



Royal Devon and Exeter
NHS Foundation Trust

The Future of Health Services in Devon

28th September

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WE WORK TOGETHER



HOME . COMMUNITY . HOSPITAL

If you had 1000 days to live, what would you choose?

- <https://www.youtube.com/watch?v=HynytVepxZc>



Please think of every alternative to admission and when admitting – think early discharge.

Facts about Fred



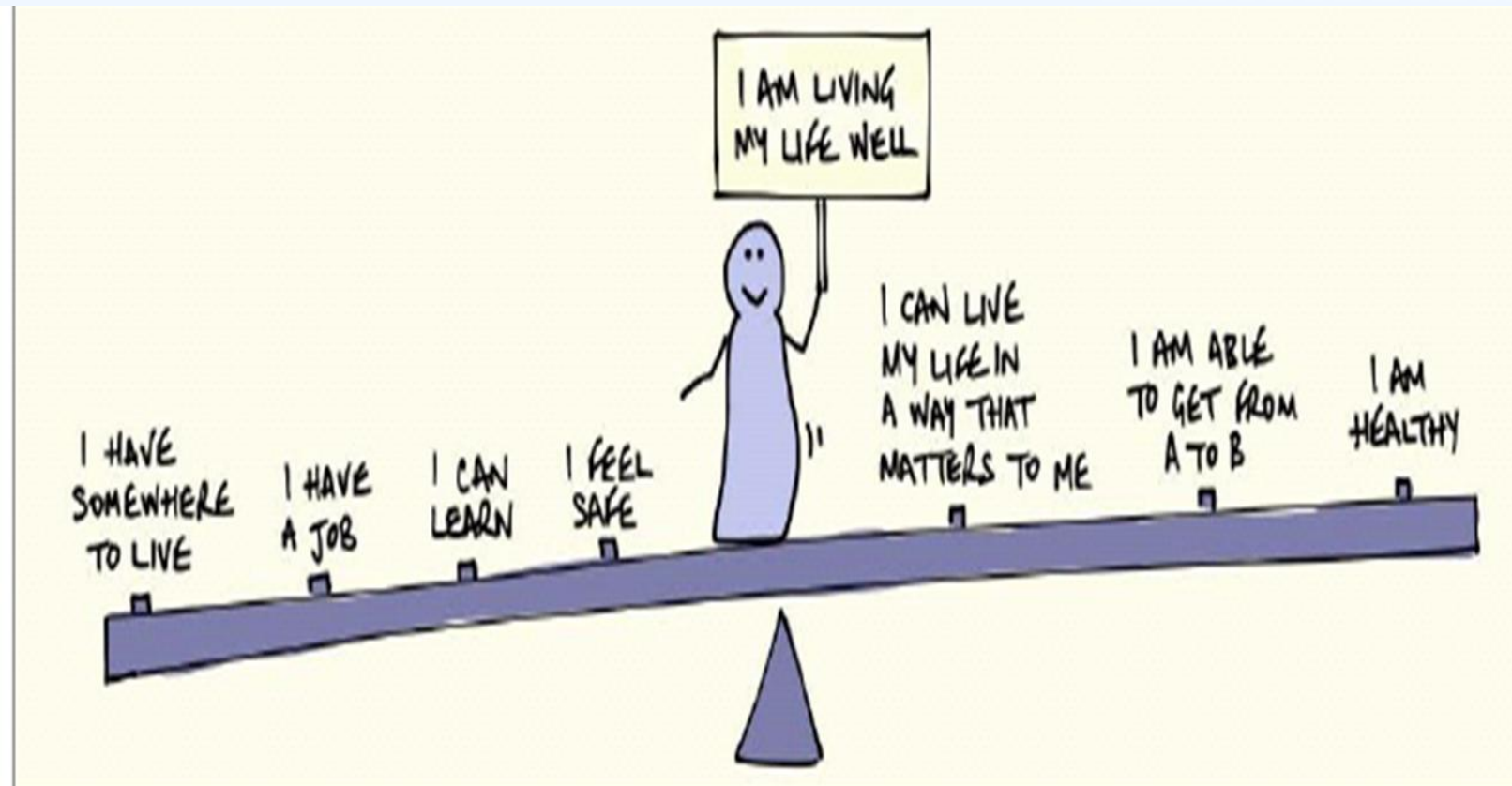
Fred needs **100%** of his muscle power to pull himself up

2 days of bed rest leads to **2-5%** reduction in muscle strength

10 days of bed rest leads to **14%** loss of muscle strength - equal to **10 years of life ...**

and much more package of care at discharge eventually, which is already very scarce.

Focus on independence



Community Conversation



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Partnership working

- FORCE local chemotherapy
- Admiral nurses
- NED Care
- West-bank Budleigh Hub
- Leisure East Devon – health coach



Our resources



Transforming Care Together



Workforce – Proud to Care

- <https://www.proudtocaredevon.org.uk/real-stories/sarah/>



Next steps

- Strength based approach - independence
- Technology enabled care
- Developing our workforce
- Improving care for those with dementia
- Improving care for those at the end of life
- Supporting carers
- Prevention of ill health