



Self-Management

Baseline Data

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Mandy Reid
Business Development Manager

Self-Management Project

The Self-Management project is a partnership between the Scottish Council on Deafness (SCoD), now **deafscotland**, **Deaf Links** and **Deaf Action**. The thinking was based on experience and learning of deafscotland when working with the “GIRFEC Team” in The ALLIANCE. Young people were involved in the creation of materials around “Getting it right for every child” (commonly known as GIRFEC).

The project has three broad elements:

1. To **develop consistent and accurate information** on the concept of self-management in British Sign Language (BSL). This would be achieved by developing film clips that can be distributed by DVD or posted online.
2. To **provide accurate and consistent information** about The ALLIANCE and its work in BSL. Similarly, film clips will be developed for distribution by DVD and online.
3. To **develop some light touch peer support activity** with BSL users and promote the concept and understanding of self-management and peer support across BSL users and BSL communities in Scotland.

It had been identified during engagement work around the BSL (Scotland) Bill, by the organisations involved, that BSL users were not aware of or familiar with the concept of self-management or the role of The ALLIANCE.

It was recognised that BSL users would need some assistance to take forward the concepts of self-management and peer support, and could then progress to develop their own, peer initiatives if they wanted to do so.

In order to evaluate the project, it was recognised that we would need to have actual data on whether or not BSL users understand the term “self-management” and what, if anything, they do know and understand.

The partnership agreed to put together a short questionnaire which would be shared with 100 BSL users across Scotland to gather this data. The questionnaire was available online in BSL and in English.

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deafscotland carried out an **online survey** to look at **how much knowledge of self-management BSL users** have now.

99 BSL users responded from across Scotland.

The people who responded are **aged 17 years to 77 years**, with the **majority** in the age brackets **30 years to 50 years old**.

Responses to the questions

Have you ever seen the term “self-management” before? For example, from your doctor, a health visitor, a district nurse, a social worker, a support worker?

Yes – 30%

No – 70%

What you think the term “self-management” means?

42 people left a comment:

“Managing the problem yourself with own solutions.”

“Using techniques to improve my own well-being without having to rely on others.”

“Self-management mean is a key skill that will help you throughout your life it involves settle goals and managing your time also developing your motivation and convention skills will help you overcome the lure progression.”

“Managing a personal situation independently. For instance, medication.”

“Self-management is like you can manage in yourself by visiting appointment without support of deaf such as a doctor or hospital.”

“It means that you can able to call via NGT, email or SMS to doctors, bank, etc. Coping well with bills etc.”

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“Independent management, I didn’t know what it was mean before read for example.”

“Coping well in difficult situations and circumstances by adopting a positive attitude. Also maintaining a good mental well-being by using various tools to de-stress e.g. breathing exercise, relaxing techniques, spending time with friends/family.”

“Encouraging someone to treat themselves rather than going to GP/Doctor/Nurse/Hospital for all those minor illness/injuries.”

What information would you like in BSL about health and well-being? (We can ask NHS Inform and others to look into this)

81 people left a comment:

Health & Well-being and ‘Self-management’

Mental health services

Accessing healthcare

Sexual health services and sexual health including risks

Healthy eating including services offered by dieticians

Benefits of exercises

Benefits of getting a flu jab

Skin cancer

Ulcers

Diabetes

Stroke

Heart conditions

Seeking emergency and non-emergency medical advice

Health screening

Surgery

Women’s health issues

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Transgender issues and support

Prescriptions

Chronic pain management

Arthritis

Sight loss

Accessing language and other support for attending medical appointments

Everything that is available in English



Contact deafscotland

deafscotland
C/o The ALLIANCE
The Venlaw Building
349 Bath Street
Glasgow
G2 4AA

Telephone: 0141 248 2474
Mobile / SMS: 07925 417 338

Email: admin@deafscotland.org
Website: www.deafscotland.org

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 @deafscotMedia

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