

# The COSMIC journey – so far!

Dave Bertin

Voices Scotland Lead

# Today....

- A brief introduction to COSMIC training
- Development of this into a new form of stroke support group in 2 areas – Lanarkshire and Tayside
- Overview of the Lifestyle course developed and delivered to people affected by stroke in NHS Tayside
- Short video - peoples comments on the course



**COSMIC**

**VOICES**



**COSMIC**

**Champions of  
Self Management in Care**

**Organisational  
Processes & Arrangements**  
(e.g. care planning systems and documentation)

**Collaborative  
patients**

**Collaborative  
professionals**

**Community Resources and Assets**  
(e.g. local self-help support groups, or faith group)

## Defining Self Management

Tackling  
Tough  
Choices

Gaun Yersel?  
Maximising  
your support



Self  
Management  
Initiatives

Models of Self  
Management

## Understanding Self Management

# After COSMIC training....

- People wanted to keep meeting
- Do “something” to promote self-management in stroke
- Learn more practical skills
- 2 groups – different paths taken
  - Lanarkshire – NHS staff run Lifestyle course – using Thistle Foundation material
  - Tayside – CHSS developed and co-delivered

# COSMIC Network - role

- Supporting the Lifestyle Management Courses
- Providing Peer Support to others who have had a stroke
- Encouraging and enthusing others to self manage
- Raising awareness of self management
- Feeding into the [Selfhelp4stroke.org](http://Selfhelp4stroke.org) website
- Finding out what is in the local community to help people affected by Stroke
- Talking to others about the benefits of the Lifestyle Course.
- Manning information stands on Self Management
- Taking people who have had a stroke to a support group or other activity



# Basic outline of Tayside Lifestyle course....

- 6 sessions of 2hrs (90 mins max of input plus break time) spread over 6 weeks
- Led by staff but with shaping/design of course by patients/carers and input on sessions direct from patients/carers
- Using members of COSMIC Network as buddy type support during sessions
- Use current CHSS on-line resources during sessions on NHS ipads to promote IT skills and comfort and encourage usage of on-line resources after formal course completed
- Co-facilitated by CHSS staff and NHS staff for initial course run. Aim is to move to peer/staff model of delivery with CHSS role more as supportive

# Content

- **Session 1**
- What is self-management and principles of SM
- Getting started
- Hidden aspects of stroke
- **Session 2**
- Managing stress, relaxation skills
- Sleep issues
- **Session 3**
- Pacing and goal setting
- Achievable steps, breaking task down etc
- Resting/reflection
- “Hope” – issue of managing dilemma of achievable goals versus still having dreams and aspirations

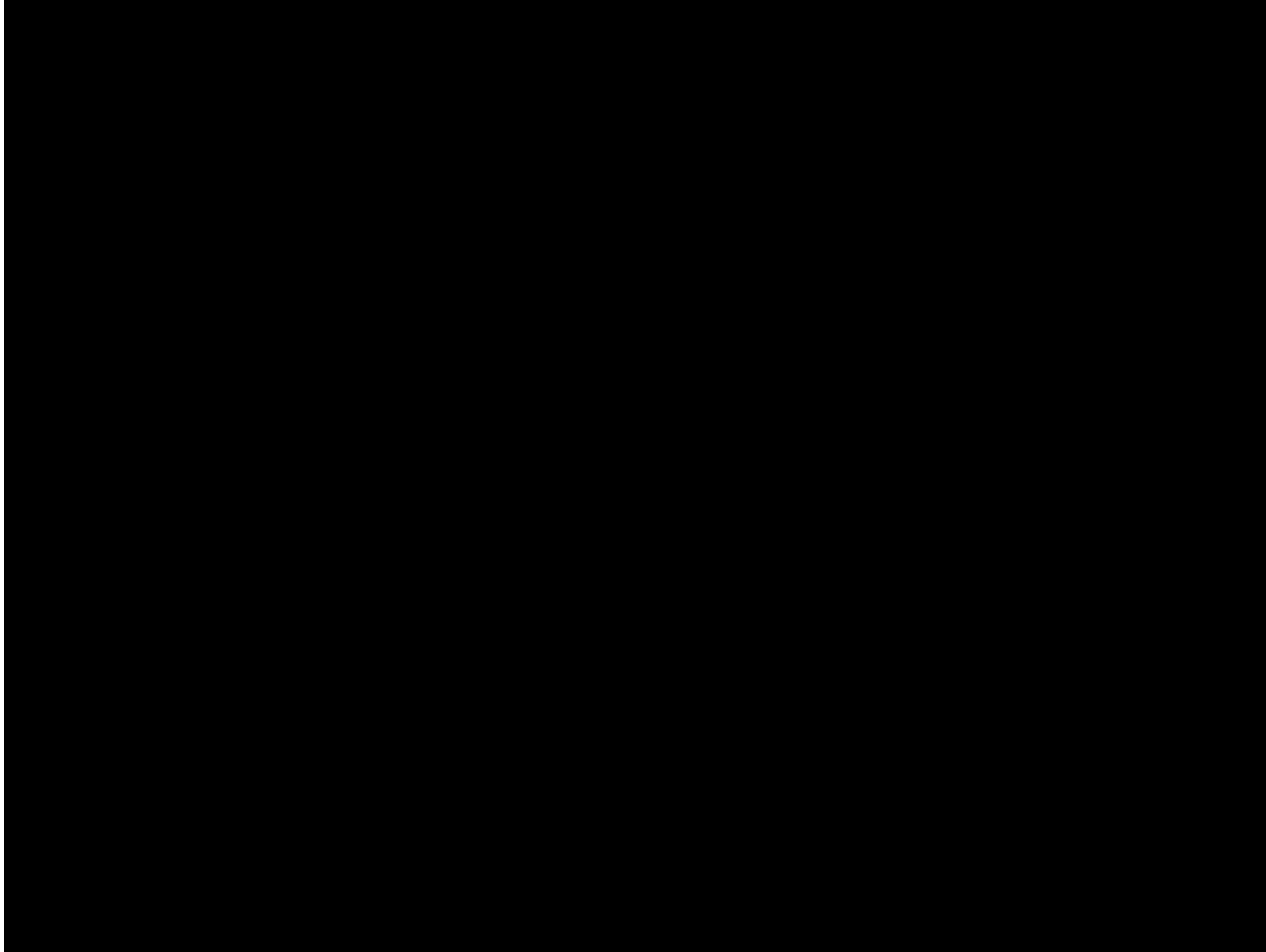
# Content

- **Session 4**
- Activity – both mental stimulation and physical
- Why it matters, how to build it in to life
- **Session 5**
- Pacing and energy management
- Healthy eating/lifestyle
- Dealing with set backs
- **Session 6**
- Communication skills
- Saying what you want to happen
- Working with health/social care staff
- Reflection and forward planning
- **Follow up**
- Session 2 or 3 months later for booster

# Style of each session

- Refreshments on arrival
- “Focussing” type of Mindfulness to allow people to settle and concentrate
- Review of last week’s targets and achievements
- Information input
- Practical workshop applying this to individual  
Use online resources (Self-help4stroke) in actual session to encourage at home learning and overcome fear re IT on ipads
- Recap of today’s input
- Set individual targets for next week (linked to input of session)

And now the video....



# COSMIC Resources

## www.cosmicresources.org.uk

In partnership with the Health and Social Care Alliance Scotland Visit [alliance-scotland.org.uk](http://alliance-scotland.org.uk) →

Text Size - A A



**COSMIC Resources**  
Champions of Self Management In Care



1 About COSMIC

2 How to use COSMIC

3 Endorsements

4 Day 1

5 Day 2

6 Contact us

**Flexible training materials** to equip your staff or members with the knowledge and skills, influencing the strategic agenda on Self Management, improving local health and social care services.

[Get to know the workshops & resources »](#)



Working together to promote Self Management

### What is a Champion of Self Management?

The Champion of Self Management has a remit to promote Self Management support and initiatives as forming an effective pathway of care for people living with long term conditions in Scotland.

The Champion of Self Management will ensure that Self Management is always on the agenda in planning and service development at a local and national level.

They will promote Self Management as an effective, person-centred and efficient form of managing long term conditions.

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**CHSS are available to support adaptations of the sessions**



# Thank you



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