

The NHS Long Term Plan



easy read

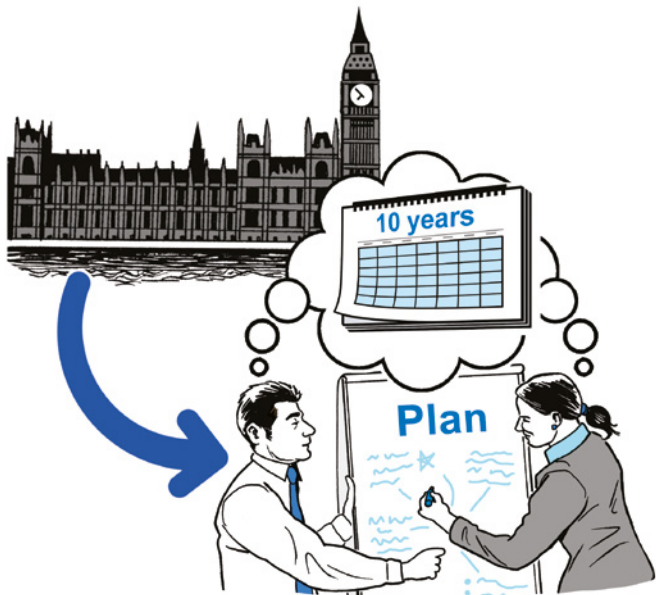
About this document



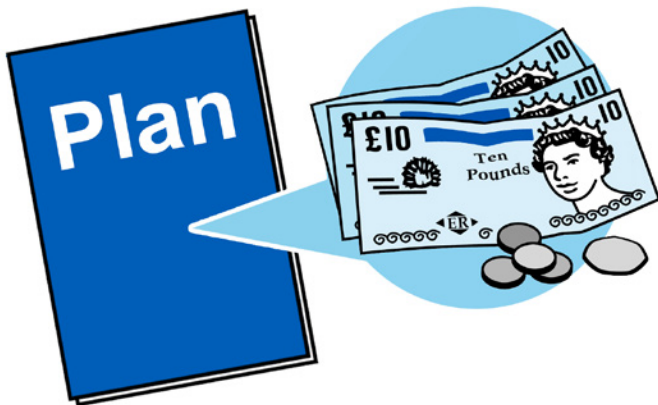
This document uses easy words and pictures.



You might want to read through it with someone else to help you to understand it more.



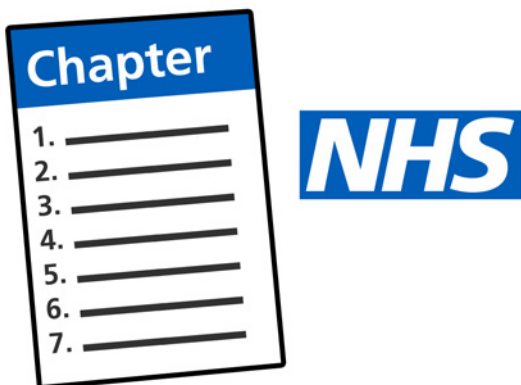
The Prime Minister asked the NHS to write a plan for the next 10 years.



The plan shows how extra money for the NHS will be spent to help people.



It is based on what the public and NHS staff thought the NHS needs.



The plan has seven chapters which look at different things the NHS wants to make better.

Chapter 1



We want to make sure that the NHS works in the best way possible so that people can get help more easily, and they can get care close to where they live when they need it.

This includes things like:



- giving everybody the right to be able to talk to their doctor on their computer, tablet or smartphone if they want to.



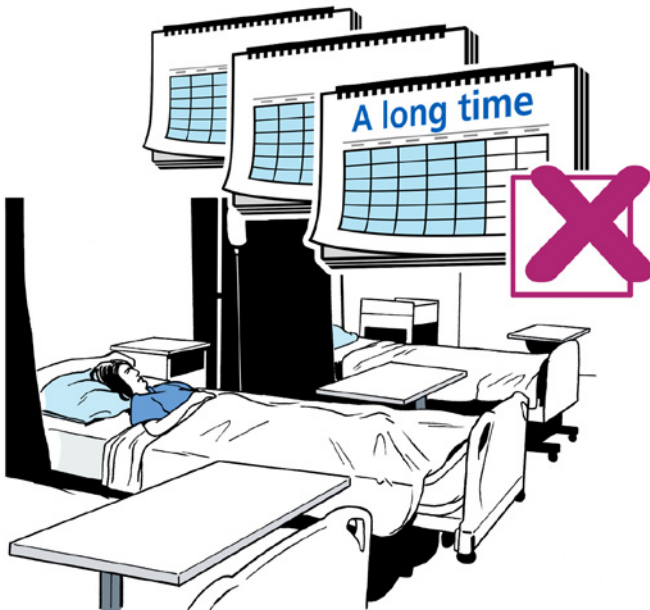
- supporting GP practices to offer more services nearer to where people live.



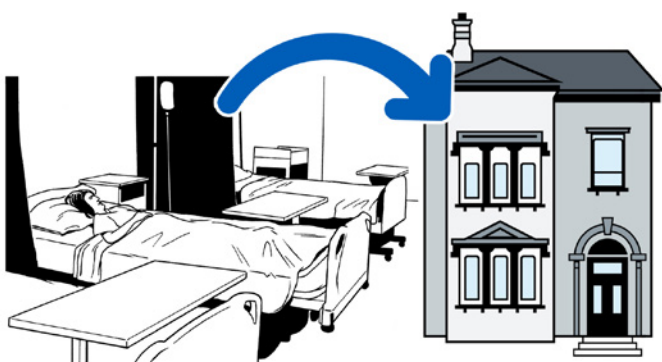
- helping people to use services in their community to improve their health and wellbeing – this could be something like a cookery group run by a local charity.



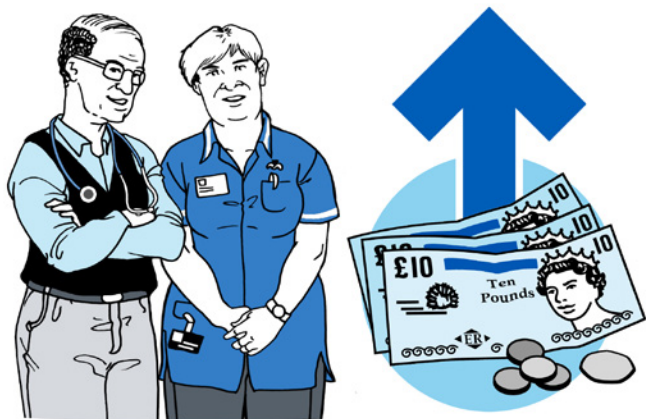
- making sure that people get the treatments they need easier and faster so that they don't always need to go to hospital.



- making sure that people who do need to go to hospital don't stay longer than they need to.



- making sure that people who are well enough to go home can leave the hospital without any delays.

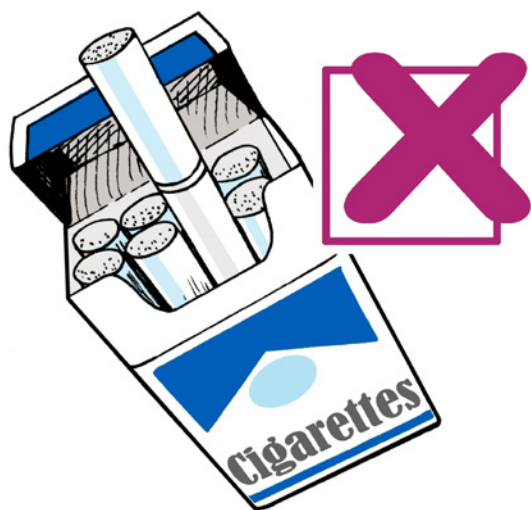


We can do these things because the NHS has been promised more money to spend on community services.

Chapter 2

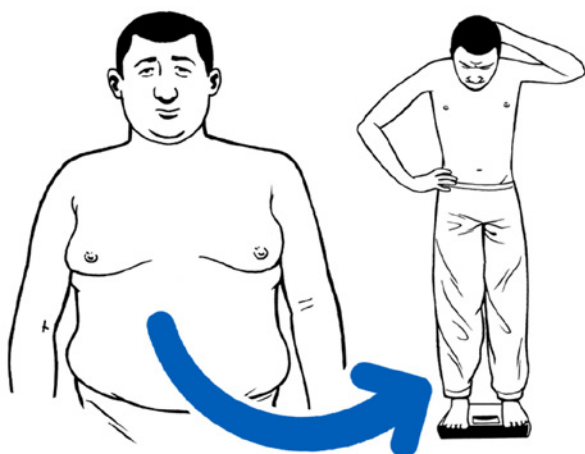


We want to get better at helping people to stay well.



This includes things like:

- helping people to stop smoking.



- helping people to be a healthy weight.



- lowering the number of people who need to go to hospital because of drinking too much alcohol.



- helping to lower pollution – this is about the air we breathe.



We also want to make sure that people's health isn't worse because of things like:

- where they live.



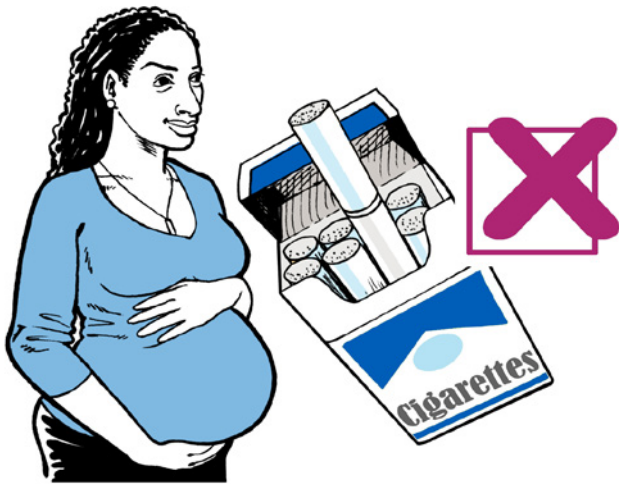
- what services and treatments they can get.



- not having very much money.



To do this, the NHS will look at where money is needed most and work with NHS organisations to make sure local services are helping to make this better.

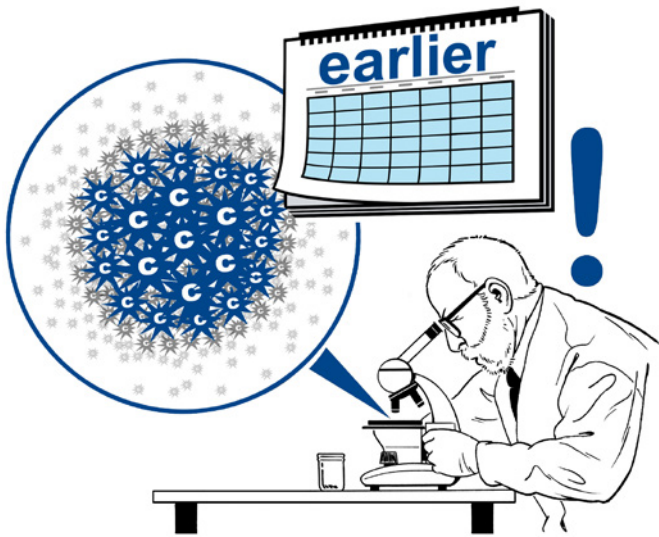


The plan also includes things the NHS will do to:

- help people not smoke during pregnancy.

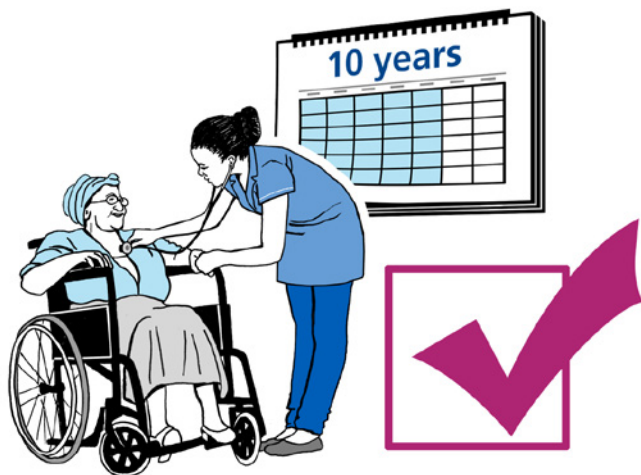


- support homeless people.



- help people get tested for cancer earlier.

Chapter 3



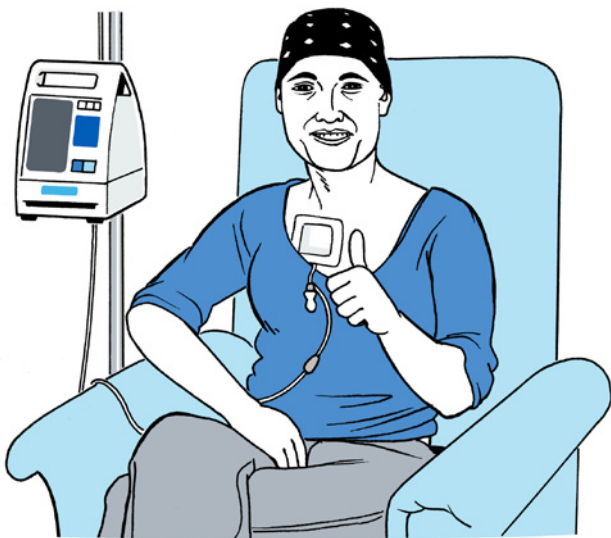
We want to make care better.

We already know that:

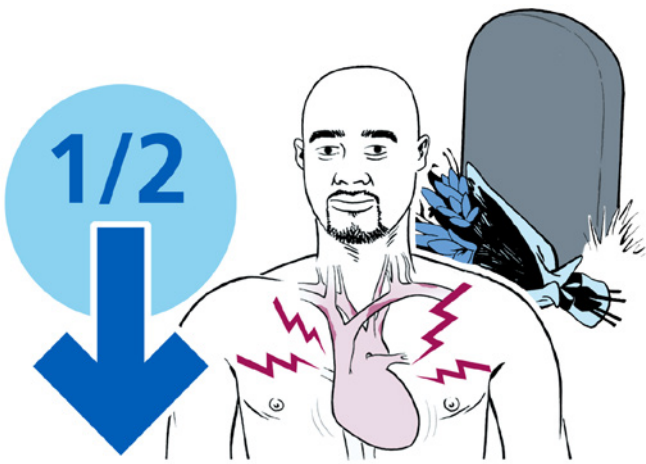
- people are getting better after treatment more now than they did 10 years ago.



- having a baby now is the safest it has ever been.



- more people than ever survive cancer.



- half as many people die from heart disease now as they did in 1990.

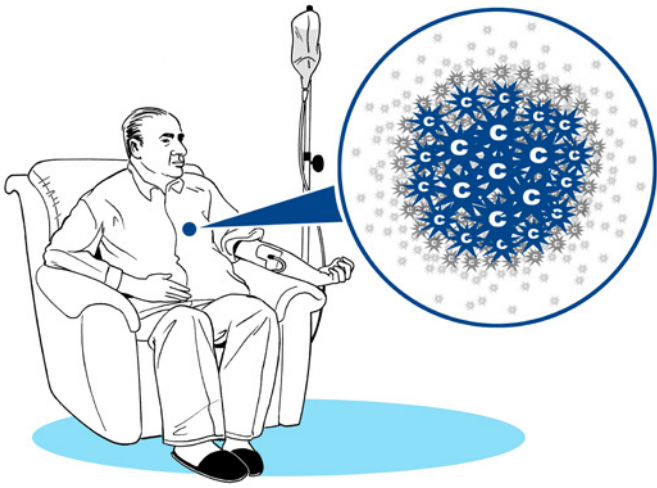


- the number of men who take their own lives (die by suicide) is lower now than at any time in the last 31 years.



Even though the NHS is doing a good job, we need to get even better at looking after people with:

- diabetes.



- cancer.



- poor mental health.

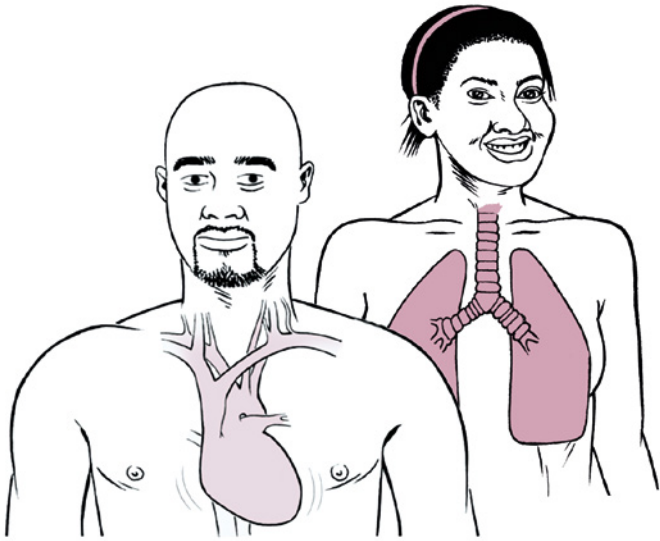


- dementia.

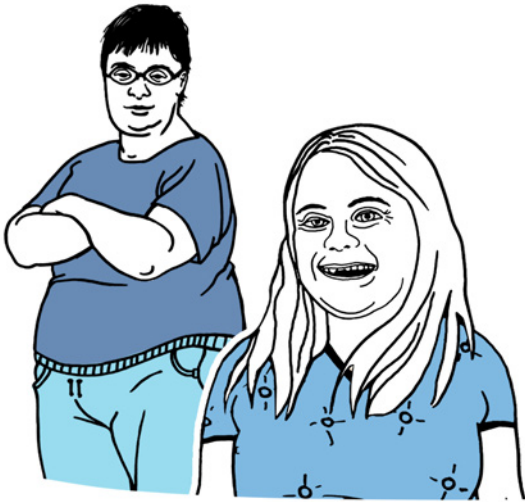


We also want to focus on:

- children's health.



- heart and lung conditions.



- learning disabilities.

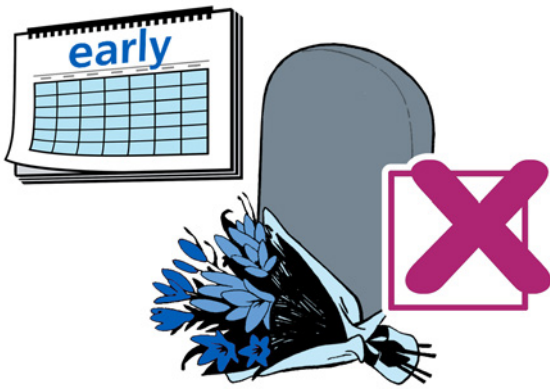


- autism.



For people with a learning disability, autism or both this includes:

- helping people to live happier, healthier lives.



- stopping people dying earlier than they should.



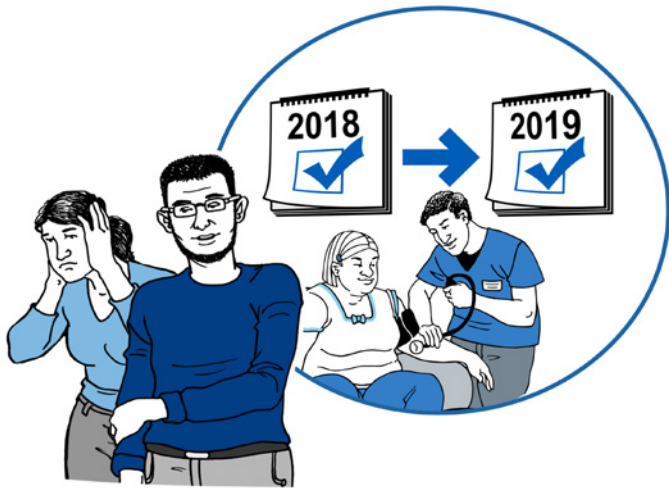
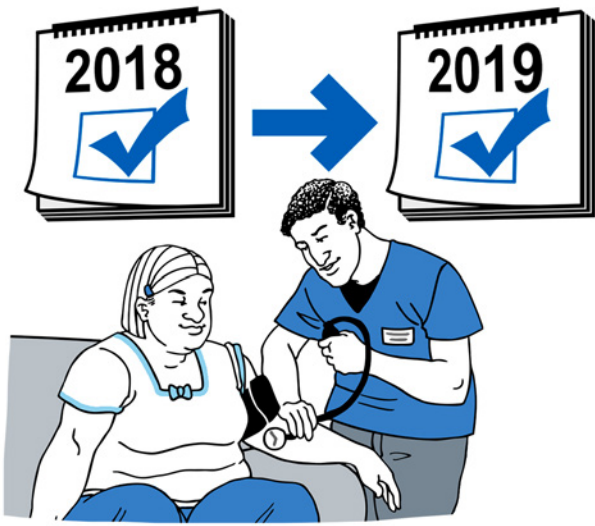
- telling staff what kind of support each person needs by adding more information onto their computer record at the doctors.



- helping staff understand people and their needs better.



- making sure that people and their families get better care.



- supporting more people with a learning disability to get a check-up at the doctor each year to keep them well.

- finding out if the same types of health check would work for autistic people too.

- making sure that if people need medication, that they get the right medication, at the right time and for the right reason.

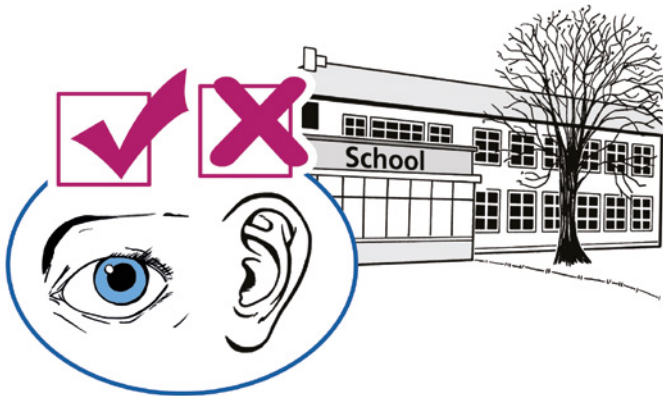
- making sure that people have more say about their own care and support.



- making sure that children and their families get the best start in life by supporting them better.



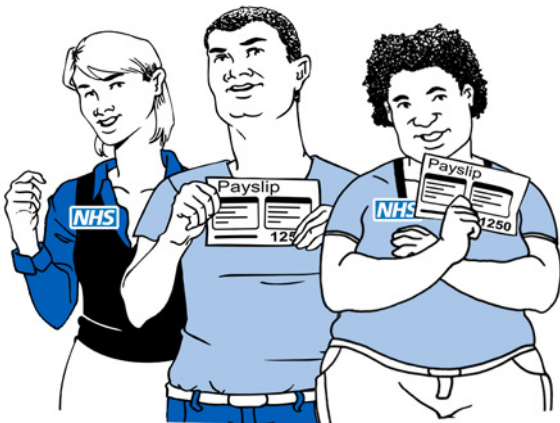
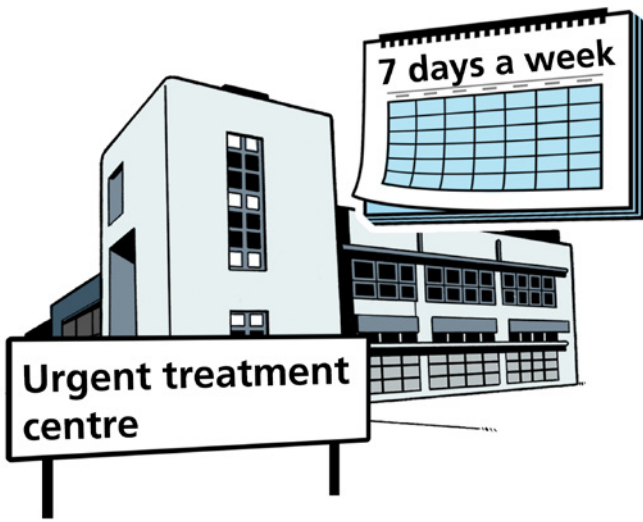
- making sure that each child and young person with a learning disability, autism or both with the most complex needs has a named keyworker by 2024.



- bringing hearing, sight and dental checks to specialist schools for autistic children and children with a learning disability.



- helping people to live in homes that they choose and not in hospitals.



- making sure that when people need support very quickly that they can get it, on any day of the week, even weekends.
- carrying on listening to people and working together.
- making sure that more people with a learning disability, autism or both have a job if they want one, and that the NHS is a good place to work for people.

Chapter 4



We want to support our staff better and look at the things which make their jobs hard.



We already know that:

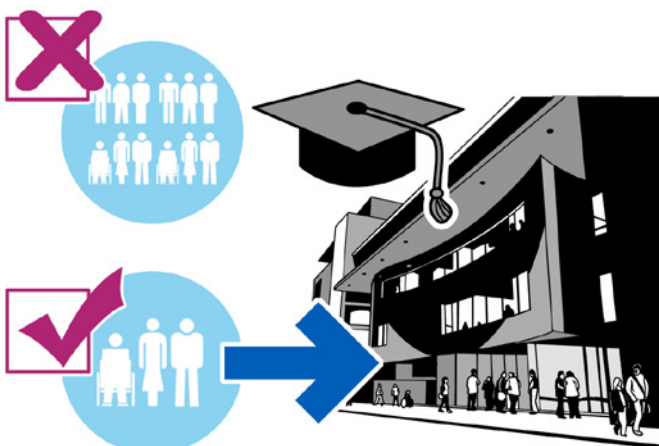
- in the last 10 years the NHS hasn't had enough staff.



- the NHS hasn't helped staff to have a good balance of work and personal time.



- staff haven't been given enough chances to move into more senior jobs.



- there are more people who want to go to university to study nursing and medicine but there are not enough places available.

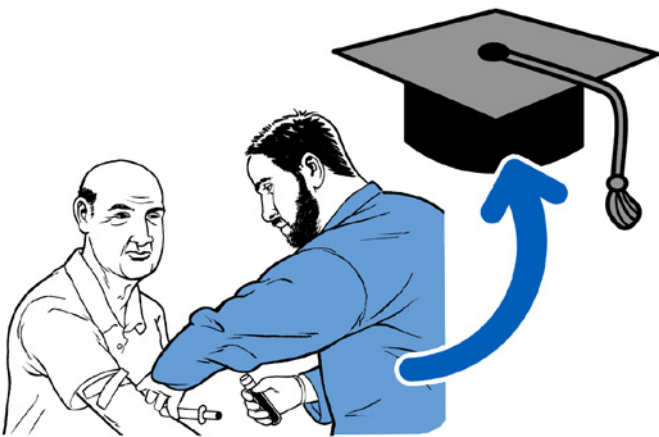


The plan includes things we will do to make this better, including:

- making more university places available, especially for nursing.



- making more money available for medical students to study in different places.



- having different ways of becoming a nurse or health professional.



- guaranteeing jobs for students after they qualify.



- having more trained staff from other countries.

And things we will do for our staff:

- make the times and days staff work more flexible.



- make more money available so that staff can learn and develop their skills.



- make sure that we treat everyone fairly.



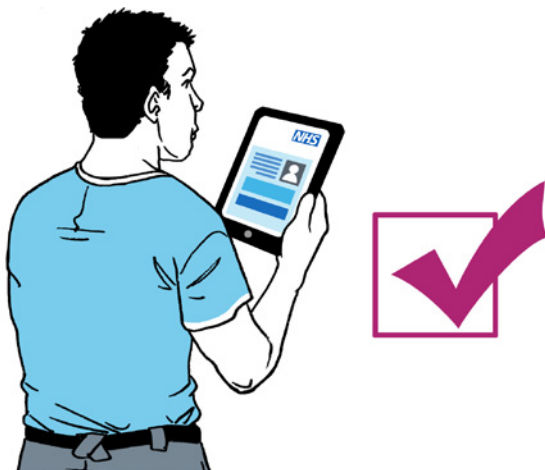


We will also help staff and patients by supporting more people to volunteer for the NHS.

Chapter 5



We will put more money into new technology and online services and systems.



We want everybody to be able to use services from their computer, tablet or phone if they want to.



This will mean:

- people and their families and carers can look after their own health better.
- doctors and other health professionals will be able to make some decisions better and faster.

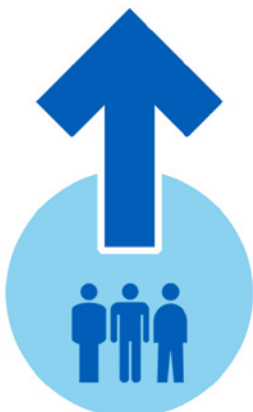


Chapter 6

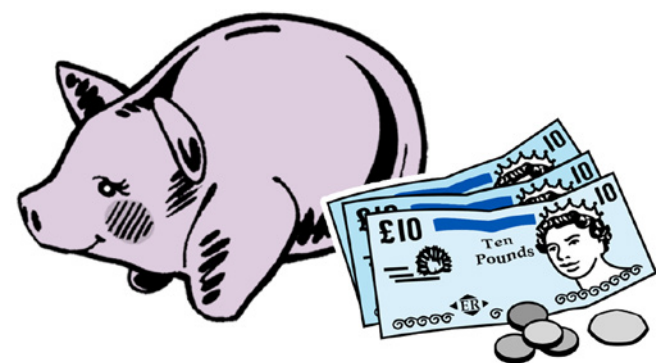
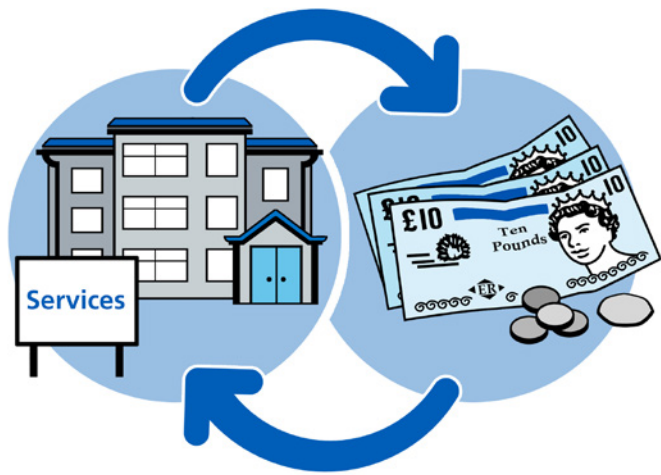
NHS



We will use the extra money to make sure the NHS works well in the future.



To do this we have looked at lots of things including how the NHS will keep up with more people needing to use it.



These include:

- spending more money on services in the community.
- working with local NHS services to use this plan as well.
- making sure that the services we have are working as well as they can.

By doing these things we hope we will save money which we can then spend on services people need.

Chapter 7

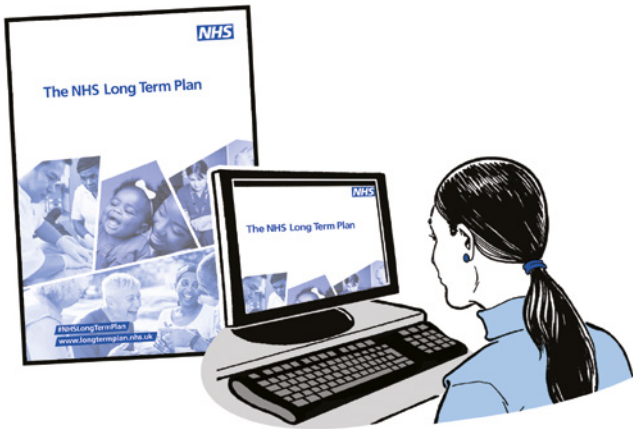


What happens next?

- We will set up a group called the NHS Assembly which will bring professionals, patients and the public together to make this plan work.
- NHS organisations and the people they work with will come together to think about how the plan can help local people.
- The NHS will work with Parliament and the Government to make some changes to the law to help make these things happen faster.
- The NHS will start setting up ways for NHS organisations and local councils to work closer together to make health and care better for everyone – these will be called Integrated Care Systems.



More information



- You can read the non-easy read NHS Long Term Plan here:

<https://www.longtermplan.nhs.uk/publication/nhs-long-term-plan/>

- You can watch a short video about the plan here:

<https://youtu.be/dWFs70mcilU>



- If you have any questions, you can email us at england.ltp@nhs.net



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www.changepeople.org