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# **In Brief – A Healthier Wales: our Plan for Health and Social Care**

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Welsh Government wants everyone to have long, healthy, happy lives. For this to happen we need to help people look after themselves well, and we need to make sure we have the right health and social care services to help people stay well, to get better when they are ill, or to live the best life possible when they have problems that won't get better.

Last year we asked a group of experts to give us advice on how we can make sure our health services and the services which look after people who need extra support (social care) are the best they can be. Those experts told us we should make some changes, in particular they said we needed to make it easier for the NHS and social care to work together in a joined-up way. They should also work with other services like education and housing, to help people stay healthy and independent for as long as possible. When someone needs help because their health is poor, that help must be provided by the right people, in the right place, and at the right time.

The plan we have written explains how we will make these things happen.

### **What we want health and social care to be like in future:**

- We want services which support people to stay well, not just treat them when they become ill.
- When people need help, health and social care services will work with them and their loved ones to find out what is best for them and agree how to make those things happen. We call this a 'person-centred approach'.
- More services will be provided outside of hospitals, closer to home, or at home, and people will only go into hospital for treatment that cannot be provided safely anywhere else. This 'community-based approach' will help take pressure off our hospitals, reduce the time people have to wait to be treated, and the time they spend in hospital when they have to go there.
- Our health and social care services will use the latest technology and medicines to help people get better, or to live the best life possible if they aren't able to get better.



**The five main ways we want to change health and social care are:**

In each part of Wales **the health and social care system will work together** so that people using them won't notice when they are provided by different organisations. New ways of joined-up working will start locally and scale up to the whole of Wales. We will make sure local services learn from each other and share what they do, because we want everyone in Wales to have the same high quality services. We also want services to use a single digital record so that they can give the most appropriate support and treatment based on a complete picture of a person's needs.

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We want to **shift services out of hospital to communities**, and we want more services which stop people getting ill by detecting things earlier, or preventing them altogether. This will include helping people manage their own health, and manage long term illnesses. We also want to make it easier for people to remain active and independent in their homes and communities.

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We will **get better at measuring what really matters** to people, so we can use that to work out which services and treatments work well, and which ones need to be improved. We will identify and support the best new models of health and social care so they scale up more quickly to the whole of Wales.

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We will **make Wales a great place to work in health and social care**, and we will do more to support carers and volunteers. We will invest in new **technology** which will make a real difference to keeping people well, and help our staff to work better. By making health and social care a good career choice, investing in training and skills, and supporting health and wellbeing at work, we will be able to get and keep the talented people we need to work in Wales. We will look to introduce digital advances that help staff work more effectively.

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To make our services work **as a single system, we need everyone to work together** and pull in the same direction. We think we can do this in a small country like Wales, especially if we as a government provide stronger national leadership, and make sure we keep talking – and listening – to the people who deliver and use our health and social care services.

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### **How will we pay for this?**

Health and social care services cost a lot of money, and it is important to make sure that all of that money is spent well and we get the most out of it.

The money we get from the UK government isn't enough to provide all the different services people want, which means we have to make difficult choices about what we can provide, especially as more people are living longer into old age. To help us work out how we can make sure we are able to afford health and social care in future we will be asking people who know a lot about these things to give us advice.

### **What else can help?**

As well as thinking about the NHS and social care, we will also look at all the other things we are responsible for as a government that can make a difference to people's health, like support for families, education, housing, employment and the environment.

We know that many of the changes we need to make will be difficult, but in Wales we are still very proud that the healthcare service which was founded 70 years ago by a famous Welshman, Aneurin Bevan, is still going strong and providing all sorts of amazing things that people 70 years ago could never have imagined. It is our job to make sure we do what is necessary now to safeguard these services so that they are able to carry on supporting people into the future.

Mae'r ddogfen yma hefyd ar gael yn Gymraeg.  
This document is also available in Welsh.

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