

Long Term Conditions

Session Plan

Session	Long Term Conditions and Mental Health
Background Information	Long term conditions (LTC's) are health conditions that last a year or longer, impact on a person's life, and may require ongoing care and support. The human costs and the economic burden for health and social care are profound and it is estimated that 60% of all deaths are attributable to long term conditions and they account for 80% of all GP consultations. The impact of LTC's on mental health and wellbeing is significant and those with LTC's are more likely to experience psychological problems.
Aim	To raise awareness of the impact of long term conditions on mental health.
Objectives	Participants will be able to: 1. Dispel some of the myths surrounding long term conditions 2. Define what a long term condition is 3. List examples of long term conditions 4. Describe the impact long term conditions can have on mental health and wellbeing 5. Discuss mental health supports for those with long term conditions
Duration	Up to 1.5 hours
Resources	• IT (laptop) • Presentation • Flipchart/pens • Session handouts • Evaluation

Learning outcomes	Participant Activity	Resources	Time
1. Dispel some of the myths surrounding long term conditions	Myth buster	Quiz	10 min
2. Define what a long term condition is	Slide	Slide	10 min
3. List examples of long term conditions	Examples of long term conditions	Flipchart/ pens Slide	10 min
4. Describe the impact long term conditions can have on mental health and wellbeing	Body Map	Flipchart/ pens Slide	15 min
5. Discuss mental health supports for those with long term conditions	What do people need?	My world triangle handout (CYP activity) Protective factors (adult activity)	30 in
6. Looking after our own mental health	Self-care	Slide	5 min
7. Reflection and session close	Reflection	Evaluation	5 min

Facilitator's Notes

Slide	Notes	Time	Resources
1	Welcome participants and introduce yourself before offering an overview of the session. Have the title slide up and visible whilst doing this.	5 min	Slides
2	Put up the session overview slide and read out what will be covered today. Highlight that this session is not to make participants experts on long term conditions but to raise awareness of these and the impact that LTCs can have on mental health and wellbeing.		
Activity	Quiz Let's start by looking at some of the myths that surround long term conditions. Distribute the quiz to participants. This can be done on an individual basis or as a group. Ask participants to complete the quiz, true or false. This is a good starting point and gives an insight into participants' knowledge and attitudes to long term conditions. Once completed, go through each question to generate discussion. Using the supportive statements to provide the correct answers. Discussion point: Was there anything that participants were surprised about?	10min (5min activity, 5 min feedback)	Quiz
3	LTC Definition	5 min	Slide

	Discussion point: Ask the participants how they might define or explain their understanding of what a long term condition is? Remind them to think about the quiz they completed. Put up the LTC definition slide and read out. Discussion point: Ask the participants if they think this is a reflective definition. This is the definition used by the Scottish Government.		
Activity & 4	Examples of long term conditions Inform the participants that we are going to look at what we think of as a long term condition and what long term conditions do we know of. Divide the participants into groups and provide flipchart and pens. Invite the groups to think about and discuss examples of long term conditions and write them down. Take feedback from each group, one or two examples from each. Put up the slide with examples of long term conditions, acknowledging if the participants have covered them. Discussion point: Were there any surprises from examples of LTC's, did	15 min (10 min activity, 5 min feedback)	Flipchart/ pens Slide

	they consider these to be LTC's?		
5	Statistics The purpose of the statistic section is to help build a picture of the scale of long term conditions and the challenges we face. Inform participants that we are going to look at some of the statistics relating to long term conditions. Put up the slide and read out the statistic information. Discussion point: Once you have read off the information, highlight that some of these came up in the quiz. Then ask participants what their thoughts and views are on the statistics, are they alarmed by them or not surprised? Inform them that this demonstrates the prevalence of long term conditions in Scotland and the challenge it presents including the human costs and economic burden.	10 min	Slide
Activity & 6	Impact of long term conditions on mental health and wellbeing? Inform the participants that we have looked at examples of long term conditions, how a long term condition is defined and some of the statistics relating to long term conditions. Now we are going to explore how long term conditions can affect mental health and wellbeing.	15 min (10 min activity, 5 min feedback)	Flipchart/ pens

	Divide the participants into groups and provide flipcharts and pens. Invite the groups to draw an outline of a body and to think about how having a long-term condition can impact on mental health and wellbeing. Invite participants to consider links to physical, emotional, and social wellbeing. Write these down in and around the body. Suggested idea: each group is given a long-term condition to use as an example of how this condition may impact on an individual's mental health and wellbeing. E.g. asthma, epilepsy. Take feedback from each of the groups, one or two examples from each. After all have fed back, put up the slide to show the impact long-term conditions can have on mental health and wellbeing. Highlight that the list is not exhaustive. Increased risk of mental health conditions: people with LTC's are two to three times more likely to experience mental health problems like depression and anxiety than the general population. Stress and worry: the challenges of managing a chronic illness can lead to significant stress, worry, and anxiety. Loneliness/Isolation: some limitations and		
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	symptoms associated with some conditions can lead to social isolation and loneliness, further impacting mental health. Stigma and Discrimination: people with LTC's may face negative stereotypes about their capabilities, intelligence, or ability to work. Frustration and anger: dealing with a LTC can be frustrating and lead to feelings of anger and upset, further impacting on mental health. Uncertainty about the future: people with LTCs may worry about how their condition will affect their health, relationships, work, finances or ability to do the things that matter to them in the future. Loss of control or independence: changes in symptoms, treatment needs or physical abilities can make people feel less in control of their daily lives and more dependent on others for support. Note: the focus of this session is the mental health impact. However, we know LTC's can affect all aspects of an individual's life, employment, poverty, education, housing relationships, which can		
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	further compound struggles with mental health etc.		
Activity & 7	Looking after mental health with a long term condition Keep participants in their groups. We have looked at examples of LTCs, and how having a LTC may impact on mental health and wellbeing. Now we are going to explore what we can do to protect, promote, and support the mental health of those living with long-term conditions. Give each group a long-term condition from the examples highlighted at the beginning of the session (Asthma, diabetes etc). Distribute the protective factors or my world triangle handout, depending on what audience you are delivering to. Ask the groups to consider what could help support the mental health of the individual, taking into consideration the factors that are essential to protecting mental health as highlighted in the handout. Take feedback from each of the groups. Put up the slide and share some examples of suggested supports which have been themed into self-help and services. This is not an exhaustive list.	20 min (15 min activity, 5 min feedback)	My World Triangle or Protective Factors Handout Resources handout

	Peer Support Groups: can be a lifeline for people who have long-term conditions, offering connection, understanding, and hope. Self-care: this is anything that we do to keep ourselves mentally, emotionally, physically, socially, and spiritually healthy. Online forums/information: The internet hosts a wealth of information and online chat forums. Helplines: There are a range of free helplines that can be accessed to support anyone struggling with their mental health. Doctor: If people with long-term conditions are struggling with any physical and/or mental health symptoms that they are not able to manage, they should contact their doctor. Counselling: can help individuals develop strategies and increase self-awareness. Long Term Conditions support organisations: examples include Epilepsy Scotland, Asthma UK, Diabetes Scotland. Highlight that supports can look different for everyone and that one size does not fit all. Individuals may choose different supports at different times throughout their long-		
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	term condition. They may also use more than one source of support at a time. Circulate the resources handout, highlight that these are general, and participants will have more insight into local resources. Discussion point: Are there any local resources that participants would like to share information on?		
Activity & 8	Remind the participants of the importance of looking after their own mental health and provide a self-care activity.	5 min	Slide
Session close	Thank the participants for their time and ask them to complete an evaluation before closing.	5 min	Evaluation