

EMPOWER PEOPLE > IMPROVE OUTCOMES > REDUCE DEMAND

HOPE PROGRAMME:

Digital self- management for long-term conditions

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Hope 4 The Community CIC



1 in 4

**PEOPLE LIVE WITH ONE OR MORE
LONG-TERM CONDITIONS**

- **2 IN 3 (AGED 65+) BY 2035**
- **70% OF HEALTH AND SOCIAL CARE EXPENDITURE**
- **50% OF GP APPOINTMENTS**
- **66% OF HOSPITAL BED DAYS AND OUTPATIENT APPOINTMENTS**

HOPE: HELP OVERCOME PROBLEMS EFFECTIVELY

Evidence-based self-management group and self-guided courses



PROVEN ACROSS MULTIPLE LONG-TERM CONDITIONS AND CARERS



DIGITAL AND FLEXIBLE, CO-DESIGNED SOLUTION

33k

PEOPLE BENEFITTED TO DATE





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PATIENT ACTIVATION

Activation - the **knowledge**, **skills** and **confidence** in self-managing health leads to

- better health outcomes
- lower cost of care
- better patient experience



PATIENT ACTIVATION MEASURE® (PAM®) N=310

PAM levels	Pre HOPE	Post HOPE
Levels 1-2	67%	37%
Levels 3-4	33%	63%

EXPECTED IMPACT ON COST SAVINGS

310 HOPE participants improved their PAM scores, leading to an average saving of **£2,340** per person, generating annual NHS system savings over **£726,000** through e.g. reductions in unscheduled hospital use, GP visits, do not attends etc.

“I’m now having a more active role in my healthcare and looking after my mental health.”

- Emma, 6 months after completing the Hope Programme

TALK TO US ABOUT HOPE

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or visit our website www.h4c.org.uk



HOLISTIC COMMUNITY-LED DIGITAL PREVENTION

Hope For The Community CIC is an award winning social enterprise empowering people to manage their wellbeing and to flourish in their working and personal lives.



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