

## What happens after the first visit?

After the first visit, your Community Navigator will be in touch regularly to discuss your progress and support you to achieve your personal goals set out in your Wellbeing Plan.

The Community Navigator will carry out additional visits to reflect on your experiences with mPower and support you to achieve any new goals you may develop.

Every experience with mPower will be unique to you and your individual needs.



## Confidentiality

We will ask you to complete an information sharing consent form at your first appointment.

The Community Navigator will explain fully the information that we would need to share with other relevant services and no information will be shared without your prior agreement.

## Project funding

mPower is a 5-year project operating in the border counties of Republic of Ireland, Northern Ireland and Scotland.

The mPower project is funded through the European Union's INTERREG VA Programme, designed to promote greater levels of cross-border co-operation.

Match funding is provided by the Northern Ireland Executive, the Irish Government and the Scottish Government.

## Further Information

**Anne Clark / Heather Renwick, Community Navigator**

Long-Term Conditions

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# Empowering over 65s to live well



A project supported by the European Union's INTERREG VA Programme, managed by the Special EU Programmes Body (SEUPB)



# Empowering healthy & connected communities

We deliver a service to support people who are 65 and over to live healthier and more independent lives.



We support you to:

- Develop a Wellbeing Plan to achieve your health and wellbeing goals.
- Access digital services to help you manage your long-term condition.

## Can we support you?

**Do you** live with an ongoing health condition?

**Do you** want to feel empowered and live more independently and safely?

**Do you** want to feel in control of your health and wellbeing?

**Do you** sometimes feel isolated or lonely?

**Would you** like to be connected to local people?

**If you answer yes to any of these questions, then we can support you.**

## How do I get involved?

Tell your health or social care professional that you would like to be referred.

Or you can contact us today to self-refer.

The Community Navigator will then get in touch to arrange an appointment with you.



## What happens at the first meeting?

The first meeting provides a safe space for you and the Community Navigator to talk about what really matters to you.

You will be given information about what is available to enable you to live a healthy lifestyle.



This will include the development of a Wellbeing Plan including information about local groups that you may wish to attend as well as beneficial digital health services and apps.

## Will mPower recommend digital health services?

You will be given information about what digital services mPower could help you access and how this could benefit you. We can also provide support if you need it.



For example, you could:

- Use a mobile health app.
- Have a video appointment with a health professional to save travelling.
- Use a remote health monitoring service.
- Use a digital health monitoring device linked to 24 hour support.

