

# Our Plans for Health and Wellbeing in Powys

Plan by Powys Regional Partnership Board for  
2023 to 2028



This document was written by the **Powys Regional Partnership Board**.  
It is an easy read version of 'Joint Area Plan 2023 - 2028'.

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# How to use this document



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# Introduction



**Powys Regional Partnership Board** is a group that works together to improve health and **wellbeing** in Powys.



**Wellbeing** means a person is happy, healthy and is comfortable with their life and what they do.

Our Regional Partnership Board includes people from:



- the council
- the health board
- charities
- and members of the public.



We are known as the **RPB**.

# Our plan



This booklet is all about the plans we have for the next 5 years.



It is based on information we have about the needs of the people of Powys.

We want the people of Powys to:



- Start well

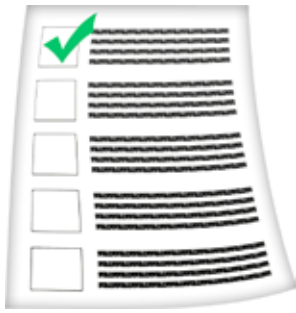


- Live well



- Age well

This means we will think about the health and **wellbeing** of people throughout their lives. From birth to old age.



To do this we have come up with 6 **principles**. These are like our values and help show us the way in making decisions.

They are:



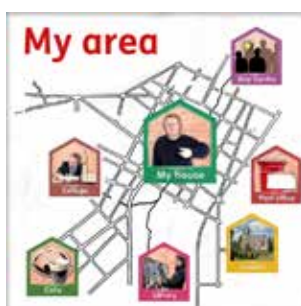
**1. Do what matters** – this is about listening to what people want and making sure care and support is about the person's choices.



**2. Do what works** – this is about looking at feedback and what has worked in the past.



**3. Focus on greatest need** – this is about focussing on those with the greatest need for care and support.



**4. Offer fair access** – this is about making sure care and support is equal across Powys.





**5. Be prudent** – this means being careful with how we use what we have. So that our services can last.



**6. Work with people and communities** – This is about including everyone and supporting their best health and care.

## Outcomes



An **outcome** is the way something turns out.



Our plan has 8 main outcomes. If our plan is working, we will achieve these 8 outcomes.



We have worked with people to find out what kinds of things they want to happen. These are listed below each main outcome.

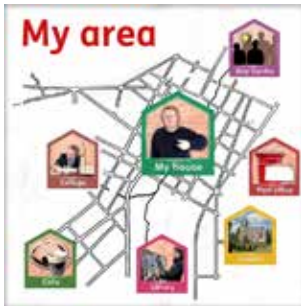


# 1. Wellbeing

- People are responsible for their health and **wellbeing**.



- People are supported to make good choices about their health and **wellbeing**.



- People have opportunities in Powys wherever they live.

# 2. Early help and support



- People can get the information and advice they need about being independent.



- Children and young people get the best start in life.



- People can get the information and advice they need to manage their health conditions well.



### 3. Transforming in Partnership



This means services work together better.



- People do not need to keep telling different organisations about their situation as information is shared better.



- Services will work together for someone's best interests.

### 4. Innovative environments

This means that the area someone lives has good services and opportunities.



- People have good access to a range of health and care services.



- People have access to a **Rural Regional Centre** – this is a place where people can get care and treatment in Powys.



- People's homes are adapted for their care needs. This will help them live safely and independently.

## 5. Tackling the big 4



This is about dealing with the biggest health risks to people – cancer, circulatory diseases – like stroke and high blood pressure, respiratory diseases like asthma and pneumonia, and mental health problems.



- People can easily access support, information and be **diagnosed** quickly.

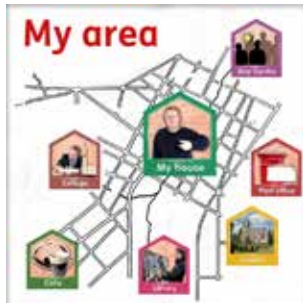
A **diagnosis** is when a doctor looks at a person's health and behaviour and decides if they have a condition or not.



- People can get treatment quickly.
- Treatment is high quality and local where possible.

## 6. Joined up care

This means different health, care and other services are brought together to meet a person's needs



- People should receive the services they need and as close to home as possible.



- People are treated as an individual and with respect and dignity.



- People's care and support is based on what is important to them.



- People are supported to live a full life.

## 7. Workforce futures

This is about supporting staff working in health and care.



- Staff are well supported.
- Carers and those cared for work as a team.



- Staff have good access to training and opportunities.



- Staff feel happy with their work.

## 8. Digital First



- People can do things online easily. For example, make appointments or speak to a doctor.



- People are supported to use technology to help them be independent.

# Start well, live well, age well – our goals



Earlier in this plan we talked about how we want to support the people of Powys to have good health and **wellbeing** throughout their lives.



Here are some of the goals we have for each stage:

## Start well



- Improve the emotional health of children and young people.



- Support children and young people to live healthy, active lives.



- Provide better support for children and young people with additional needs.

## Live well



- Provide online therapy – talking with a professional to support people with their mental health.



- Improve information and advice.



- Provide support early to stop issues getting worse.



- Involve people more in designing services.



- Provide better care closer to home.



- Make sure people are treated equally and fairly in health and care.



# Age well



- Help to stop people being lonely.



- Lower delays in care and work together better.



- Improve community care services and make sure they work together well.

# What happens next



We will need to make sure we are achieving what we set out to achieve.



We will need to check what is being achieved and what kind of difference this plan is making.



To do this we will collect information and evidence about the areas we have talked about in this plan.

# Hard words

## Diagnosed or diagnosis

A diagnosis is when a doctor looks at a person's health and behaviour and decides if they have a condition or not.

## Wellbeing

Wellbeing means a person is happy, healthy and is comfortable with their life and what they do.