

Living Well with Long-Term Conditions: Scottish Executive and Long Term Conditions Alliance Scotland, July 2007

The main recommendations in the 'Living Well' report* - all of which are within DIGG's portfolio of activities (www.digg.org.uk) are:

Managing your condition (page 5):

- Courses to help people to manage their long-term conditions.
- Peer support.
- Helping people to gain confidence and self-esteem.
- Signposting to a wide variety of physical, talking and complementary therapies; also to opportunities for living life to full potential.
- Information for carers.

Communication and Information (page 7):

- Information for patients when they are first told about their condition.
- Information about services and voluntary organisations; also 'benefits' and employment.
- Information on their condition.

Other needs (pages 10-12):

- Ongoing support and advocacy.
- Advice and help in securing benefits.
- Communication with professionals (health, social work, education).
- Detailed information about services and lifestyle opportunities.
- Counselling.
- Encouraging and facilitating self-assessment ("What care people should get").

*page numbers refer to the 'Accessible version' of the report