

Appendix: More information on the Joint Forward Plan

5 ways to achieve our vision:



Promote and protect health.



Help all children and adolescents
have the best start in life.



Help adults live healthy and
happy lives.



Help older people stay
healthy for longer.



Improve quality of care
and access



Promote and protect health



Health promotion is about helping people to be in control of and improve their health.

It is about keeping people healthy and well.



We want to reduce inequalities so that people will have equal access to health care no matter who they are or where they live.



We aim to do more work to help prevent people from getting ill every year.



We want people to get vaccines to keep them healthy.



Start well



We want to help all children get the best start in life.



We want to help maternity services be safer, equal, personalised and kinder.

Maternity services help pregnant women and their unborn babies.



Personalised is when healthcare fits a person's own needs and wishes.



We want to help children and adolescents to have better mental health.

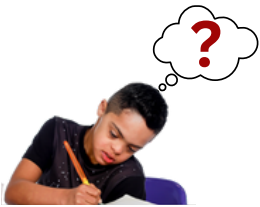


Mental health is about how someone feels in their mind. It is about feeling safe and being able to cope.

It is also about having good relationships with other people.



We want to help children with learning disabilities to have better physical and mental health.



Children with learning disabilities may find it hard to learn some things.



We want all children with Autism (ASD) and Attention Deficit and Hyperactivity Disorder (ADHD) to get the right support when they need it and where they need it.



Autism (also called ASD) is when a person may have difficulties with things like communication, being with other people, or how they think about activities and interests.



Attention Deficit and Hyperactivity Disorder (ADHD) is when a child finds it hard to concentrate. They may also find it hard to sit still or be quiet.



Live Well



We want to help adult people live healthy and happier lives.



We want adults to have better mental health.

We want adults with ASD or ADHD to do well and be healthy.



We want to reduce how long people wait for the diagnosis and treatment of cancer.



We want to help people with long-term health problems to stay well longer and be independent.



We want to prevent people from getting long-term health conditions, such as heart and breathing problems.



Age Well



Older people who are frail are most at risk of falls, disability, being admitted to hospital, or needing long-term care.



We want to help more people stay healthy and independent for longer.



We want to give proactive, personalised and coordinated care to people who are becoming frail and more ill.

Proactive means to solve a problem before it develops not just reacting to it.



Coordinated means planning and working together.



Quality of care and access



We want all people living in BOB to be able to access the right care in the best place for them.



We also want people to have better experiences of care, including waiting shorter periods for care.

Care includes:



- Primary Care
- Urgent and Emergency Care
- Planned Care
- Palliative and End of Life care.



Urgent and emergency care is for health problems that need to be treated as quickly as possible.



Palliative care helps improve the quality of life for people with conditions that cannot be treated.

Quality of life is how comfortable or satisfying someone's life is.



End of life care is support for people who are in the last months or years of their life.



Planned care is about non-urgent services, usually delivered in a hospital setting.

Ways to contact us:



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