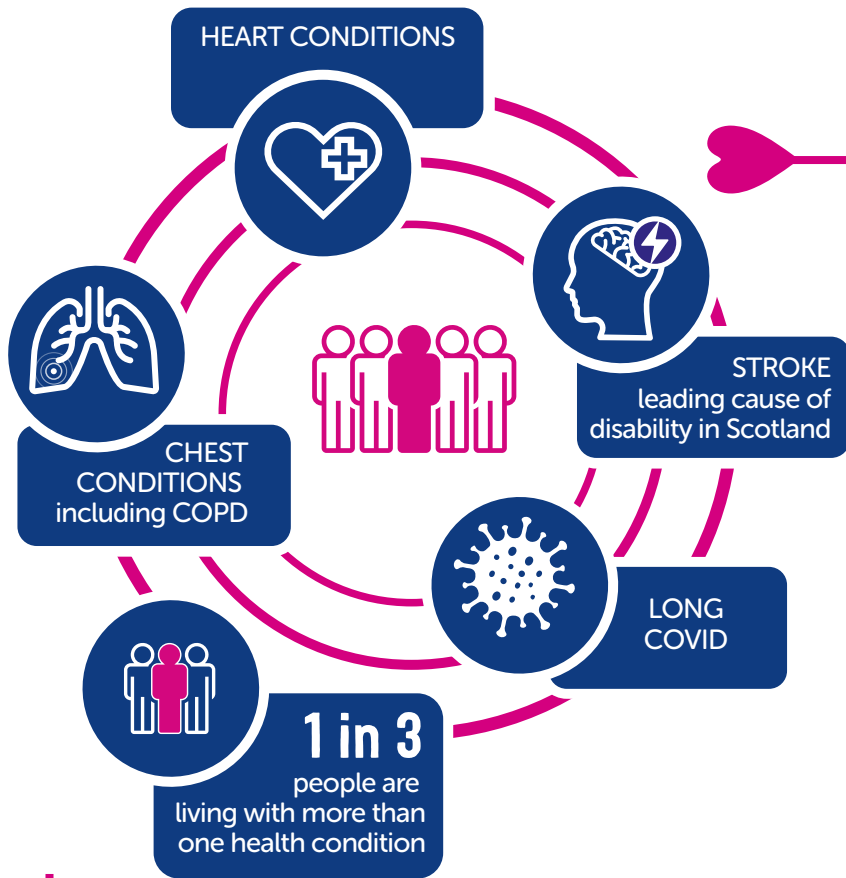


One in five people in Scotland are affected by chest, heart and stroke conditions and Long Covid.



People affected by our conditions need and want practical advice, information and support throughout their recovery journey.

Our framework of support can be accessed at any time from acute health event or diagnosis of long-term health condition throughout recovery to long-term management of their condition. Some people may move in and out of the services they need at a time that works for them.

Our Community Healthcare Support Service is there to:

PREHAB / PREVENTION

- Improve knowledge of risk factors, identify early signs and symptoms, and tackle health inequalities to help individuals and communities in Scotland live healthier lives.



ACUTE EVENT/ DIAGNOSIS

- Provide immediate support and advice at point of acute event or early diagnosis.
- Understand what matters to you and your recovery.
- Access to Health Information and education for healthcare teams and people with our conditions.



AT HOME & IN YOUR COMMUNITY

- Provide access to quality supported self management and community recovery at home so no one has to feel isolated and alone.
 - 8 week supported self management course.
 - Module on managing your condition with optional activities.
 - A tailored, personalised approach to support recovery including peer and volunteer led support.
- Everyone develops the ability to live well and with confidence.



GROW THE CHAIN OF SUPPORT

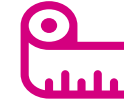
- People can support each other by providing social, emotional and practical support.
- Working with our volunteers to help extend awareness of our conditions and our reach.
- Work with research partners to close the implementation gap.



Over the next 5 years, we will work to:

measure

Develop a robust measure of who can access quality supported self management and recovery. Close the gap.



campaign

Campaign to ensure the right to rehab so that the first step in the self management journey is in place.



reach

Increase our reach and support so that 150k people a year have access to our Community Healthcare Support Services.



tailor

Co-produce our services so they are people-led. Enable personalisation so each person has control over their recovery journey.



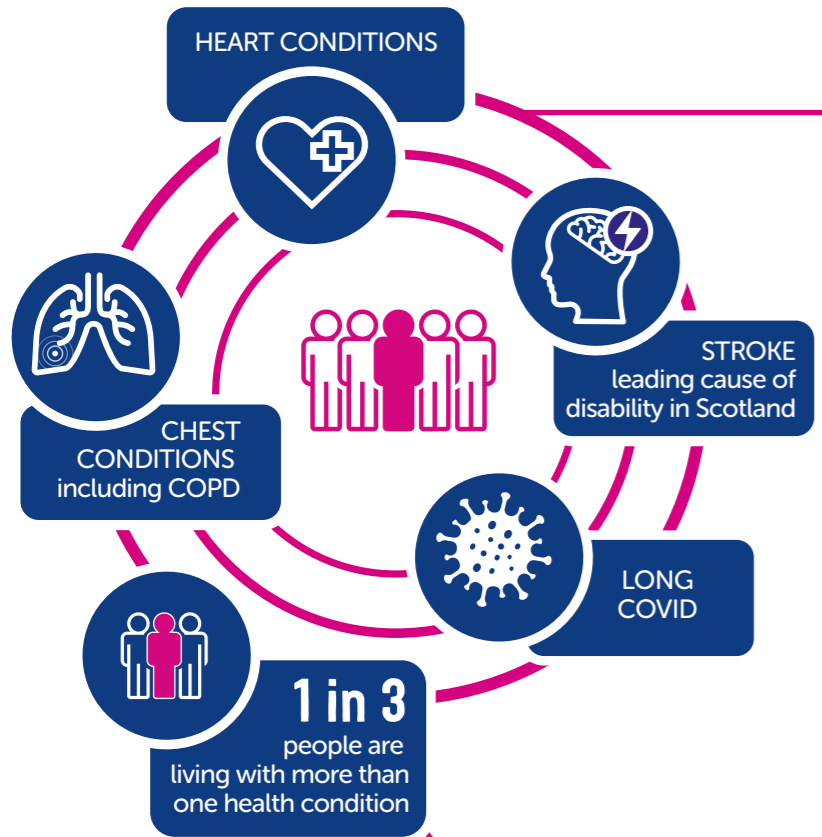
connect

Build stronger connections with our partners and stakeholders to help inform and deliver our work.



One in five people in Scotland are affected by chest, heart and stroke conditions and Long Covid.

Our Community Healthcare Support Service is there to:



PREHAB / PREVENTION

- Improve knowledge of risk factors, identify early signs and symptoms, and tackle health inequalities to help individuals and communities in Scotland live healthier lives.



ACUTE EVENT/ DIAGNOSIS

- Provide immediate support and advice at point of acute event or early diagnosis.
- Understand what matters to you and your recovery.
- Access to education for healthcare teams and people with our conditions.



AT HOME & IN YOUR COMMUNITY

- Provide access to quality supported self management and community recovery at home so no one has to feel isolated and alone.
 - 8 week supported self management course.
 - Module on managing your condition with optional activities.
 - A tailored, personalised approach to support recovery including peer and volunteer led support.
- Everyone develops the ability to live well and with confidence.



GROW THE CHAIN OF SUPPORT

- People can support each other by providing social, emotional and practical support.
- Working with our volunteers to help extend awareness of our conditions and our reach.
- Work with research partners to close the implementation gap.



Over the next 5 years, we will work to:

measure



Develop a robust measure of who can access quality supported self management and recovery. Close the gap.

campaign



Campaign to ensure the right to rehab so that the first step in the self management journey is in place.

reach



Increase our reach and support so that 150k people a year have access to our Community Healthcare Support Services.

tailor



Co-produce our services so they are people-led. Enable personalisation so each person has control over their recovery journey.

connect



Build stronger connections with our partners and stakeholders to help inform and deliver our work.