

a better u is South Tyneside working together to support health and wellbeing by making self-care easy. "Let's all live longer, healthier, happier lives."

Let's keep working together to make everything we do more:



Proactive

1 Is what you do proactive or reactive?



2 Prevention must be at the heart of everything we do

Don't wait for the problem to happen



3 What changes can we make to prevent a crisis



4 How do we help each other to maximise our independence



5 What can you change with prevention in mind and can you measure it?



6 With changes in mind what does proactive look like to you



Personalised

1 Ask "what matters to you?"

Not "what is the matter with you!"

2 Example

How do we stop your condition getting any worse so you can live a longer, happier life



3 What's best for you? What makes you strong? "Let's work together to make a plan"



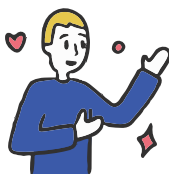
4 Don't lead with a "do" approach work with them

Provide opportunities to let people speak openly and confidently



5 Promote choice and empower people

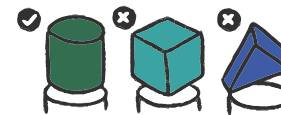
Think community first!



6 What would you change to make what you do more personalised

Fair

1 "No one size fits all" approach

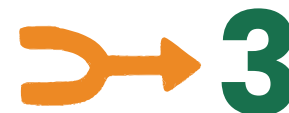


"round pegs only fit in round holes"

2 Make things easy - work with the community for the community



3 Work together in a joined-up way
No gaps and equality for all



4 Give people clear information that they can understand - no jargon!



5 Adapt what you do to include all



6 What does fair look like to you?