

# Long Term Conditions and Mental Health

# Session Overview

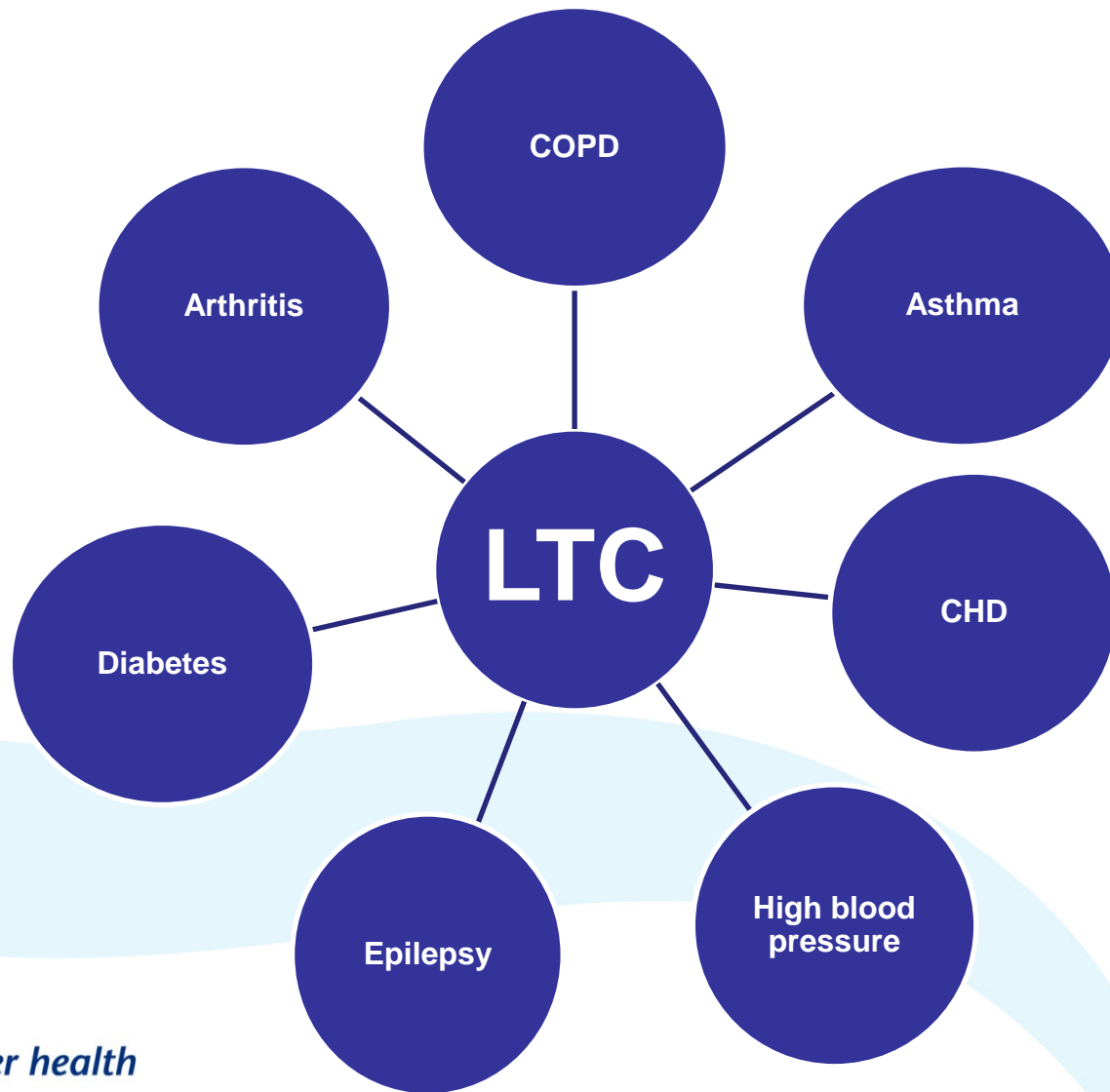
- What is a long term condition?
- Examples of long term conditions
- The impact of long term conditions on mental health
- Mental health resources and support
- Looking after yourself

# Long Term Condition definition

*“Long term conditions are health conditions that last a year or longer, impact on a person’s life, and may require ongoing care and support”*

*(Scottish Government)*

# Long Term Conditions



# Statistics

- 40% of Scottish population have at least one LTC
- Number of people aged 75 and over will rise by 60 per cent between 2004 and 2031. By the age of 65, nearly two-thirds of people will have developed a long term condition.
- Twice as likely to be admitted to hospital, will stay in hospital disproportionately longer, and account for over 60 per cent of hospital bed days used.
- More likely to experience psychological problems

# Impact of Long Term Conditions

- Mental health
- Employment
- Housing
- Loneliness/Isolation
- Education
- Independence
- Poverty/finances
- Divorce/separation
- Caring responsibilities

# Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....