

Integrated Care Matters Webinar Series 7

Self Management & Co-production: Celebrating Innovations

21st September 2022

- 51 people from 16 countries registered for the first webinar of ICM Series 7 in collaboration with the ALLIANCE Self Management Month 2022. **Jane Miller**, ALLIANCE Academy and **Mandy Andrew**, IFIC Senior Associate & Associate Director, ALLIANCE co-hosted the session.



- **Mariem Omari**, Artistic Director and Co-founder [Bijli Productions](#) and **John McCormack**, Psychotherapist, Consultant and Trainer spoke about *We Make The Path* – a programme that blends mental health and arts expertise to create innovative, inclusive and impactful support for mental wellbeing and to self-manage long-term conditions. Holistic workshops took a creative whole body and whole self approach and used a trauma informed lens (deep listening and speaking) to empower women who felt silenced by their trauma and give them the tools and confidence to express themselves. The outcomes and learning highlight the need for further focus on trauma informed practice.
- **Sheila Ogden**, Senior Community Inclusion Co-ordinator, [North East Sensory Services](#) (NESS) shared the Connect Include Support (CIS) project - a group based social inclusion project for older adults with severe sensory loss. During COVID the group offered a new Digital Inclusion Service for 13 participants. Relationships were important for supporting people to feel comfortable using digital tools to access health and social care or online banking/shopping. Female participants were more interested in using digital to stay connected with their families. There was also interest in *virtual assistant technology*, for example Alexa.
- **Alan Connor**, International Engagement Manager, INTERREG VA, Technology Enabled Care and Digital Healthcare Innovation, shared insights from mPower Healthy and Connected Communities project involving Scotland, N Ireland and the Republic of Ireland. The project addressed prevention and self-management with the aim of supporting wellbeing and enable people to feel valued and safe. One of the workstreams embedded digital tools in 49 care homes. [mPowers impact films](#) succinctly capture the reach and impact of the project and the importance of connectedness and community connections.
- **Mayca Marín**, National / European Project Coordinator [Parkinson Madrid Association, Spain](#) spoke of the organisation's contribution over the last 25 years to improving the quality of life of people affected by Parkinson's disease and their families, a population expected to double by 2040 with increasing demand for care and support. The Association works with people who have lived experience to influence national strategy in line with their vision and values of co-production. They are exploring digital solutions including smart phones, apps and wearable devices.
- **Pilar Gangas**, Senior Researcher, International Foundation for Integrated Care (IFIC) joined the panel discussion bringing IFIC's perspective and experience of involvement in [EU projects](#) and the richness this brings through knowledge exchange, dissemination and connecting communities.



Take Home Messages

Self management isn't about managing alone

It is great to be part of this webinar and to be talking about the experience of toxic shaming and its impact on self management

- ⇒ 'Self-expression and creativity helps people focus on 'what can be' rather than 'what cannot be'
- ⇒ The power of relationships and peer support for digital inclusion resonates.
- ⇒ Another powerful reminder that digital technology and often everyday tools/equipment can be so powerful and that it does need humans to support and encourage people and to go at the right pace for people.
- ⇒ Totally agree with the importance of combining digital support and personal face-to-face support. It's really not one or another, both together are very effective and greatly increase the opportunities to identify a person's needs and wishes.
- ⇒ Self management sometimes means taking the time to do 'unenjoyable wellness' tasks that make me feel better overall but seem hard at the time (like going for a run!)
- ⇒ 'When I came to here I was alone, but then I joined this group of women who have walked the same path, and I realised I can share with them my feelings'

Active & deep listening to what is important

Self Management for me is the necessary support I require to achieve the level of self management I desire

You will find the webinar recording [here](#) and Presentation slides with topic resource document [here](#)

Register early for our next Webinar: 23rd November:
[Proactive, personalised digital care and support](#)



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