

## Signposting people in high risk groups to self-management support and information

As a result of the Covid-19 pandemic, there is an important task across the Personalised Care Group to identify practical ways that we can support people staying at home. Supported self-management is of particular importance to people living with long-term conditions, who are at increased risk of severe illness from coronavirus (COVID-19).

Supported self-management approaches such as health coaching, peer support and self-management education help people to build their knowledge, skills and confidence to manage their own health and care. Evidence shows that when people are supported to increase their knowledge, skills and confidence they benefit from better health outcomes, improved experiences of care and fewer unplanned care admissions which is more important than ever at this time.

This document has been designed to support healthcare professionals to signpost patients with long-term conditions, identified in the high risk groups, to support and information to self-manage at home.

The main charities for specific conditions have published guidance and information for self-managing during this pandemic including access to helplines and online peer support. There are self-management education programmes available on the nhs apps library some conditions and more generally for maintaining a healthy lifestyle as well as lots of information available on nhs.uk.

This document will be continually updated, so if you have any feedback on how this could be further developed or shared then please contact [england.patientactivation@nhs.net](mailto:england.patientactivation@nhs.net).

COPD/ Emphysema/ Bronchitis		
SSM support	Description	How to access
British Lung Foundation		
British Lung Foundation – Coronavirus advice for people living with COPD	We've Been Researching <b>Lung</b> Conditions for 30 Years and Our Aim is to Always Improve Care. We Are the Only <b>UK</b> Charity Looking After the	<a href="https://www.blf.org.uk/support-for-you/coronavirus">https://www.blf.org.uk/support-for-you/coronavirus</a>

	Nation's <b>Lungs</b> . See the Impact of Our Work. Campaigning for Change. 230+ Breathe Easy Groups. Founded in 1984	
Guide to COPD – for more information for patients about living with their condition	Information about what COPD is, the symptoms you might get, and how it's diagnosed and treated. Tips about controlling breathing and how to manage flare-ups, also called exacerbations	<a href="https://www.blf.org.uk/support-for-you/copd">https://www.blf.org.uk/support-for-you/copd</a>
Peer Support options for people with COPD over the phone	British Lung Foundation UK helpline	<a href="https://www.blf.org.uk/support-for-you/copd">https://www.blf.org.uk/support-for-you/copd</a>
COPD local support groups - which offer people living with COPD a chance to meet and share experiences with others.	F2F groups but may be hosting online?	<a href="https://www.blf.org.uk/support-for-you/copd">https://www.blf.org.uk/support-for-you/copd</a>
<b>NHS apps library</b>		
NHS apps library	There are a number of apps available for free on the NHS apps library to support people to self-manage their condition.	<a href="#">my mhealth: myCOPD</a> free in certain areas  <a href="https://nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/">nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/</a>

<b>Asthma</b>		
<b>SSM support</b>	<b>Description</b>	<b>How to access</b>

British Lung Foundation		
British Lung Foundation – Coronavirus advice for people living with asthma	Researching Lung Conditions for 30 Years. The only UK charity looking after the nation's lungs.	<a href="https://www.blf.org.uk/support-for-you/coronavirus">https://www.blf.org.uk/support-for-you/coronavirus</a>
Guide to asthma – for more information for patients about living with their condition	Asthma is a common, long-term or chronic, disease. It affects about 5 million people in the UK. This information is for adults living with asthma, their family, friends and carers. It describes the common causes of asthma, symptoms, treatment options and tips for managing your asthma. We also have information on asthma in children	<a href="https://www.blf.org.uk/support-for-you/asthma">https://www.blf.org.uk/support-for-you/asthma</a>
Peer Support options for people with asthma over the phone	British Lung Foundation UK helpline	<a href="https://www.blf.org.uk/support-for-you/asthma">https://www.blf.org.uk/support-for-you/asthma</a>
Asthma local support groups - which offer people living with asthma a chance to meet and share experiences with others.	F2F groups but may be hosting online?	<a href="https://www.blf.org.uk/support-for-you/asthma">https://www.blf.org.uk/support-for-you/asthma</a>
Asthma UK		
Asthma UK - coronavirus advice for people with asthma	Asthma UK works to stop asthma attacks and, ultimately, cure asthma by funding world leading research, and supporting	<a href="https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/">https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/</a>

	people with asthma to reduce their risk	
A telephone helpline	Speak to an asthma expert nurse on our helpline 0300 222 5800	<a href="https://www.asthma.org.uk/advice/resources/helpline/">https://www.asthma.org.uk/advice/resources/helpline/</a>
Self-management information for people living with asthma, including action plan template	Resources have been created using the most trusted evidence and evaluated by healthcare professionals and people with asthma.	<a href="https://www.asthma.org.uk/advice/resources/">https://www.asthma.org.uk/advice/resources/</a>
<b>NHS apps library</b>		
NHS apps library	There are a number of apps available for free on the NHS apps library to support people to self-manage their condition.	<a href="https://www.nhs.uk/apps-library/searchapps/?query=asthma">https://www.nhs.uk/apps-library/searchapps/?query=asthma</a>

<b>Chronic Kidney Disease</b>		
<b>SSM support</b>	<b>Description</b>	<b>How to access</b>
<b>Kidney Care UK</b>		
Kidney Care UK – Coronavirus advice for people living with asthma	Kidney Care UK are the UK's leading patient support charity, providing practical, financial and emotional support for kidney patients and their families	<a href="https://www.kidneycareuk.org/news-and-campaigns/coronavirus-advice/">https://www.kidneycareuk.org/news-and-campaigns/coronavirus-advice/</a>
Guide to kidney disease – for more information for patients about living with their condition	Whether you're newly diagnosed or a long term kidney patient we have lots of information on the many aspects of kidney health -	<a href="https://www.kidneycareuk.org/about-kidney-health/">https://www.kidneycareuk.org/about-kidney-health/</a>

	including dialysis, kidney function, and transplants	
Peer Support options for people with kidney disease	We can offer you support through our patient grants, holiday grants, counselling service, advocacy service, as well as our funding to improve care services	<a href="https://www.kidneycareuk.org/get-support/">https://www.kidneycareuk.org/get-support/</a>
Close Facebook group - which offer people living with asthma a chance to meet and share experiences with others.	Our closed Facebook group puts you in touch with others affected by kidney disease, giving you a chance to share experiences and tips on living with kidney related conditions	<a href="https://www.kidneycareuk.org/get-support/online-community/">https://www.kidneycareuk.org/get-support/online-community/</a>
<b>NHS apps library</b>		
NHS apps library	None available.	

<b>Sickle Cell</b>		
<b>SSM support</b>	<b>Description</b>	<b>How to access</b>
<b>Sickle Cell Society</b>		
Advice from the Sickle Cell Society on Coronavirus and Sickle Cell Disorder	The UK's only national charity to support people living with sickle cell	<a href="https://www.sicklecellsociety.org/coronavirus-and-scd/">https://www.sicklecellsociety.org/coronavirus-and-scd/</a>
Peer Support options for people with sickle cell over the phone	The SCS Helpline Service provides confidential information, guidance, and emotional support to individuals and families affected by sickle cell living within the UK	<a href="https://www.sicklecellsociety.org/helpline/">https://www.sicklecellsociety.org/helpline/</a>
Information on support	NHS Sickle Cell and	<a href="https://www.sicklecellsociety.org/supportgroups/">https://www.sicklecellsociety.org/supportgroups/</a>

groups, local services and NHS Sickle Cell and Thalassaemia Centres across the UK	Thalassaemia Centres, Haemoglobinopathies Coordinating Centres (HCCs) and Support Groups. Support groups play a vital part in delivering care for people living with sickle cell and their families	
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HIV		
SSM support	Description	How to access
THT		
Advice from the Terrance Higgins Trust on Coronavirus and HIV	The UK's only national charity to support people living with HIV	<a href="https://www.tht.org.uk/news/coronavirus-covid-19">https://www.tht.org.uk/news/coronavirus-covid-19</a>
Peer Support options for people with HIV over the phone	THT for support, advice and information.	<a href="https://www.tht.org.uk/our-services/phone-and-post/tht-direct-helpline">https://www.tht.org.uk/our-services/phone-and-post/tht-direct-helpline</a>
Information about online peer support provided by Terrence Higgins Trust	Information about service in local areas	<a href="https://www.tht.org.uk/our-services/services-your-area/support-people-living-hiv">https://www.tht.org.uk/our-services/services-your-area/support-people-living-hiv</a>

Cancer		
SSM support	Description	How to access
Cancer Research UK		
Advice from Cancer Research UK on Coronavirus and Cancer	The world's largest charity dedicated to saving lives through research. Our vision is to bring forward	<a href="https://www.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer">https://www.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer</a>

	the day when all cancers are cured	
Peer Support options for people cancer	A nurse helpline is available free of charge	<a href="https://www.cancerresearchuk.org/about-cancer/coping/emotionally">https://www.cancerresearchuk.org/about-cancer/coping/emotionally</a>
A chat group for people experiencing cancer	Chat to others in your cancer community	<a href="https://www.cancerresearchuk.org/about-cancer/cancer-chat/home">https://www.cancerresearchuk.org/about-cancer/cancer-chat/home</a>
<b>NHS apps library</b>		
NHS apps library	None available	

Diabetes		
SSM support	Description	How to access
<b>Diabetes UK</b>		
Coronavirus advice for people living with Diabetes	Updates on coronavirus and diabetes.	<a href="https://www.diabetes.org.uk/about_us/news/coronavirus">https://www.diabetes.org.uk/about_us/news/coronavirus</a>
Twitter @_diabetes101	Twitter account set up by health care professionals to support people with diabetes during Covid19. Offers advice and support and online social activities for people with diabetes to join in while staying at home. Twitter bio reads: "In light of #COVID19 and pressure of NHS teams we have gathered a bunch of	Via twitter, follow @_diabetes101

	HCPs together to signpost PWD to accredited information & boost morale!”	
Guide to Diabetes	Information you need on how you can fit diabetes around your lifestyle, from what to eat to how you can treat and manage your condition effectively.	<a href="https://www.diabetes.org.uk/guide-to-diabetes">https://www.diabetes.org.uk/guide-to-diabetes</a>
Peer Support options for people with diabetes	Social media online communities, online support forum, real life stories, bloggers, top tips, videos by and for children with Type 1 Diabetes. Diabetes UK helpline.	<a href="https://www.diabetes.org.uk/how_we_help/community">https://www.diabetes.org.uk/how_we_help/community</a> <a href="https://www.diabetes.org.uk/how_we_help/helpline">https://www.diabetes.org.uk/how_we_help/helpline</a>
<b>NHS apps library</b>		
NHS apps library – Diabetes	There are a number of apps available for free on the NHS apps library to support people to self-manage their condition.	<a href="https://www.nhs.uk/apps-library/category/diabetes/">https://www.nhs.uk/apps-library/category/diabetes/</a>
<b>MyDESMOND</b>		
MyDESMOND – for people with Type 2 diabetes, both newly diagnosed and established.	MyDESMOND has been designed to support diabetes self-management through digital means with modern lifestyles at the heart. Primarily developed with mobile-use in mind. Meets NICE requirements.	Contact your local DESMOND coordinator <a href="https://www.desmond-project.org.uk/people-with-diabetes/">https://www.desmond-project.org.uk/people-with-diabetes/</a>
<b>Bertie</b>		
Bertie Type 1 diabetes	Online self -management	<a href="https://www.bertieonline.org.uk/">https://www.bertieonline.org.uk/</a>

education programme	education for people with type 1 diabetes	
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Mental health		
SSM support	Description	How to access
Mental Health Foundation		
Looking after your mental health during the coronavirus outbreak	The Mental Health Foundation is part of the national mental health response providing support to address the mental health and psychosocial aspects of the Coronavirus outbreak, alongside colleagues at Public Health England and the Department of Health and Social Care.	<a href="https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak">https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak</a>
Your mental health	A range of content designed to give you more information about mental health and to help you to look after your mental health. We have podcasts, videos, inspiring stories and information about getting help if you're struggling.	<a href="https://www.mentalhealth.org.uk/your-mental-health">https://www.mentalhealth.org.uk/your-mental-health</a>
Mind		
Coronavirus and your wellbeing	You might be worried about coronavirus (COVID-19) and how it could affect your life. This may include being asked	<a href="https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/">https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/</a>

	to stay at home or avoid other people. This might feel difficult or stressful. Mind offers advice on things you can try that could help your wellbeing.	
Information and support	When you're living with a mental health problem, or supporting someone who is, having access to the right information – about a condition, treatment options, or practical issues – is vital. This page contains Tips for everyday living, Guides to support and services, helplines, Elefriends – an online community and more,	<a href="https://www.mind.org.uk/information-support/">https://www.mind.org.uk/information-support/</a>
<b>NHS apps library</b>		
NHS apps library - Mental Health	There are a number of apps available for free on the NHS apps library to support people to self-manage their condition.	<a href="https://www.nhs.uk/apps-library/category/mental-health/">https://www.nhs.uk/apps-library/category/mental-health/</a>

<b>Chronic liver disease</b>		
<b>SSM support</b>	<b>Description</b>	<b>How to access</b>
<b>British Liver Trust</b>		
Coronavirus information	For people with a liver condition, or you've had a liver transplant, this answers a number of the most common	<a href="https://britishlivertrust.org.uk/coronavirus-covid-19-health-advice-for-people-with-liver-disease-and-liver-transplant-patients/">https://britishlivertrust.org.uk/coronavirus-covid-19-health-advice-for-people-with-liver-disease-and-liver-transplant-patients/</a>

	questions related to the coronavirus outbreak that you may have below.	
Help and online community	If you are a patient or care for someone with a liver condition, you can contact our Helpline and/or join the British Liver Trust online forum. The British Liver Trust Helpline is staffed by fully qualified liver nurses and provides support to anyone affected by a liver condition.	<a href="https://britishlivertrust.org.uk/information-and-support/support-for-you/helpline-and-online-community/">https://britishlivertrust.org.uk/information-and-support/support-for-you/helpline-and-online-community/</a>
<b>Children's Liver Disease Foundation</b>		
Coronavirus updates	Information and guidance for parents of children and young people with liver conditions during the coronavirus outbreak	<a href="https://childliverdisease.org/coronavirus-update-for-parents/">https://childliverdisease.org/coronavirus-update-for-parents/</a>
Help and support	Information and support for parents and young people with liver conditions	<a href="https://childliverdisease.org/parents/">https://childliverdisease.org/parents/</a> <a href="https://childliverdisease.org/young-people/">https://childliverdisease.org/young-people/</a>

<b>Chronic neurological disease</b>		
<b>SSM support</b>	<b>Description</b>	<b>How to access</b>
<b>Parkinson's UK</b>		
Understanding coronavirus and Parkinson's	Our priority remains supporting people living with Parkinson's. That's why we've gathered the facts and guidance to help answer some of your most	<a href="https://www.parkinsons.org.uk/news/understanding-coronavirus-and-parkinsons">https://www.parkinsons.org.uk/news/understanding-coronavirus-and-parkinsons</a>

	common questions about coronavirus and Parkinson's.	
Support Groups	Get information about Parkinson's and support including a helpline and online community.	<a href="https://www.parkinsons.org.uk/information-and-support">https://www.parkinsons.org.uk/information-and-support</a>
<b>Motor Neurone Disease Association</b>		
Coronavirus and MND	We are aware that the situation surrounding the spread of coronavirus may be causing people affected by motor neurone disease (MND) concern. As always we are here to offer advice, support and to signpost to the most appropriate organisation. In this case our advice is directly mirroring that being shared and updated regularly by the NHS and the Government.	<a href="https://www.mndassociation.org/mnd-and-coronavirus/">https://www.mndassociation.org/mnd-and-coronavirus/</a>
Support and information	Find out about the help and support available. You can also find details on our <a href="#">contact us</a> page.	<a href="https://www.mndassociation.org/support-and-information/">https://www.mndassociation.org/support-and-information/</a>
<b>Alzheimer's Society</b>		
Coronavirus: Information for people affected by dementia	Find out more about the coronavirus and how to protect yourself and others.	<a href="https://www.alzheimers.org.uk/coronavirus-covid-19">https://www.alzheimers.org.uk/coronavirus-covid-19</a>
Get support	If you or someone you know are worried about or affected	<a href="https://www.alzheimers.org.uk/get-support">https://www.alzheimers.org.uk/get-support</a>

	by dementia, we are here for you. Get advice on a range of topics and find support near you.	
<b>Dementia UK</b>		
Coronavirus information	Coronavirus (COVID-19): information for families looking after someone with dementia	<a href="https://www.dementiauk.org/get-support/coronavirus-covid-19/">https://www.dementiauk.org/get-support/coronavirus-covid-19/</a>
Dementia and Alzheimer's support	Admiral Nurse Dementia Helpline is for anyone with a question or concern about dementia and Alzheimer's disease	<a href="https://www.dementiauk.org/get-support/dementia-helpline-alzheimers-helpline/">https://www.dementiauk.org/get-support/dementia-helpline-alzheimers-helpline/</a>
<b>MS Society</b>		
COVID-19 coronavirus and MS treatments	This page gives the latest guidance on coronavirus COVID-19 for people affected by multiple sclerosis	<a href="https://www.mssociety.org.uk/about-ms/treatments-and-therapies/disease-modifying-therapies/covid-19-coronavirus-and-ms">https://www.mssociety.org.uk/about-ms/treatments-and-therapies/disease-modifying-therapies/covid-19-coronavirus-and-ms</a>
MS and coronavirus care and support	We've been talking to lots of people in our community about multiple sclerosis and COVID-19. These are some of the questions that crop up the most.	<a href="https://www.mssociety.org.uk/care-and-support/ms-and-coronavirus-care-and-support">https://www.mssociety.org.uk/care-and-support/ms-and-coronavirus-care-and-support</a>
<b>Epilepsy Society</b>		
Epilepsy and the Coronavirus (COVID-19) FAQs	Dr Simona Balestrini is the Muir Maxwell Research Fellow at the Epilepsy Society. Here, she has put together an FAQ factsheet for those with epilepsy about the coronavirus (COVID-19).	<a href="https://www.epilepsysociety.org.uk/epilepsy-and-coronavirus-covid-19-faqs#.Xnk40WC7JPY">https://www.epilepsysociety.org.uk/epilepsy-and-coronavirus-covid-19-faqs#.Xnk40WC7JPY</a>

Helpline and other support	Taking care of your overall wellbeing is a vital part of living with epilepsy. For some people, having information or support can help.	<a href="https://www.epilepsysociety.org.uk/helpline-and-other-support-1#.Xnk6BWC7JPY">https://www.epilepsysociety.org.uk/helpline-and-other-support-1#.Xnk6BWC7JPY</a>
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