

Integrated Care Programme



Supporting people across East Lancashire
with long-term health conditions



- ✓ Regain independence
- ✓ Meet your personal health & wellbeing goals
- ✓ Access GP and Primary Care services more effectively
- ✓ Maximise income
- ✓ Reduce unplanned hospital admissions

Age UK Lancashire's Integrated Care Programme is a FREE service designed to help people over 50 and their carers living across East Lancashire.

For more information

For health & social care professionals only, please contact us on ageukintegrated.carereferrals@nhs.net

For general enquiries call **0300 303 1234**

What is our Integrated Care Programme?

This service brings together voluntary, health and social care services in East Lancashire, particularly aimed at coordinating support for those with long-term health conditions and complex needs.

Our Personal Independence Coordinators work with other services to create a plan that suits the client's lifestyle, which will enable them to enhance their health and wellbeing and regain their independence.

Typically, the plan includes addressing an individual's physical and mental wellbeing needs, setting personal goals that could include such areas as:

- Guide people to the correct services
- Help people to stay safe and independent in their own home
- Efficiently improve co-ordination of a person's health and social care
- Connecting the individual with local clubs and activities that suit their lifestyle
- Assisting with benefits & access to Information & Advice
- Help with form filling for housing applications

Who can access our Integrated Care Programme?

- Aged 50+
- Must have 1 or more long term health conditions
- Had at least 1 or at risk of an unplanned hospital admission
- Must be referred by GP or health and social care professionals

We believe that wellness is more than health and the Integrated Care Programme will look to support with the following:

- Emotional wellbeing
- Financial stability
- Social connectivity
- Having a purpose
- Taking ownership
- Feeling confident



Our Integrated Care Programme is commissioned by Lancashire and South Cumbria Integrated Care Board

Age UK Integrated Care Project partners

