



**Living Well in North Yorkshire** has been operating since October 2015 and aims to improve the health; well-being and independence of adults and in doing so reduce their use of formal support services, including emergency admissions to hospital.

**Living Well Coordinators** spend time with individuals on a one-to-one basis to identify what is important to them, what potential networks of support they have and what their priorities are. They will work with individuals to achieve the outcomes that are important to them. Patient stories can be found at [www.northyorks.gov.uk/livingwell](http://www.northyorks.gov.uk/livingwell)

There isn't a definitive list of 'things' that the Living Well Coordinator does with a person because it is a personalised service and it will vary as to what the individual wants to achieve. There is some support that the Living Well Coordinator will not provide, such as personal care, befriending or domestic tasks such as shopping and cleaning.

Some of the types of support that have been provided so far include;

- Support to build self-confidence
- Support with practical advice/skills - any advice provided that covers practical elements of their life or gaining/improving practical skills.
- Advice on healthy living and sign posting to lifestyle services such as stop smoking or exercise
- Help to get online either in the home or using a universal/community service e.g. library or cyber café
- Help to become a volunteer or to access the community
- Helping a person to be connected to, linked with or signposted to a voluntary agency for support or involvement for a specific support e.g. befriending, shopping, transport, advocacy etc.

If you are not sure whether Living Well is suitable for the person you are working with, you can contact the Customer Service Centre on **T: 01609 780780** and talk it through with one of the specialist advisors. Alternatively you can also contact the Living Well Team Manager for your area.