



Living Well Moyle Overview

Background

In 2016, the Living Well Moyle service was established in Northern Health and Social Care Trust (Bushmills, Ballintoy, Armoy, Ballycastle, Cushendun, Cushendall, Rathlin and the Glens of Antrim). Living Well Moyle aims to connect the individual to a range of statutory and community services that are focused on reablement and empowerment so as to improve patient outcomes related to health, wellbeing, social participation, combatting loneliness and to move people away from unscheduled use of health and social care. Key program outcomes are:

- 1. Improved health and wellbeing of Living Well Moyle clients.**
- 2. Improved experience of care and support**
- 3. Reduced cost of care and support**
- 4. Benefit to wider community development activity**

Service

Living Well' is about people, place and purpose: the focus is on the person, understanding their aspirations and relationship with their community; the shared purpose is shaping everything around a holistic person centered and coordinated approach to improve the quality of life for older people; by helping them identify ways to build their self-confidence, self-determination, resilience and self-reliance; and by providing practical support to help them achieve their aspirations.

Individuals are supported by a Living Well Coordinator, who is part of the multi-disciplinary team within a GP practice, and a '*guided conversation*' with individuals is undertaken. This enables the individual to identify their goals and needs, then with the coordinator's support, agree a management plan that is delivered on their behalf by statutory and community/voluntary sector services. A key element of the service is the support of a network of volunteers, to help individuals become more physically and socially active within their community.

Impacts

Year on year the Living Well Coordinator and Volunteers, has supported more than 500 individuals with referrals and signposts to other support services. Reported benefits include: Improved sense of well-being, feeling more connected, less lonely, feeling more supported, becoming more actively involved in community life...

Living Well Moyle

Impact - April 2021 to June 2022



- 98% Very Satisfied with the service
- 98% Very Likely to recommend
- 95% Strongly Agreed that they felt listened to and supported
- 95% Strongly Agreed that they received information they could use

Top 6 reported impacts

- Improved mental wellbeing 100%
- Feel less lonely 100%
- Increased social contact 100%
- Increased choice & control 98%
- Feeling more safe and secure 98%
- Improved daily living ability 95%

Those we supported share their thoughts on the service below

Everything I could ever need under one umbrella

Because of this service I have gone from being bed bound to starting a full time course of study

Has made me feel that anything can be possible

I moved here knowing no one and didn't know how to access support for mum. This service came along and made everything good again

Changed my life for the better



Conclusions

The Living Well Moyle service has exceeded expectations in helping people to reconnect to their communities, improve mobility, increase entitlements, reduce loneliness, and overall improve physical wellbeing.

For more information about the living well service, please contact:

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