

# Long Term Conditions and Mental Health

# Overview

- What is a long term condition?
- Examples of long term conditions
- The impact of long term conditions on mental health
- Looking after mental health with a long term condition
- Looking after yourself

## 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

- Arthritis
- Asthma
- Cancer
- Cerebral Palsy
- Chronic obstructive pulmonary disease (COPD)
- Chronic Pain
- Congenital Heart Problems
- Coronary Heart Disease
- Cystic Fibrosis
- Diabetes
- High blood pressure
- Mental Health Conditions
- Neurological Conditions (Parkinson's, Epilepsy)



# Statistics

- 35% of adults aged 16 years and over have a limiting long term condition.
- 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 on Mental Health

- Increased risk of mental health conditions (depression, anxiety)
- Stress and worry
- Loneliness/Isolation
- Low self-esteem
- Stigma and discrimination
- Frustration and anger

# Looking after your mental health with a long term condition

## Self help

- Peer Support Groups
- Self-care
- Online forums/information
- Helplines

## Services

- Doctor
- Counselling
- Long Term Conditions support services

# Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....