



Scottish Borders
Health and Social Care
PARTNERSHIP

Health Improvement and Self-Management in Older People Seminar

21st September 2017-1.00pm-4.30pm
The Blue Room, Langlee Community Centre, Galashiels

You are invited to a seminar which aims to help practitioners identify opportunities to support and enable older people living with long-term conditions to make positive changes to improve their health and wellbeing.

Long-term conditions become more common with old age and by the age of 65 nearly two thirds of people will have developed a long-term condition. Lifestyle factors such as poor diet, smoking, alcohol consumption out-with guidelines and inadequate exercise are all seen as contributory factors in the development of long-term conditions, which are leading causes of ill health in the UK.

Supported self-management aims to support and enable older people living with long-term conditions to make positive changes to their behaviour in order to improve their health and wellbeing. Evidence suggests that people who receive self management support are significantly less likely to experience complications which require NHS services.

The seminar will

- Raise awareness of current health improvement guidelines
- Highlight local support and resources to improve older people's health
- Enable practitioners to identify opportunities and barriers to improving older people's health and wellbeing.

Target audience:

Practitioners supporting older people from health, social care and 3rd sector organisations.

Topics will include;

- Alcohol
- Mental Wellbeing
- Physical activity
- Nutrition
- Local Supports- Including Community Led Support Hubs and Frailty Assessment Tools.

Full programme to follow

For further information contact: Joint Health Improvement Team on 01835 825970 health.improvement@borders.scot.nhs.uk