

What is supported self-care?

Supported Self-Care means getting the help you need to look after your own health, in a way that works for you.

It doesn't mean you are left on your own. It means you are supported to make choices about your care, with guidance from your community nursing team when you need it.

Everyone is different, so Supported Self-Care is tailored to your needs and abilities. You might do things yourself, or with help from someone you trust, like a family member or friend.

Why choose supported self-care?

Most people already manage their health day-to-day. Supported Self-Care builds on that, giving you the right level of help without unnecessary appointments or visits.

This approach:

- respects your independence
- reduces disruption to your daily life
- makes sure nurses have more time for people with complex needs

It is all about making care work better for you — and for everyone.

Taking part in your own care

You may be able to do some parts of your care yourself, or with help from a trusted family member or friend. Examples include:

- looking after your wound
- giving your own injections
- catheterisation

How much you do is up to you. You can start with what feels comfortable and build confidence over time.

A Registered Nurse will work with you to plan your care. Together, you will agree how things will be reviewed and how you will stay in touch.

We will support you to learn any new skills you need and make sure you have the right equipment.

You will also receive written information about your care plan, with pictures to help explain things clearly.



Who will be involved?

You and anyone else you would like to be involved such as a family member, a friend or carers you employ privately.

There will be FNHC staff, such as:

- Registered Nurses
- Senior Healthcare Assistants
- Carers

We will communicate with your GP so they are aware of your care plan. We may also communicate with hospital doctors and nurse specialists where necessary.

Dressings

Dressing recommendation forms are issued following a nursing assessment. Ongoing forms for further supplies are only issued following nurse reviews.

Joan's Story: Healing together with support

Joan is 77 and lives on her own. One day she accidentally cut her leg on the corner of a table. The wound became sore and infected, so her GP referred her to the District Nursing Team for help with wound care.

Joan wanted to look after her wound herself with some support from the nurses. She found it difficult to reach the area to clean and change the dressing properly.

Luckily, Joan's friend Ann was happy to help. The nurses taught both Joan and Ann how to care for the wound safely. They gave them easy-to-follow information and pictures to guide them.

Now, Ann helps Joan with her wound care, and they stay in touch with the nursing team every two weeks. Sometimes they send a photo of the wound for the nurse to check, and other times they go to the clinic for a review. Joan's wound is healing well, and over time she has become more confident and knowledgeable about how to care for it. Joan has become more in control and supported — and Ann has been a great help too!



How to contact us

Telephone: **(01534) 497603**

Monday to Friday (8:30am to 5:00pm)

At weekends and in the evenings up until **10:15pm** a health professional or patient who is currently under the care of the team can contact a nurse via hospital switchboard on: **(01534) 442000**

Our Clinic Locations:

New Era, Georgetown (above Pharmacy Locale)

St Peter, (above St Peter's Co-op)



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