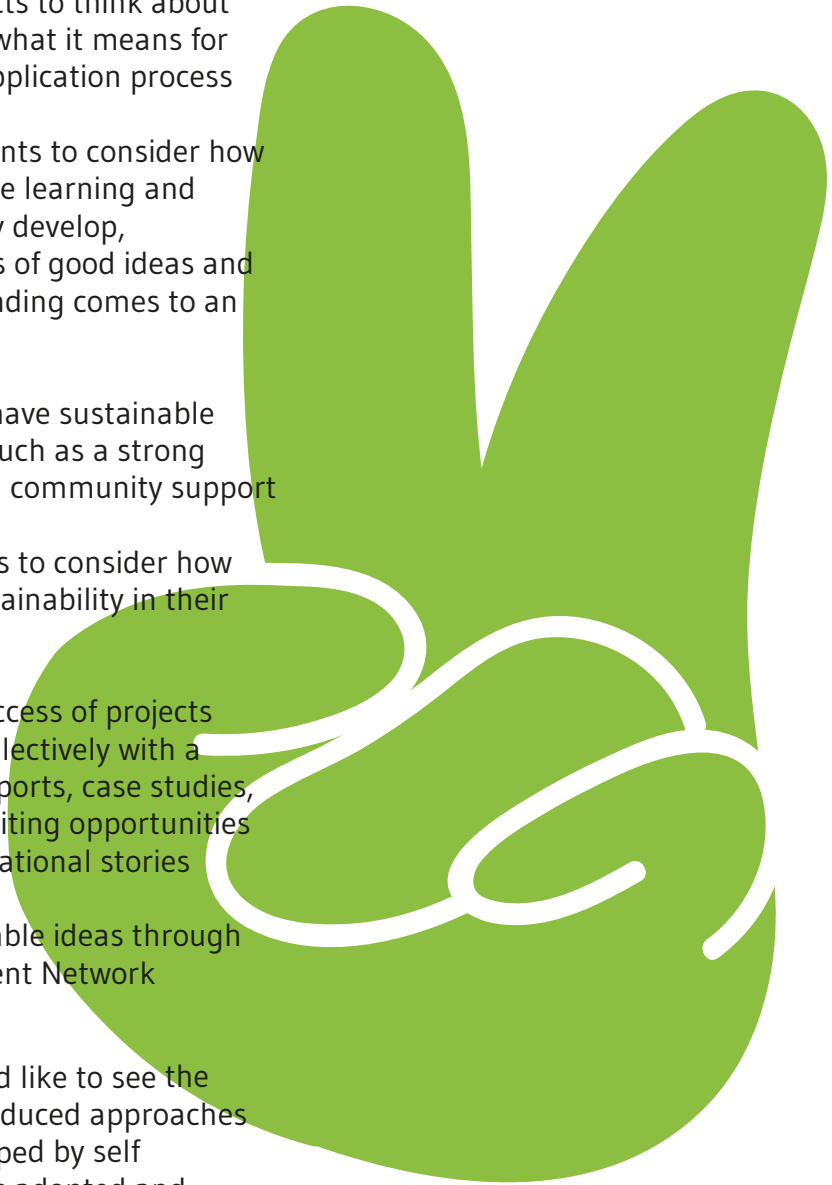
Self Management Fund projects traditionally only focussed on their economic sustainability.

Today, projects now consider not only their economic sustainability, they also consider how their learning, participant involvement and ideas can be taken forward to sustain transformational change after funding has ended.

Self management projects have been supported to transform sustainability by...

- ✌ Encouraging projects to think about sustainability and what it means for them during the application process
- ✌ Supporting applicants to consider how they can sustain the learning and resources that they develop, minimising the loss of good ideas and initiatives when funding comes to an end
- ✌ Ensuring projects have sustainable longevity built in, such as a strong volunteer base and community support
- ✌ Supporting projects to consider how they report on sustainability in their evaluation
- ✌ Celebrating the success of projects individually and collectively with a range of events, reports, case studies, films and other exciting opportunities to share transformational stories
- ✌ Spreading sustainable ideas through the Self Management Network Scotland

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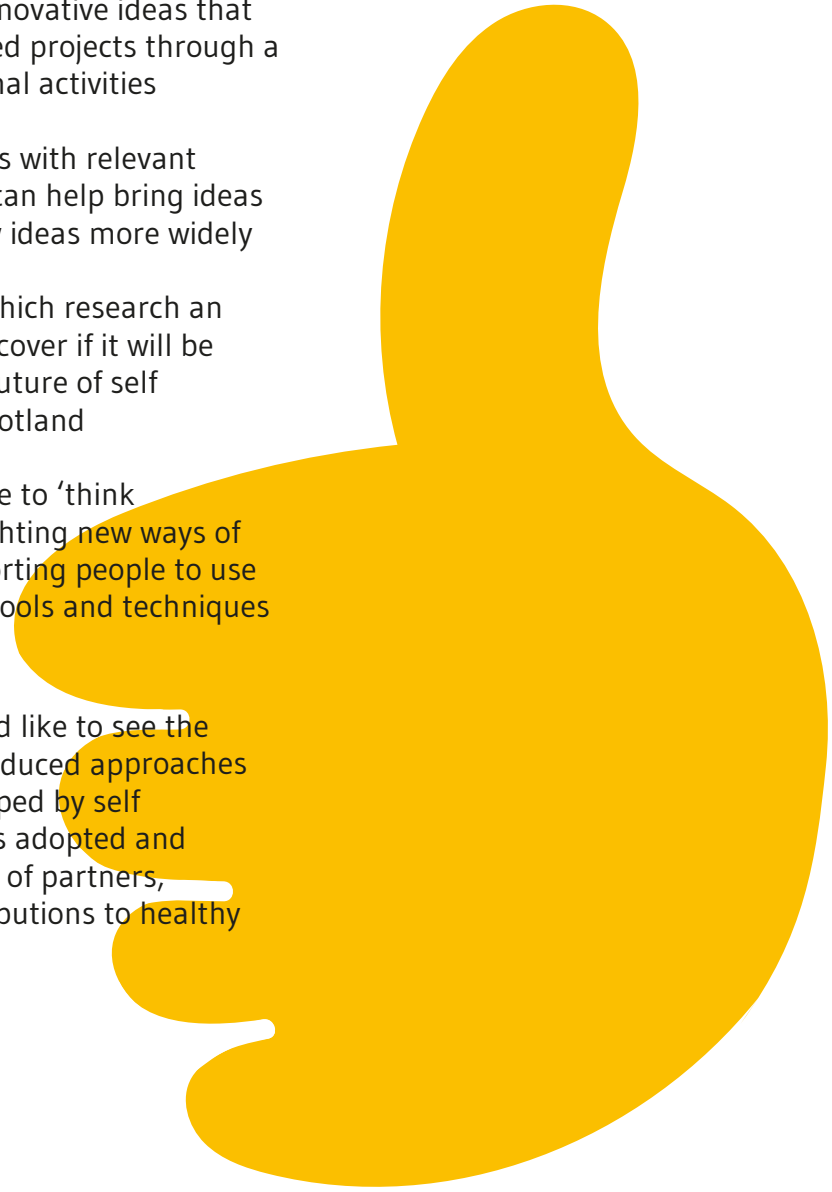
Having an open call application process for the Self Management Fund has allowed for many different ideas to come forward, many of which have approached self management in new ways.

We continue to support a range of projects which focus on how to take self management ideas to the next level. Many of these transformational ideas also contribute greatly to the integration of health and social care services.

Self management projects have been supported to transform ideas by...

- 👍 Highlighting the innovative ideas that emerge from funded projects through a range of promotional activities
- 👍 Connecting projects with relevant stakeholders who can help bring ideas to life or share new ideas more widely
- 👍 Funding projects which research an idea in order to discover if it will be important for the future of self management in Scotland
- 👍 Encouraging people to 'think differently', highlighting new ways of working and supporting people to use self management tools and techniques in their lives

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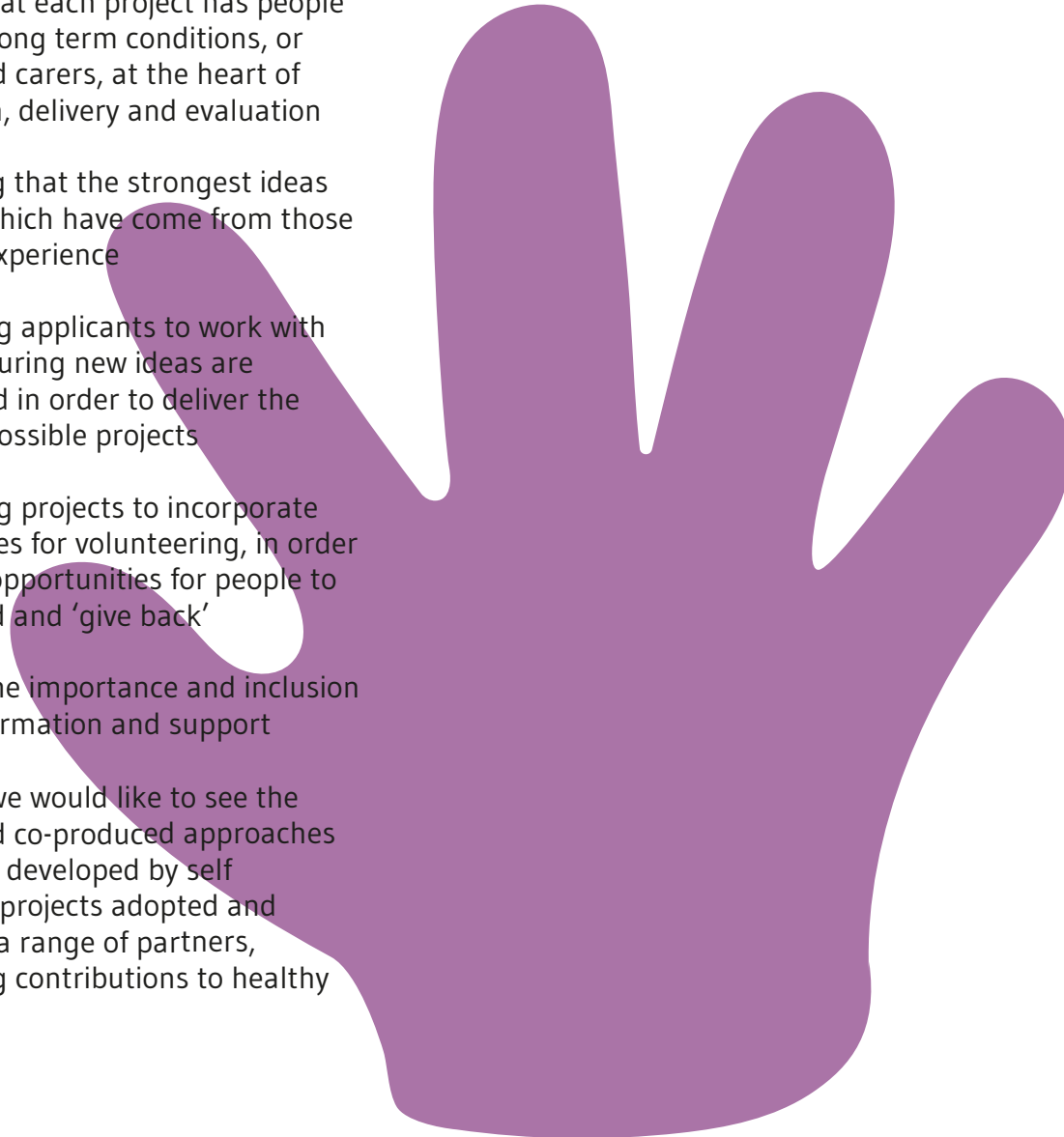
The Self Management Fund has always stressed the importance of people living with long term conditions being involved in projects as an essential criteria for the Fund. Nevertheless, in the past we still received many applications where this element was missing.

Through nearly 10 years of highlighting the importance of involvement, we found that in the most recent round of applications the majority of project had not only embraced this concept, but had developed sensible, appropriate and interesting projects that involved people throughout the project's longevity.

Self management projects have been supported to transform involvement by...

- ✎ Ensuring that each project has people living with long term conditions, or their unpaid carers, at the heart of their design, delivery and evaluation
- ✎ Recognising that the strongest ideas are those which have come from those with lived experience
- ✎ Encouraging applicants to work with people, ensuring new ideas are co-produced in order to deliver the strongest possible projects
- ✎ Encouraging projects to incorporate opportunities for volunteering, in order to provide opportunities for people to get involved and 'give back'
- ✎ Stressing the importance and inclusion of local information and support

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EVALUATION



PARTNERSHIPS



SUSTAINABILITY



IDEAS



INVOLVEMENT