

LivingWell

in North Yorkshire

# Living Well and Prevention



The Council must think about ways to stop problems before they start, or stop them from getting worse as early as possible.

This is called **prevention**

# Prevention



- Prevention is about keeping people as **healthy and independent** as possible for a long time.
- It is about people **doing things for themselves** and being independent in their community.

# Living Well team



- The council has a new team to help with prevention – it is called **Living Well in North Yorkshire**
- This is different from the new learning disability strategy called **Live Well, Live Longer.**

# Who is it for?



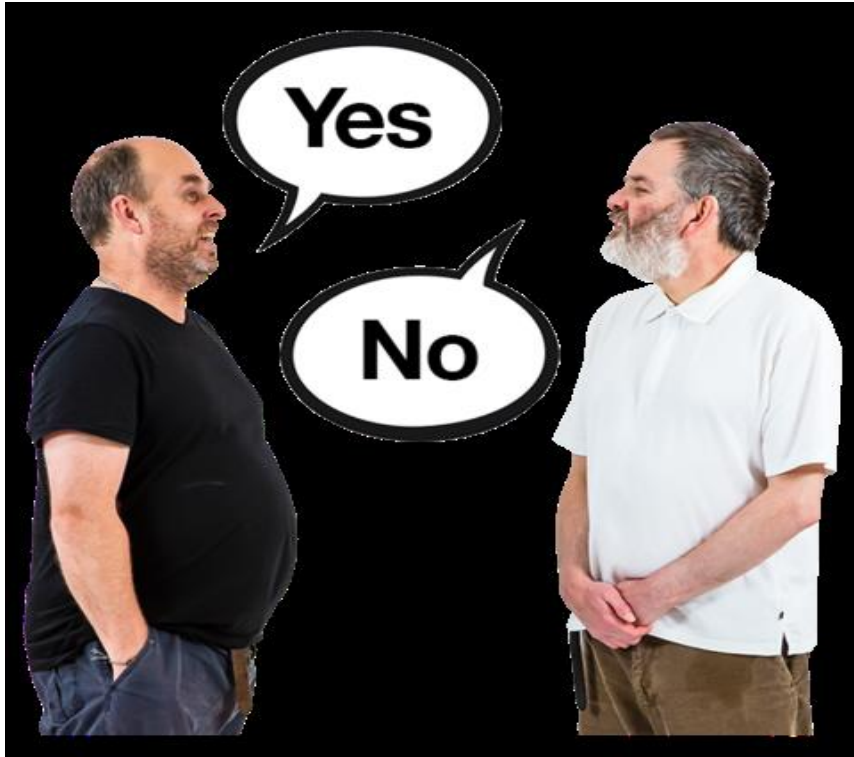
- The Living Well team is not just for people with learning disabilities,
- it is also for people who have physical disabilities or mental health problems
- and it is for older people.

# Living well is only for people who need it



- It is for people who need a little bit of help to keep themselves safe, well and independent.
- It is for people who could need a lot of help at some point in their life if they do not get some support now.

# It is not for everybody



- There is no automatic entitlement to get help from the Living Well team.
- It is not for people who are able to do things for themselves at the moment.
- It is not for people who already have support from a social worker or a support worker.



# Living Well coordinators



- There are Living Well coordinators in the team
- Living Well Coordinators spend time with a person to work out what is important to them.

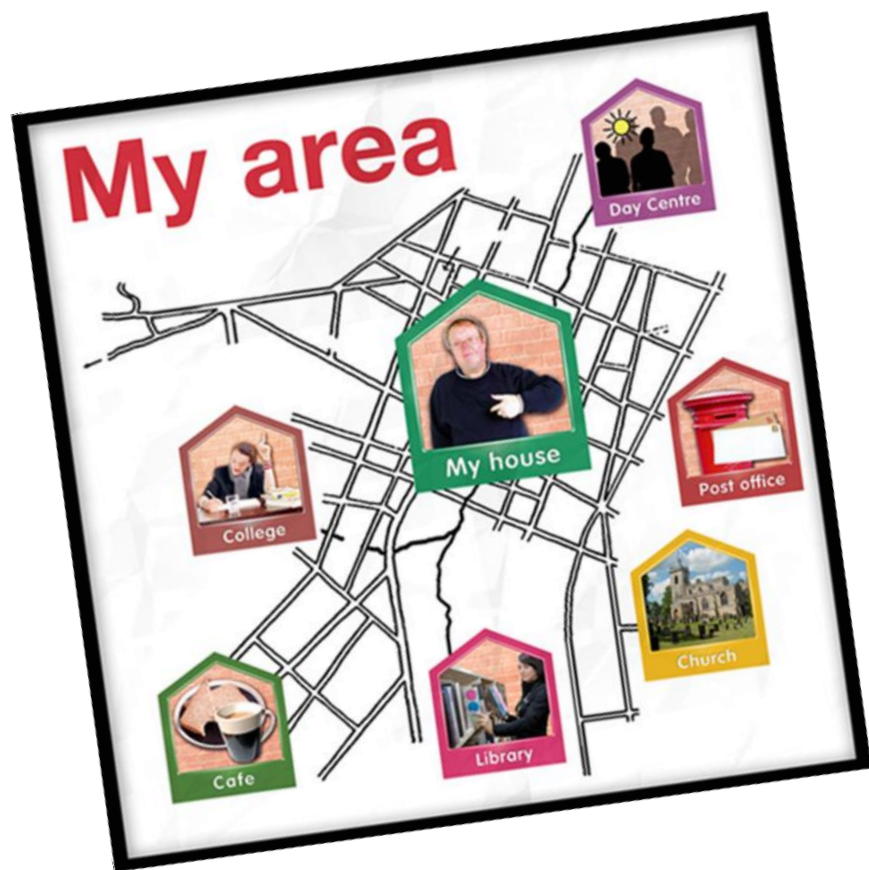


# What does Living Well do?



- They help people to work out how to do things for themselves
- The Living Well Coordinator can help people to change things

# What does Living Well do?



- Living Well can give people advice on how to be more active and tell them about groups they can join.
- They will help people to feel confident to go to the group. Sometimes they will go with someone at the beginning.

# Living well coordinators help people



- Living Well help people to make friends.
- There are some things that a Living Well Coordinator will not do, such as personal care, or domestic tasks such as shopping and cleaning.

# Making a plan



- Together the coordinator and the person makes a plan to take the steps they need to achieve their goals.

# Getting help from Living Well

01609  
780780



- People who want help from Living Well should contact the Customer Service Centre first.



- Information about Living Well is on the website

[www.northyorks.gov.uk/livingwell](http://www.northyorks.gov.uk/livingwell)