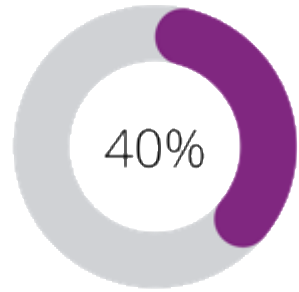




# Promoting Independence and self-management

**Mat Taylor**

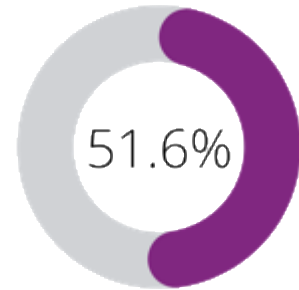
# The challenge



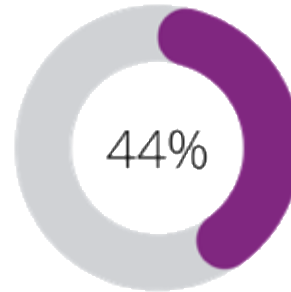
GP appointments are for mental health<sup>1</sup>

**222K**

Vacancies across health & social care<sup>3</sup>




Increase in mental health referrals vs 2020<sup>2</sup>



Of workforce feeling unwell from work related stress<sup>4</sup>

- <https://www.mind.org.uk/news-campaigns/news/40-per-cent-of-all-gp-appointments-about-mental-health/>
- <https://nhsproviders.org/nhs-activity-tracker/august-2021>
- <https://commonslibrary.parliament.uk/the-health-and-social-care-workforce-gap/>
- NHS Survey Coordination Centre. NHS staff survey 2020. 11 Mar 2021





**Falling between  
the gaps: a vicious  
circle**



# Human support and technology for self-management



FULLY  
PERSONALISED



HUMAN  
SUPPORT



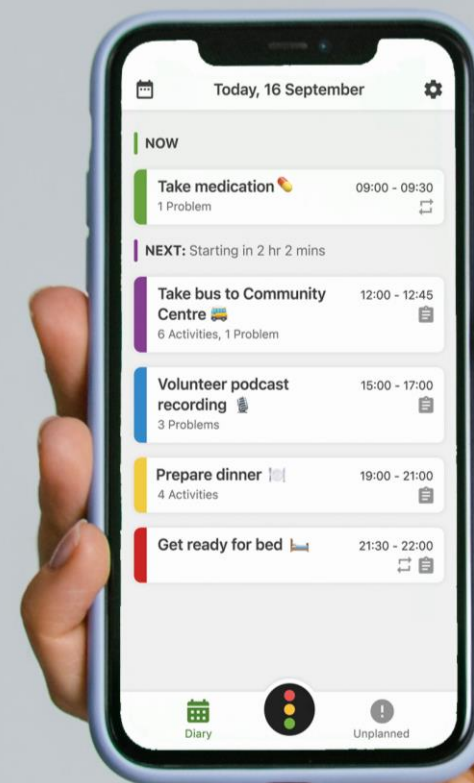
CONNECTED



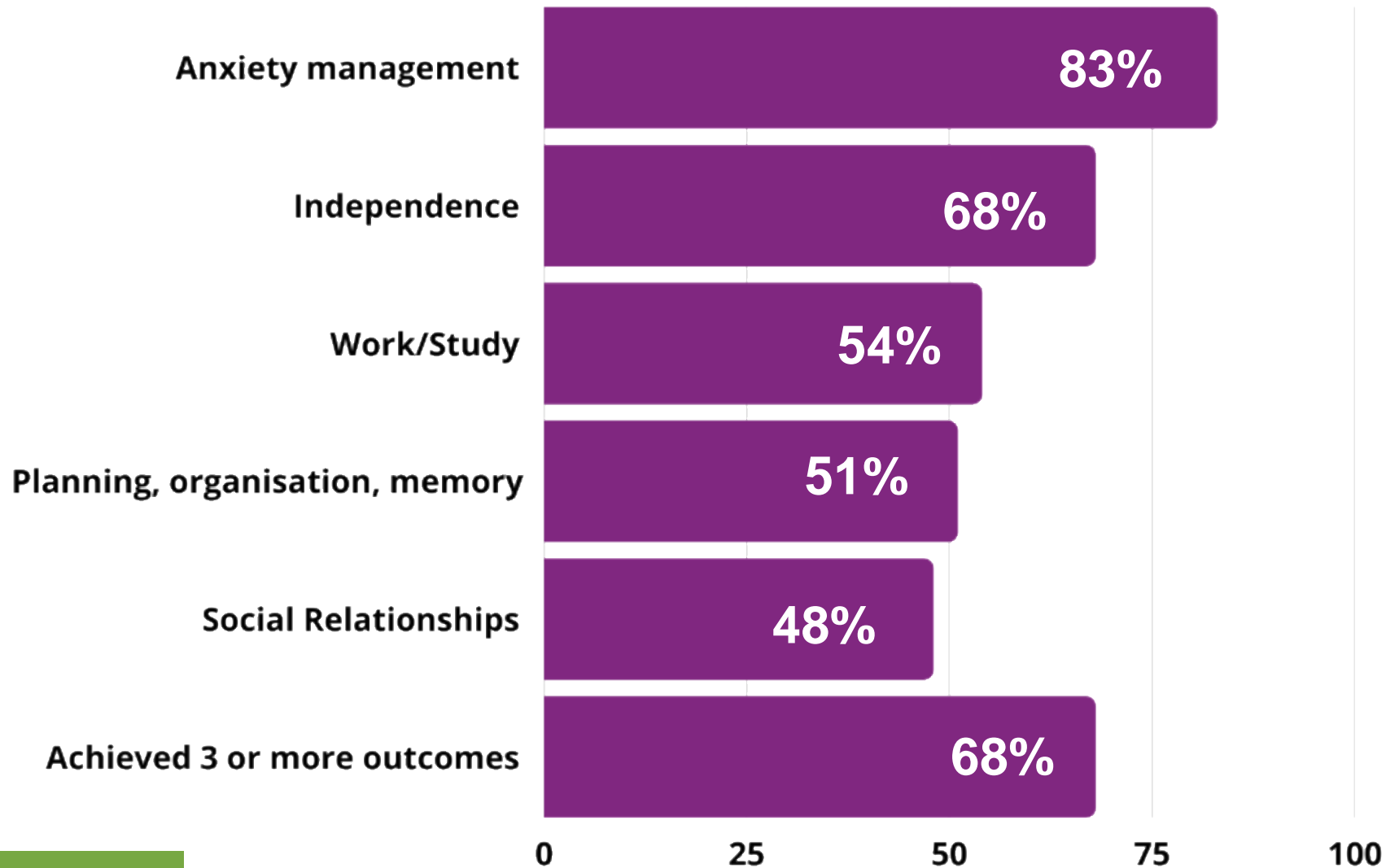
REFLECTION  
BUILT IN



SAFETY  
NET



# User outcomes\*



**% of users reporting improvements**

**\*based on case study review of 71 case studies**

# Thank You

Questions?



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**Commercial Director**



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**Backup**

# Failing to support autistic people



**9 months**

current waiting lists  
for diagnosis, **30,000**  
new referrals estimated  
in the first three quarters  
of 2021 <sup>5</sup>



**82%**

find the process of  
getting mental health  
support too long <sup>6</sup>



**327,000**

don't get the support  
they need <sup>6</sup>

5. Autism Waiting Time Statistics - Quarter 1 to quarter 4 2019-20 and Quarter 1 (April to June) 2020-21.

6. National Autistic Society. The Autism Act, 10 years on.