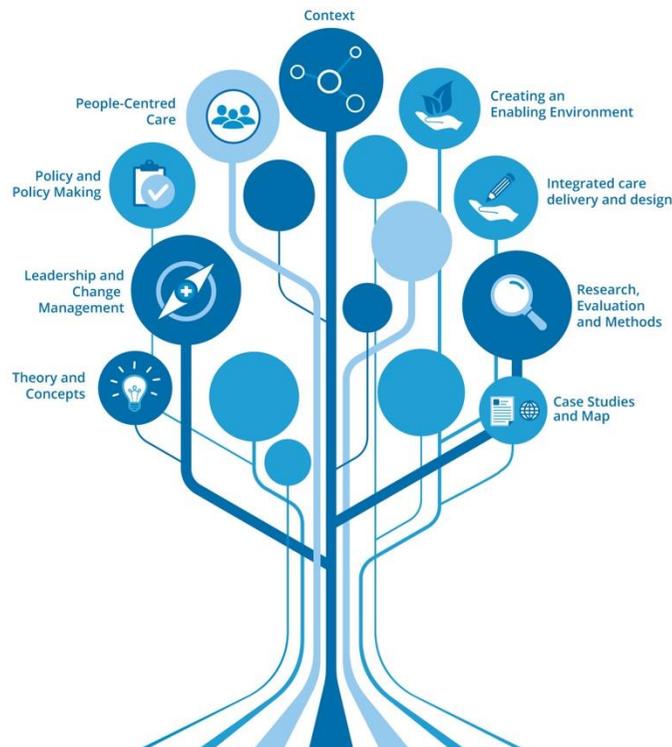# Integrated Care Matters

Self-management and Co-production

Knowledge Resource

About the information

The information provided in this document is intended to support the Integrated Care Matters webinar series.

Where possible, we select evidence that is published open access, and provided links to the materials referenced. Some are identified as author repository copies, manuscripts, or other copies, which means the author has made a version of the otherwise paywalled publication available to the public. Other referenced sources are pdfs and websites that are available publicly.

If you found this resource useful and would like to use the free Evidence Search and Summary Service (ESSS) to help you find and use evidence please get in touch to discuss your needs: esss@iriss.org.uk

Developed in partnership

Co-production

**Batalden, P. (2018) [Getting more health from healthcare: quality improvement must acknowledge patient co-production](#).
BMJ 2018;362:k3617 (open access)**

Modelling healthcare as either a product or a service neglects essential aspect of co-production between doctors and patients. Paul Batalden shares his learning from 10 years of studying change.

Beresford, P (2019). [Public Participation in Health and Social Care: Exploring the Co-production of Knowledge](#). Front. Sociol. 3:41.

This paper puts public and user involvement in health and social care into broader historical, theoretical and philosophical context; explores competing approaches to it and to charts positive progress in advancing more inclusive and diverse involvement, knowledge and co-production through exploring both emerging barriers and helpful case studies challenging them.

Clarke, D et al. (2016). [What outcomes are associated with developing and implementing co-produced interventions in acute healthcare settings? A rapid evidence synthesis.](#) BMJ Open 2017;7:e014650 (open source)

This paper aims to identify and appraise reported outcomes of co-production as an intervention to improve quality of services in acute healthcare settings.

Coutts, P (2019). [The many shades of co-produced evidence](#). Dunfermline: The Carnegie UK Trust (pdf)

This paper looks at the challenges and opportunities around co-producing evidence appropriate to participatory social policy and practice, and increasing people's control within communities and services.

Hafford-Letchfield, T & Formosa, M (2016). [Mind the gap! An exploration of the role of lifelong learning in promoting co-production and citizenship within social care for older people](#). European Journal for Research on the Education and Learning for Adults, 7 (2). pp. 237-254 (open access)

This paper provides a cross-disciplinary exploration on social work and educational gerontology to examine the potential for lifelong learning and learning interventions from which co-production with those using social care services in later life might be better facilitated.

Holland-Hart DM, et al. (2018). Coproduction and health: Public and clinicians' perceptions of the barriers and facilitators. Health Expect. 2019 Feb; 22(1): 93–101 (open access)

An all-Wales study, involving six Health Boards, an NHS trust and community and patient groups, looking at how coproduction is viewed by clinicians and the public and identify perceived barriers and facilitators to its implementation.

NDTi (2014). Co-production involving and led by older people: An Evidence and Practice Review. Bath: NDTi (pdf)

This paper pulls together the evidence, outcomes and key characteristics of effective co-production involving older people.

Owen, C (2016). Approaches and methodologies of patient co-production / design. Healthy London Partnership (pdf)

A rapid review of the evidence relating to approaches and methodologies of patient co-production and design.

Public Health Wales (2015). Seeing Is Believing: Co-production Case Studies from Wales. Public Health Wales (pdf)

Co-production catalogue of co-production initiatives from Wales, in health, social care, housing and community settings.

SCIE (2013). Co-production in social care: What it is and how to do it. London: Social Care Institute for Excellence (pdf)

A guide to co-production in social care and how to develop co-productive approaches to working with people who use services and carers.

Self-Management

The ALLIANCE 2017. [Going in the Right Direction: Information for Health and Wellbeing](). Glasgow: The ALLIANCE (pdf)

Toolkit for Library and Information Services in all sectors to support Self-Management, Health Literacy and Shared Decision-Making.

The ALLIANCE. [Self-Management and Co-Production Hub](). Glasgow: (website)

Brings together key ALLIANCE programmes contributing to the delivery of health and social care integration and transformation of primary care.

The ALLIANCE. [Tackling poverty and supporting people's self-management](). The ALLIANCE (website)

Self-management of health conditions in the context of people living in poverty.

Cramm, J et al. (2014). [Self-management abilities and frailty are important for healthy aging among community-dwelling older people; a cross-sectional study](). BMC Geriatrics volume 14, Article number: 28 (open access)

This study aims to identify the relationships of self-management abilities and frailty to perceived poor health among community-dwelling older people in the Netherlands.

Ferrer, L (2016). [Engaging patients, carers and communities for the provision of coordinated/integrated health services: strategies and tools](). WHO (pdf)

This paper illustrates strategies aimed at engaging patients, their families, and carers to be an active part of health disease management and treatment, guiding them to make informed choices. It outlines strategies aimed at empowering populations to adopt responsible health lifestyles and act as protagonists in influencing determinants of health in a human rights-based approach to health.

Geboers, B et al. (2016). [The association between health literacy and self-management abilities in adults aged 75 and older, and its moderators](). Qual Life Res (2016) 25: 2869 (open access)

Low health literacy is associated with poor self-management abilities in a wide range of older adults. Early recognition of low health literacy among adults 75 years and older and interventions to improve health literacy might be very beneficial for older adults.

The Health Foundation 2018. [Helping older people live well: the story of a self-management support intervention delivered in primary care](). London: The Health Foundation (pdf)

Saltaire Medical Practice primary care feasibility project on self-management support intervention for older people living with frailty.

The Health Foundation (2016). [Supporting Self-Management]() London: The Health Foundation (pdf)

A guide to enabling behaviour change for health and wellbeing using person- and community-centred approaches.

Imison, C et al. (2017). [Shifting the balance of care: Great Expectations](). London: Nuffield Trust (pdf)

This research draws on an extensive literature review to assess the realism of the narrative that moving care out of hospital will save money. One key area examined is self-care, community resources and social prescribing.

Institute for Voluntary Action Research 2018. [Patients and Communities Driving Progress in Self-Care](). London: Institute for Voluntary Action Research (pdf)

This briefing shows how the statutory sector and voluntary, community and social enterprise organisations can work together to improve people's health.

Healthy Ageing

ADPH (2018). [The Association of Directors of Public Health Policy Position: Healthy Ageing](). London: Association of Directors of Public Health (pdf)

Outlines the ADPH position on healthy ageing. It was developed in partnership with their membership and led by the ADPH Older People Policy Advisory Group.

Ageing Better (2018). [Ageing Better National Evaluation Short Learning Report](). London: Ageing Better (pdf)

The Ageing Better programme aims to enable people aged 50 and over to be less isolated and lonely; actively involved in their communities, with their views and participation valued more highly; more engaged in the design and delivery of services that improve their social connections. This report shares early lessons from the 14 partnerships involved.

Ageing Better 2018. [Community Webs Final: Evaluation Report](). Bristol: Ageing Better (pdf)

Community Webs is part of ongoing developments to improve how health, social care and community services work together. It builds upon best practice in social prescribing and the creation of community-led alternatives to medical care. The service intends to contribute towards current debates on supporting positive mental wellbeing, building community assets, reducing social isolation and ageing better.

Centre for Ageing Better (2018). [Ideas for the NHS long-term plan from the Centre for Ageing Better](). London: Centre for Ageing Better (pdf)

This paper sets out the case for commitments NHS England should make to healthy ageing in its long-term plan and suggests some ideas for actions it could take.

Centre for Ageing Better 2019. [Industrial Strategy Challenge Fund Healthy Ageing Challenge Framework](). London: Centre for Ageing Better (pdf)

This paper provides a discussion of the current ageing innovation and investment landscape and the current market opportunities and challenges.

EuroHealthNet (2012). [Healthy and Active Ageing](). Brussels: EuroHealthNet (pdf)

A compendium of programmes, good practices and other resources for promoting and sustaining the well-being of "younger" older

people, with a specific reference to socially deprived and migrant groups in Europe.

Oliver, D et al. (2014). [Making our health and care systems fit for an ageing population](). London: The King's Fund

This paper is designed as a high-level resource and reference guide for local service leaders who want to improve care for older people. It describes the goal within each component of care the system should aim for and presents key evidence about what can work, selected examples of local good practice, pointers to major reviews and guidelines, and advice about where to start.

Tudor Edwards, R et al. (2018). [Living well for longer: The economic argument for investing in the health and wellbeing of older people in Wales](). Bangor: University (pdf)

This report explores the economic evidence relevant to investment in older people living in Wales. It brings together robust international and UK evidence on the relative cost-effectiveness and return on investment of devoting public sector resources to programmes and practices supporting older people.

Additional Papers

Critchley, A and Gillies, A (2018). [Best Practice and Local Authority Progress in Self-Directed Support](): Edinburgh: Social Work Scotland (pdf)

This report shares good practice examples identified in the course of the research and promotes learning between local authority areas and across different fields of practice.

Integration and Better Care Fund (2019). [How to work together to achieve better joined-up care.]() Integration and Better Care Fund (pdf)

This guide focuses on supporting people to co-produce and co-deliver joined-up services across health, social care and other public services. It looks at how the use of the skills, knowledge and resources of individuals, communities and the workforce can support more integrated care.

King's Fund (2018). [Shared responsibility for health: the cultural change we need](). London: King's Fund (website)

Looks at the relationship between the public and the NHS, and between patients and the staff who care for them. It outlines what needs to be done to bridge this gap, and builds on previous work on

shared decision-making, patient activation and patient and public involvement in health care.

NICE (2018). [People's experience in adult social care services: improving the experience of care and support for people using adult social care service](). NICE (pdf)

NICE guideline covering the care and support of adults receiving social care, in their own homes, residential care and community settings. It aims to help people understand what care they can expect and to improve their experience by supporting them to make decisions about their care.

Social Care Institute for Excellence (2019). [Scaling up community-based models of care in Northern Ireland](). SCIE (pdf)

This briefing describes five promising models of person-centred care and support in Northern Ireland with the potential to grow. It describes some of the changes that will help in supporting the growth of these kinds of care and support models.

Scottish Government 2019. [A Fairer Scotland for Older People: A Framework for Action](). Scotland: Scottish Government (pdf)

This framework is the result of an engagement process with older people across Scotland through the involvement of many of the organisations that support them. They identified the issues that are key to ensuring people are healthy, happy and secure in older age.