

made with
photosymbols®



There may be some words you don't know in this document. When you see them for the first time they will be in **bold**.

There is a word list with the meanings of these new words at the end of the document.



Fife Health and Social Care

Partnership wants to help people in Fife.

We want to help people be able to live on their own.

We also want to help people be healthier.

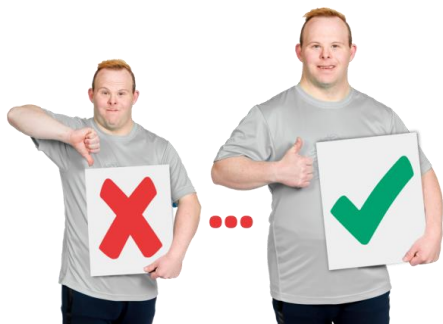


A **strategy** is a document that sets out the things that an organisation wants to do over a few years.



Prevention means stopping something from happening.

Early intervention means taking action early to prevent bigger problems.



This strategy explains the things we will do over the next few years to make things better.



These things will help lots of people across Fife. Now and in future years.



We will strengthen how health and social care organisations work together. This includes voluntary partners and other care providers.

This will help us to meet our key goals



We will include people and communities as active and equal partners.



We want people to prioritise looking after themselves first, with support that matches their needs.



We will consider a person's whole life when we plan activities. This will help prevention and early intervention.



We will use our resources wisely. We want to focus on the outcomes that matter to people.



We want prevention and early intervention to be normal practice across all health and social care.



We want to build a positive culture that lasts and becomes part of everything we do.

This will let us do prevention and early intervention activities.



Providing health and social care services for everyone is a big challenge.

Many people are living longer, but some people are less healthy than others. This means that they need extra help.



We need to lower the demands on our health care system. This will help us keep providing care for future generations.



Good health and wellbeing can help people take an active part in their communities and the economy more easily.



The things that affect our health and wellbeing are complex.

Some things can't be changed, like our age or **genetics** (our genes).



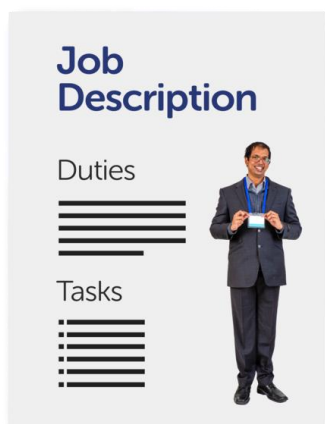
Others can be changed by prevention and early action. For example, our diet or how much exercise we do.



Our health is also affected by the conditions where we grow up, live and work.

These include our:

- education
- jobs
- income
- access to healthcare
- social circles
- becoming a carer
- housing and wider social, cultural and environmental factors.





Poor health and wellbeing can affect how good people's lives are. It also affects how much help and support they need.

Some of the causes of ill health are:

- Pain in your lower back and neck.
- Feeling very sad or down for a long time. This is called **depression**.
- Health problems that cause bad headaches.
- Feeling worried or nervous much of the time. These are **anxiety disorders**.
- A type of arthritis that happens when the cartilage in your joints breaks down. This is called **osteoarthritis**.
- Having too much sugar in your blood. The medical name for this is **diabetes mellitus**.
- Disease of the blood vessels in your brain. The medical words are **cerebrovascular disease**.
- Other health problems with your muscles and bones. These are **musculoskeletal disorders**.
- Drinking too much alcohol.
- Losing your hearing as you get older.





These are some of the things that help people to feel well and have a good life.

- having access to health and social care
- good relationships
- safe environments
- enough money
- food and transport
- feeling respected
- being listened to
- having a choice
- feeling understood and valued
- being involved in decisions about them
- being given support and encouragement to help themselves.



We will help people take active steps to keep their body, mind, and feelings healthy.

This will stop or reduce health problems and issues.



Localities

We will make sure make people who use health and social services get the right care and support. This is at the right time and right place. The focus is on care based in the community and preventing illness.



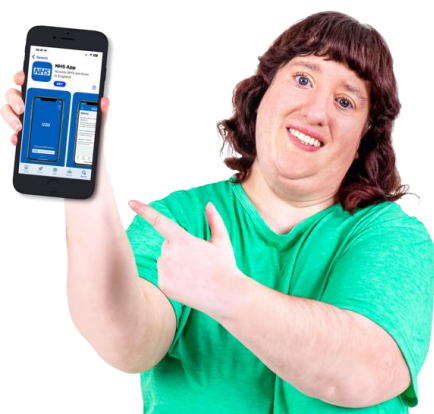
Workforce

Our employees will work hard to help people look after themselves. They will understand what people need and help them to do this.



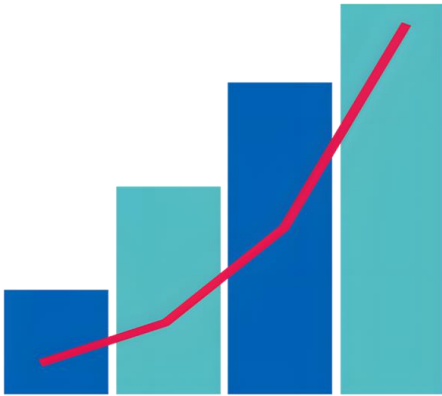
Communication

Effective communication will maximise chances for people at all life stages. We will provide high quality information that is easy for people to find and use.



Digital

We will provide digital solutions that give people the skills to manage their own health and wellbeing. Digital tools may help people understand how some things can affect their health and wellbeing.



We will keep measuring the quality of the services that we provide. We will provide a report every year to show how we are doing.



We will also share the report with you, and the people who use our services. This will help us to keep making things better.

A survey form titled "What do you think?" with a question "Do you think the idea is a good one?" and three response options: "Yes" (smiley face), "Not sure" (neutral face), and "No" (sad face). A hand is shown marking the "Yes" option.

You can tell us what you think about the services we provide. We will listen to your ideas and try to make things better.

**Fife Health
& Social Care
Partnership**



Supporting the people of Fife together

You can find more information about prevention and early intervention on our website:

www.fifehealthandsocialcare.org

What the words mean.

Anxiety	Being worried or afraid is called anxiety. Anxiety is a normal feeling. Everyone feels anxious sometimes. However extreme anxiety can stop you doing normal things. It can make you feel unhappy.
Cerebrovascular disease	Cerebro means the brain. Vascular means the blood vessels. Disease means illness. So cerebrovascular disease means illness of the blood vessels in the brain.
Depression	Depression causes people to feel sad or hopeless. It can make everyday life difficult. People with depression can recover with support.
Diabetes mellitus	Diabetes is a disease. It happens when your body cannot control the amount of sugar in your blood. it is important to manage diabetes to keep your blood sugar at normal levels.
Early intervention	Early intervention means taking action early to prevent bigger problems.
Fife Health and Social Care Partnership	When the local council and local NHS work together to deliver services.
Genetics	Genetics is the study of genes. Genes are parts of cells, they carry information that tells the cell what to do. Genes determine things like: <ul style="list-style-type: none">• Eye colour• Height• Risk of getting certain diseases.

What the words mean.

Musculoskeletal disorder	Musculoskeletal means muscles, bones, joints, tendons, ligaments and nerves. Disorder means a health problem. A musculoskeletal disorder is a health problem with the muscles, bones, joints, tendons, ligaments or nerves in the body.
Osteoarthritis	Osteoarthritis is a type of arthritis. Arthritis is a disease of the joints. Joints are places where two bones meet, like knees and hips. Osteoarthritis most often occurs in the hands, knees, hips, and spine.
Prevention	Prevention means stopping something from happening.
Strategy	A strategy is a document that sets out the things that an organisation wants to do over a few years.