

Cyflwynwyd yr ymateb i ymgynghoriad y [Pwyllgor Iechyd a Gofal Cymdeithasol](#) ar [Cefnogi pobl sydd â chyflyrau cronig](#)

This response was submitted to the [Health and Social Care Committee](#) consultation on [supporting people with chronic conditions](#).

CC61: Ymateb gan: | Response from: EPP Cymru - Self-Management Programme



Our Self-management courses have been provided for the past 20 years here in Wales under the brand of **EPP Cymru**. Our courses are co-produced, evaluated and licenced and support individuals with a long-term condition to:

- Develop skills to help them to manage and take control of their health and well-being
- Make best use of health services
- Work in partnership with health and social care professionals
- And finally make positive behaviour changes to improve their lifestyle

This in turn should improve the quality of life of individuals with a chronic condition/s and reduce pressure on NHS services.

Building on the success of recent years, the programme aims to continue working towards improving the number of individuals with a long-term condition in Wales that complete a self-management course.

Additionally, these programmes aim to give participants the confidence to take responsibility for their own care and make better use of health services, whilst also encouraging them to work in partnership with health and social care professionals. This in turn should improve the quality of life of individuals with a long-term condition and reduce pressure on NHS services.

There is now widespread recognition of the potential for partnerships between patients and health care professionals to transform the way in which people living with chronic conditions make use of health care resources. To make such shared decision-making an everyday reality there is a need for approaches that support patients to have the confidence, information and support to participate in their healthcare.

EPP Cymru provides this, by supporting people living with chronic condition/s to develop the knowledge, confidence and skills needed. The EPP Programme is therefore as relevant now as it has ever been; providing part of the future solution to the economic and demographic challenges that growing numbers of people living with chronic conditions will bring to Wales over the next 25 years.

These workshops are highly participatory. Mutual support and success build participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Participants are guided to tailor the workshop content to their own needs.

Pain physicians, registered dietitians, occupational and physical therapists, and other health professionals have reviewed all workshop materials.

The programme follows a QA framework so that facilitators are regularly assessed and must attend an annual core skills workshop to maintain their accreditation.

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Rydym yn croesawu gohebiaeth yn y
Gymraeg neu'r Saesneg

**Peidiwch ag anfon unrhyw enwau,
dyddiadau geni, neu wybodaeth
adnabod cleifion arall i mi.**

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We welcome correspondence in
Welsh and English

**Please do not send me any
patient names, dates of birth, or**

**other patient-identifying
information.**