



Your GP Practice has adopted a new style of conversation between the healthcare professional and people with a long term condition such as diabetes or heart disease.

This approach is based on the House of Care model that lays out the key elements enabling people to live well in their communities.

The approach is about supporting people with long term conditions to:

- Be equal partners in their care and support.
- Talk about their own priorities through a conversation involving information sharing, joint decision making, goal setting and action planning, supported by a healthcare professional.
- Have an improvement in their experience of care.

At the centre of the house is care and support planning: a conversation between you and your GP, Practice Nurse and wider GP Practice team.

What difference will you notice?

1. A letter from the Practice inviting you to an initial consultation with a healthcare assistant to take tests.
2. Test results sent to you to give you time to reflect and think about what you want to speak to the GP or Practice Nurse about.
3. A consultation with your GP or Practice Nurse focused on what matters to you and discussing how to support you to manage your condition.
4. You and the GP or Practice Nurse will write a plan for how to manage your condition. This might involve being signposted to local groups or any other practical steps that will help support you to better manage your health.

For more information visit the programme site

www.alliance-scotland.org.uk/health-and-social-care-support-and-services/house-of-care/ or contact

This publication is also available in other formats and languages on request.

Please call Equality and Diversity on 01224 551116 or 01224 552245 or email grampian@nhs.net Ask for publication CGD 180086

