

National Shared Decision Making

Collaborative WebEx

Shared Decision Making & Self Care

6th November 2012, 2.00pm-3.00pm

Shared Decision Making and Self Care presented by Mat Rawsthorne, Development Consultant at Self Help Nottingham.

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Mat will join the dots between patients as individual decision makers and the wealth of community support available to inform choice. He will give an insight into the intricacies of engaging peer networks alongside professionals as a proven way of transferring knowledge and supporting change (in both directions!).

He will look at:

The key principles and outcomes of mutual aid and self help and how they relate to shared decision making and co-production.

The common concerns of professionals about 'experts by experience' groups and the keys to a good relationship to leverage social capital

The realities of asset based community development, collective learning and how information is best packaged

Feedback from patients in self help groups on the "3 questions" campaign

Mat is a Chartered Management Accountant by background and has applied his knowledge of decision support to self management of long term conditions and is now a Fellow of the Institute of Mental Health. Having worked in primary care, acute and mental health trusts and for a commissioning support unit, he has spent the last three years at Self Help Nottingham, a unique specialist charity which promotes and supports peer support groups. Self Help Nottingham is now working with Clinical Commissioning Groups across England to understand and replicate the benefits of a supported self help sector as featured as best practice in the latest DH Long Term Conditions Compendium of Information.

To register for your place on this WebEx go to:

<https://aqua.webex.com/aqua/j.php?ED=204595087&RG=1&UID=1364134752&RT=MTgjMjE%3D>