



**How do you want to look after
your health in the future?**

**This is the question we asked people at two in-
depth workshops.**



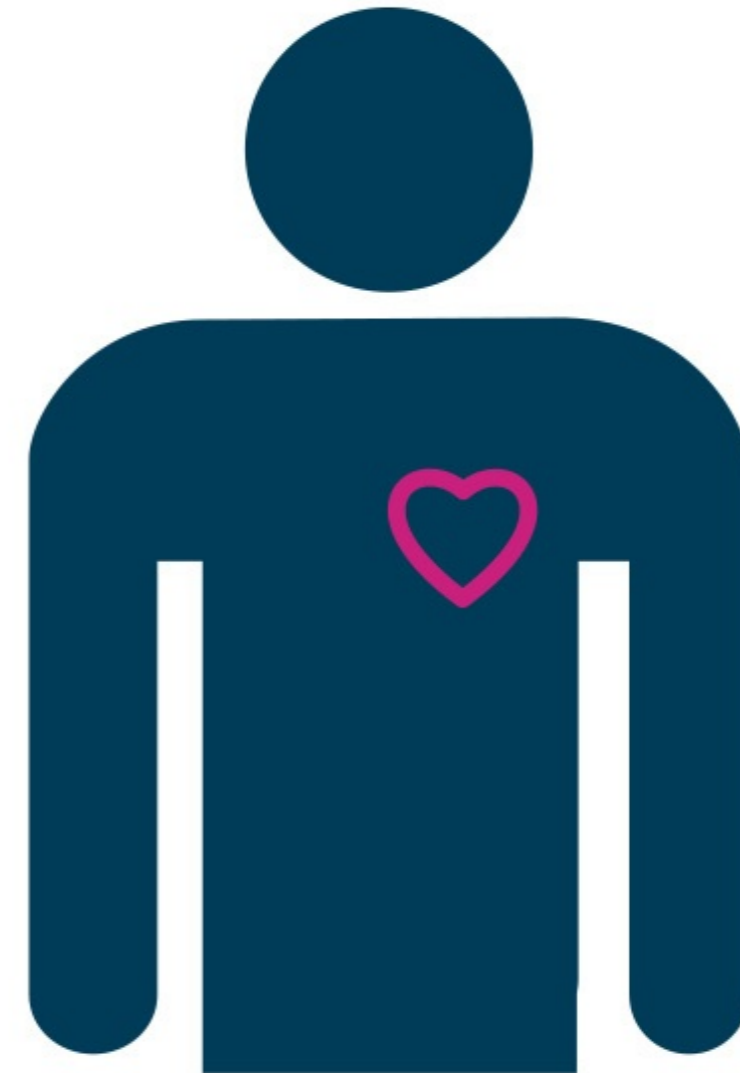
What did they say?



We want to do more for ourselves


We recognise the NHS is under pressure.

But we can help by playing a bigger role in looking after our own health and wellbeing.



What would this look like?

I'll be in control



I won't have to rely as much on my GP to interpret information for me.

I'll be able to access the information and advice I need to make more decisions for myself.

Services will work better for me



My health records will be up-to-date and services that help me will be able to access them.

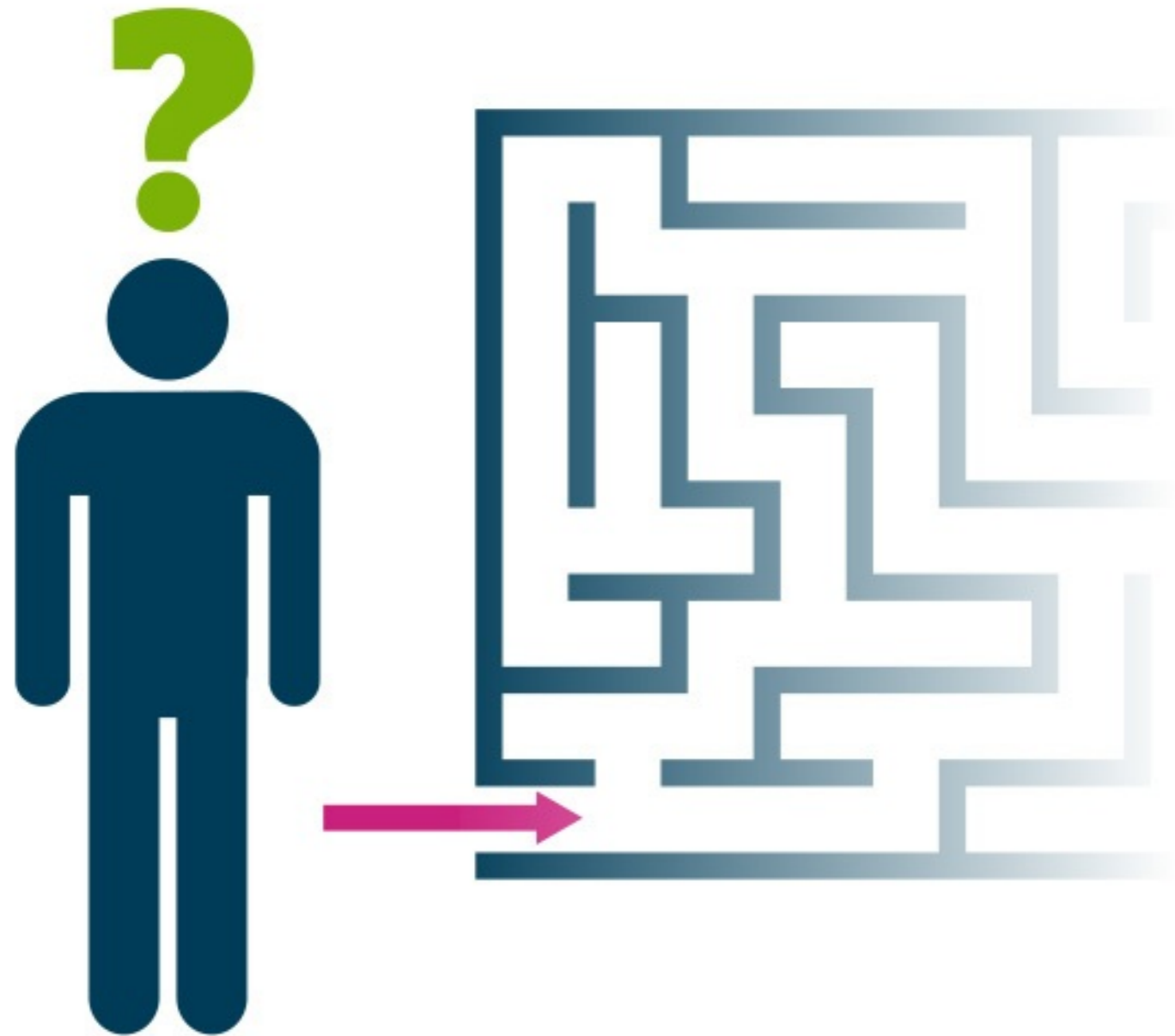
I won't have to re-tell my story each time I see a different professional or service.



I'll have a relationship with services and have continuous support when I need it - especially after leaving hospital.

I'll be told about local organisations that can provide me with extra help.





If I face serious, complicated or distressing issues, someone will be available to help guide me and coordinate my care.

I'll have easier access to the support I need to stay well

I won't have to go to hospital so much.



I'll be able to access more services - like dieticians and physiotherapists - through my GP.

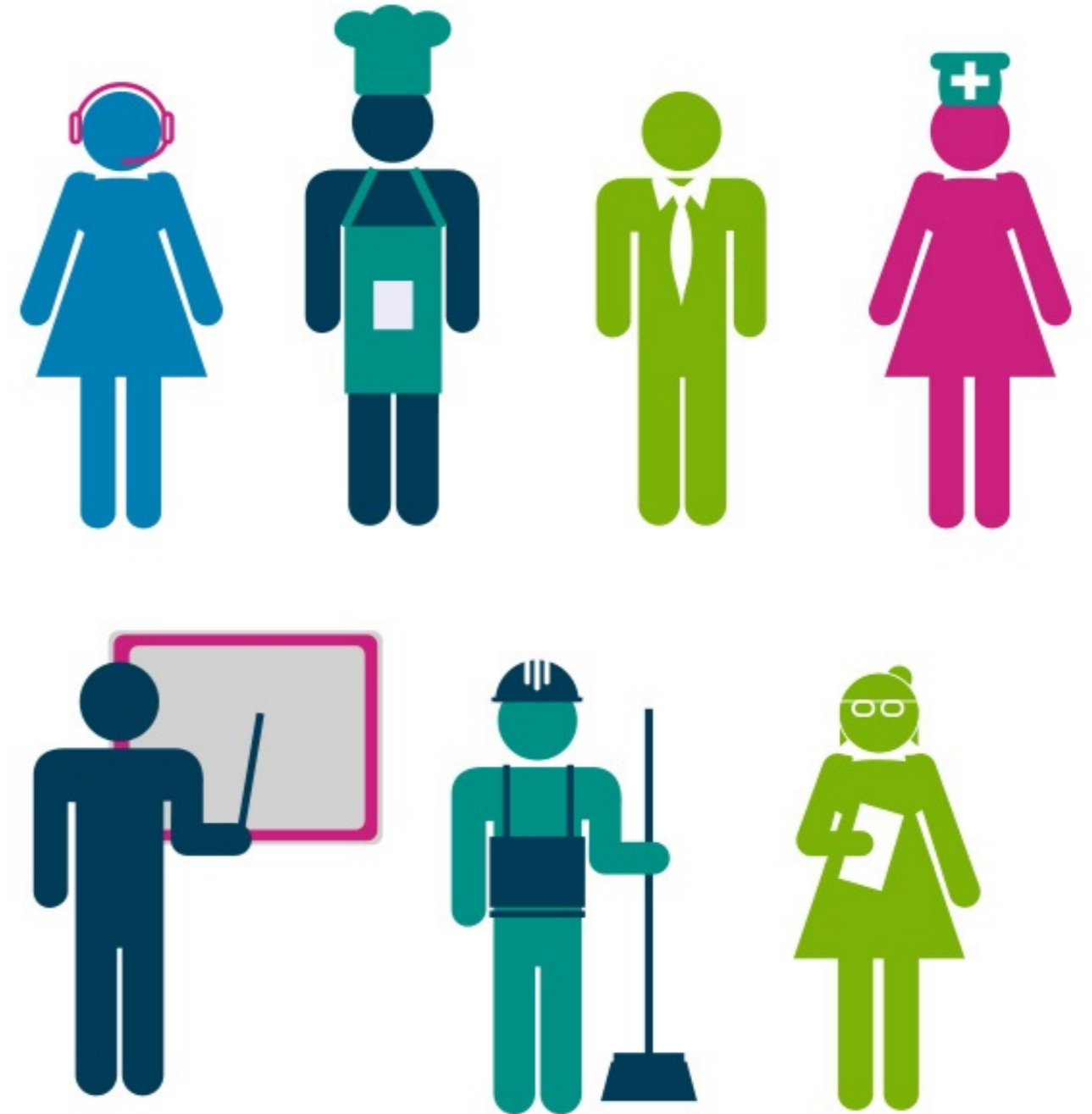
Tests such as ultrasounds can be done by my GP.



My employer will also help

I won't have to leave work to get a health check. My employer will offer these.

I'll also be able to get health services in more locations - for example, flu jabs from supermarkets.

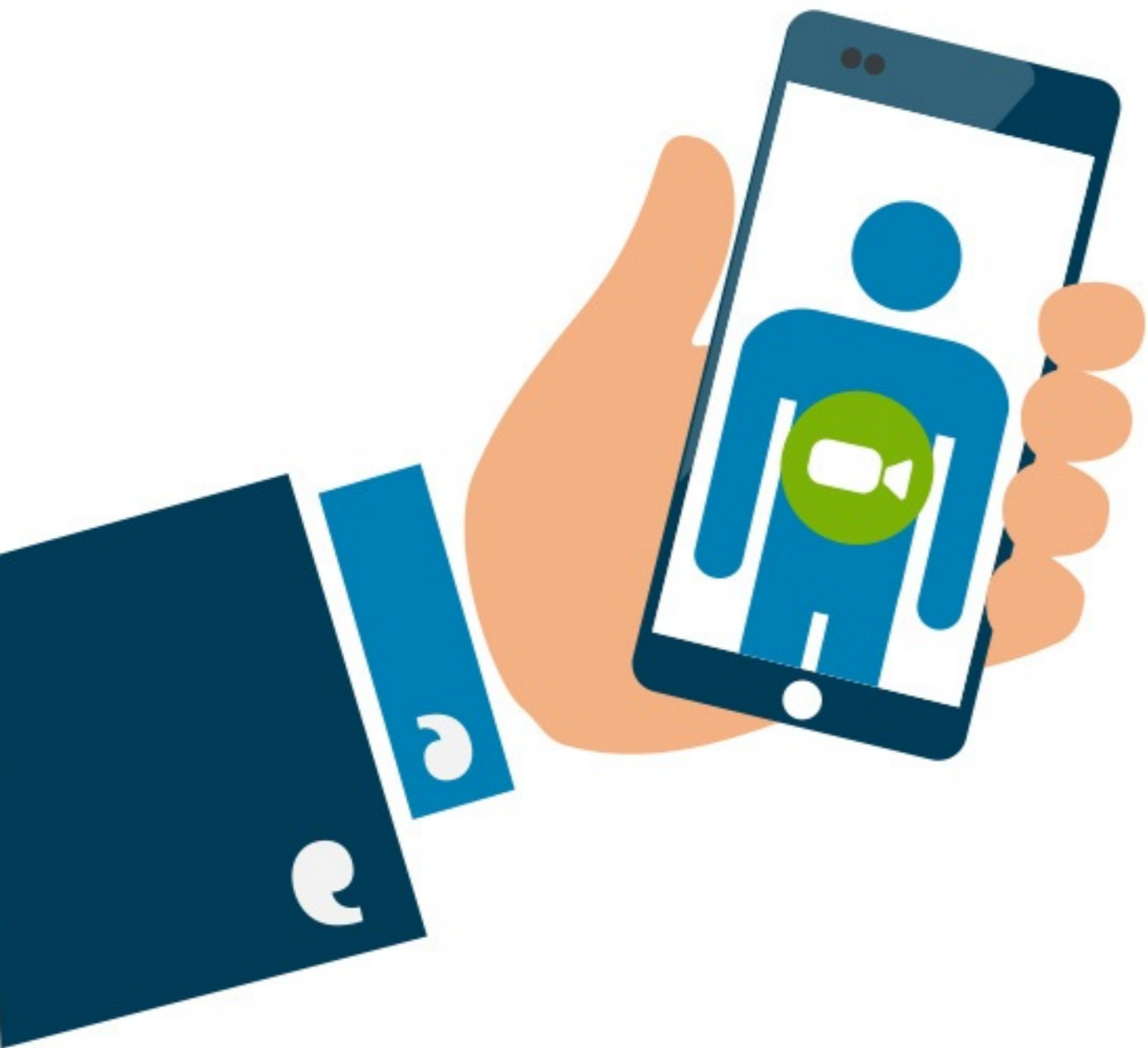


I'll be able to do more online

I won't have to visit the GP or wait for the post to get my test results.



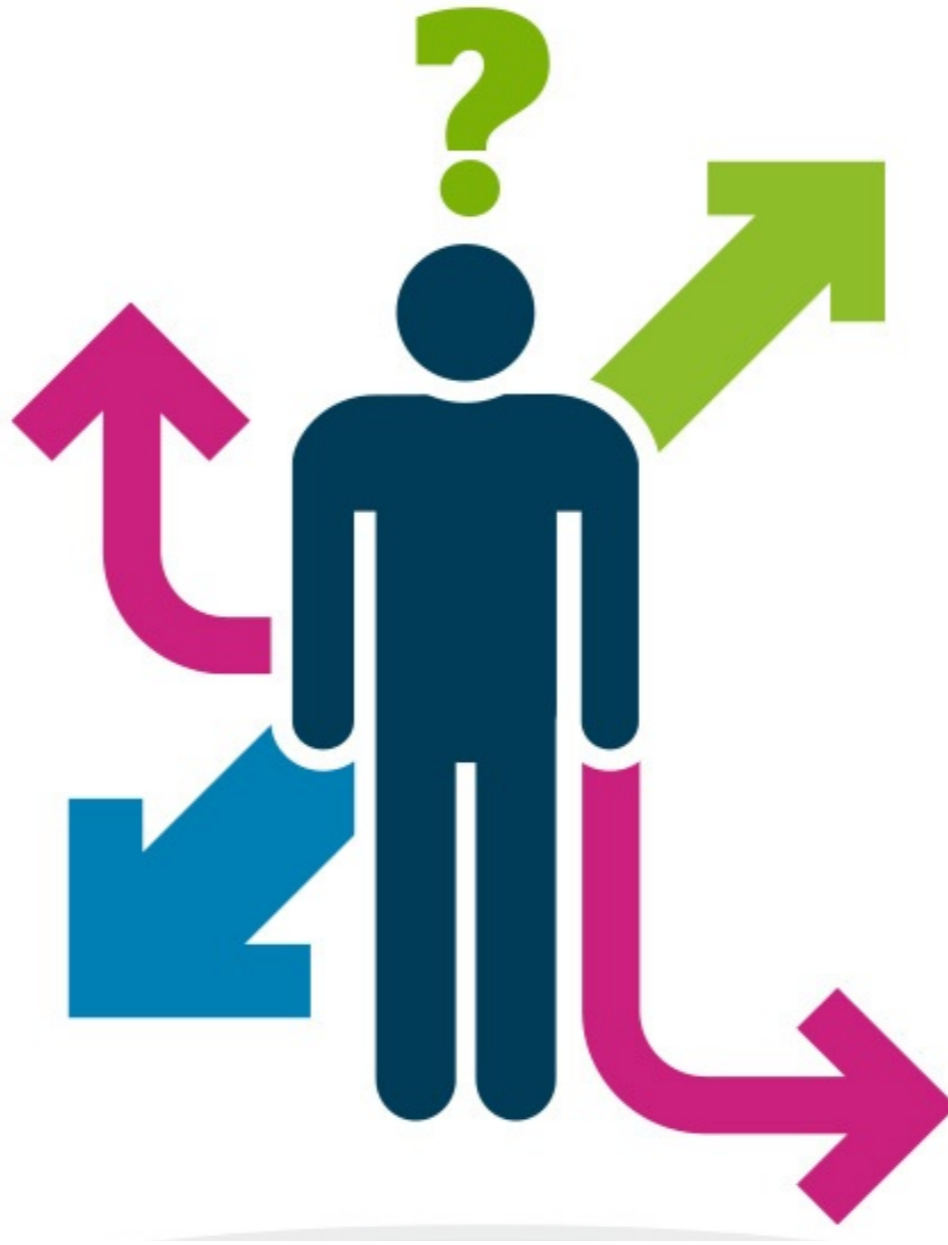
I'll be able to book appointments, arrange my prescriptions and access my health records online.



If I want to video-call my GP, rather than visiting for a consultation, this will be possible.

More help for mental health

Long waiting times for mental health support will be an issue of the past.



If I need help with my mental health, my GP will be able to offer the right support for my needs quickly.

What next?

Services will recognise people's growing expectations that they will be able to do more for themselves and receive care tailored to their needs.

They will also harness the potential of using technology.



8 in 10 people are willing to share their views to help improve services but many don't know how.

To capitalise on people's desire to help, commissioners and providers need to avoid making assumptions, listen more and...

...work with people as partners in designing future services

Find out more:

www.healthwatch.co.uk/bettertomorrow

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