

# An overview of NCIG's approach to delivering on psychological and wellbeing needs of people living with neuro conditions across Wales

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# Priorities for Neurological Conditions Implementation Group 2022 -2023

- Understand the service provision across Wales for delivering neurology services.
- Deliver Bevan Commission Planned Care Project
- Oversee the development of equitable pathways for people who require neurorehabilitation
- Develop appropriate local, regional and national options for psychological support for people living with neurological conditions

# My Survey

Of those surveyed in the My Survey report organised by the Neurological Alliance, results showed:

- **67%** of those with a neurological condition said that their mental wellbeing needs were not met, or only by a small extent.
- **60%** said they hadn't been asked about their mental wellbeing by a healthcare professional in the last three years.
- In 2022, **36%** told us they would like to be signposted or referred to support for their mental wellbeing by a healthcare professional but haven't.
- **61%** said they would like counselling but haven't been offered, with a similar number also saying they would find neuropsychology or neuropsychiatry helpful, but haven't been offered this.
- **61%** who received support said it made them feel better/more positive

## Call to action

Share approaches to common problems, such as addressing longstanding barriers to accessing mental, emotional and cognitive support

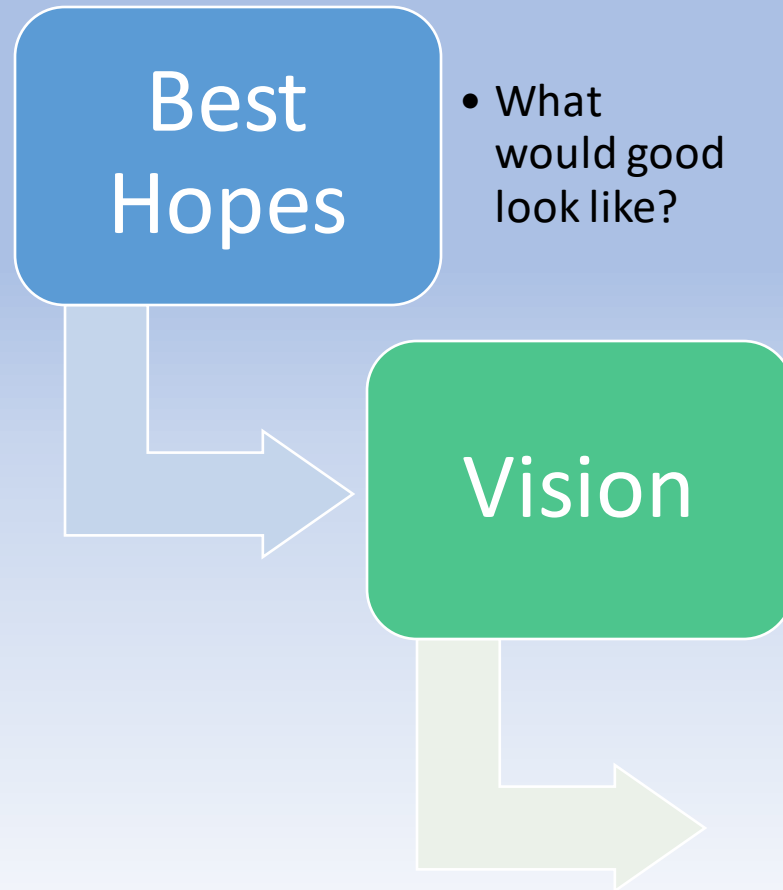
# Psychological Support Sub group

Developed in July 2022, following a round table discussion facilitated by the Welsh Government.

Membership is open for those working and advocating for individuals with neurological conditions, with representation from all Wales Health Boards and two representatives from the Welsh Neurological Alliance

Vision was unclear, but the terms of reference focused on a collective support and shared learning environment to improve the understanding of the provision of psychological support, shortly referred to psychological and wellbeing support.

# Our Journey



# Best Hopes

Not to feel  
abandoned

- Right support
- Right time
- Right HCP

Individualised  
Recovery Services

Tailored  
approach,  
not pathways

Reduce or stop  
boundaries of care

Don't forget  
the carers and  
clinicians!


knowledge and  
skills to  
promote  
wellbeing

Tools to  
confidently  
manage  
conversations


Empowerment  
for patients and  
carers

Holistic  
approach


# Our Journey




Information




Valued




Safety, trust, control




Meaning & purpose




Understood, empathy




People affected by neurological conditions will be living their best lives




Support, community, environment




Clarity about what matters / wellbeing outcomes




Flexibility




Capabilities, information, support,




Psychological Safety



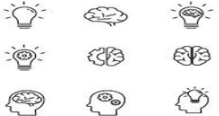
Access to Specialists




People working with those with Neurological conditions will be focusing on what matters to the individual and experiencing a sense of safety, connection, creativity & achievement within their scope of practice




Wellbeing




Creativity




Less overwhelmed




Equity



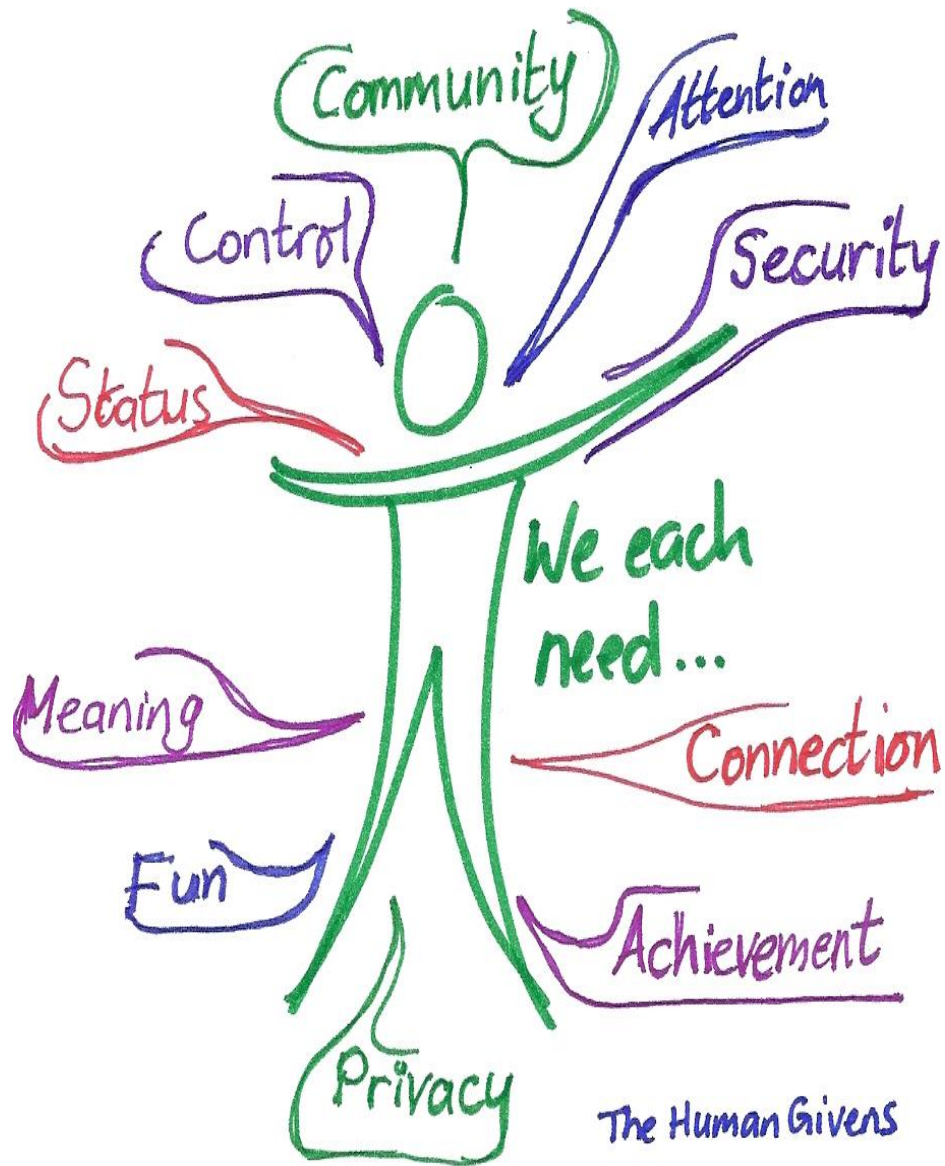
Continuous learning



Support, community



Services & Teams will recognise that there is no health without mental health



## INPUTS

The tasks and action needed to achieve the results

## OUTPUTS

The result that will contribute to the intended outcome

## OUTCOMES

The intended outcomes and reason why



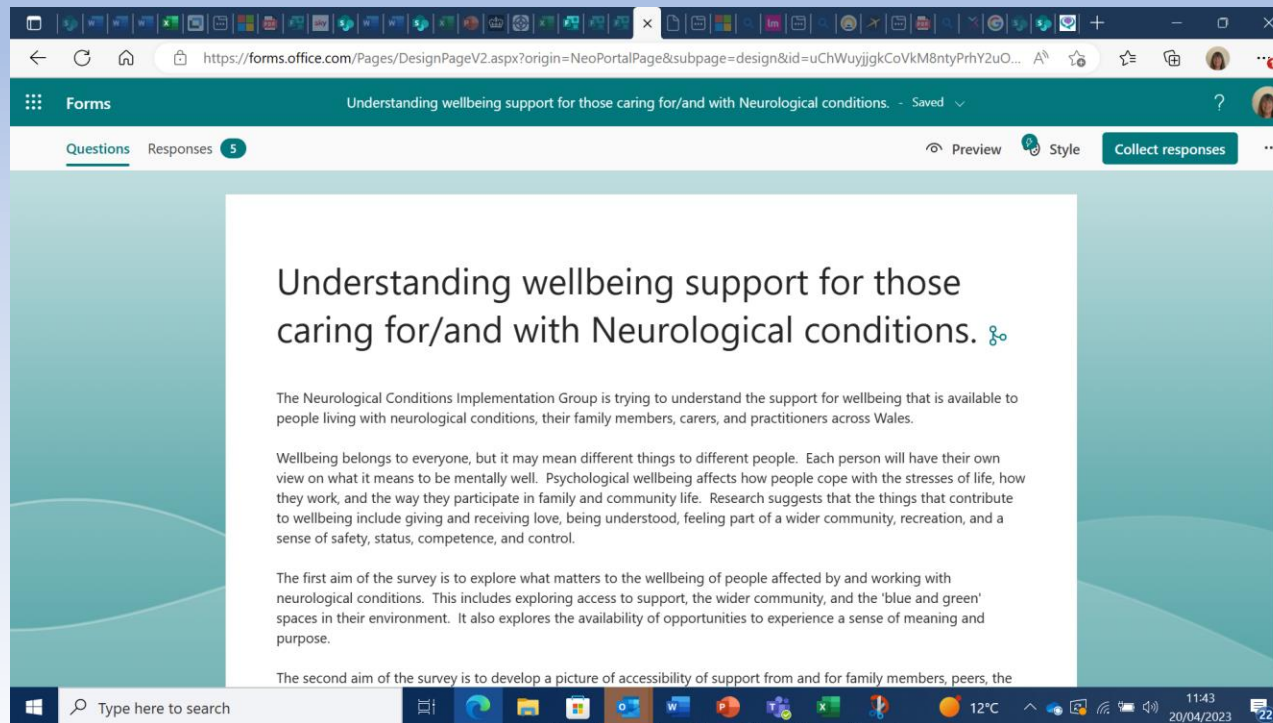
# Shared Learning

Recovery College (Niwrostwt/Neurostute coleg),  
Aneurin Bevan UHB

Building wellbeing for people living with ABI: From theory to  
practice' Swansea University/SBUHB

- Promotes discussion
- Enquiry
- Curiosity
- Excitement
- Opportunity

# Understanding the provision of wellbeing and psychological support



The screenshot shows a Microsoft Forms design page in a web browser. The browser address bar shows the URL: <https://forms.office.com/Pages/DesignPageV2.aspx?origin=NeoPortalPage&subpage=design&id=uChWuyjgkCoVkM8ntyPhY2uO...>. The page title is "Forms" and the subtitle is "Understanding wellbeing support for those caring for/and with Neurological conditions. - Saved". The page has a teal header with navigation options: "Questions", "Responses" (with a count of 5), "Preview", "Style", and "Collect responses". The main content area has a white background with a teal border. The title of the survey is "Understanding wellbeing support for those caring for/and with Neurological conditions." followed by a link icon. The text below the title reads: "The Neurological Conditions Implementation Group is trying to understand the support for wellbeing that is available to people living with neurological conditions, their family members, carers, and practitioners across Wales." The next paragraph states: "Wellbeing belongs to everyone, but it may mean different things to different people. Each person will have their own view on what it means to be mentally well. Psychological wellbeing affects how people cope with the stresses of life, how they work, and the way they participate in family and community life. Research suggests that the things that contribute to wellbeing include giving and receiving love, being understood, feeling part of a wider community, recreation, and a sense of safety, status, competence, and control." The final paragraph says: "The first aim of the survey is to explore what matters to the wellbeing of people affected by and working with neurological conditions. This includes exploring access to support, the wider community, and the 'blue and green' spaces in their environment. It also explores the availability of opportunities to experience a sense of meaning and purpose." The bottom of the screenshot shows the Windows taskbar with the search bar, taskbar icons, and system tray showing the time as 11:43 on 20/04/2023 and the temperature as 12°C.

Thank you  
and any questions