

# Supporting people to live healthier lives

## Quality statement

We expect providers, commissioners and system leaders live up to this statement:

We support people to manage their health and wellbeing so they can maximise their independence, choice and control. We support them to live healthier lives and where possible, reduce their future needs for care and support.

## What this quality statement means

- People are empowered and supported to manage their own health, care and wellbeing needs by staff who understand their needs and preferences.
- People are involved in regularly reviewing their health and wellbeing needs where appropriate and necessary.
- People are encouraged and supported to make healthier choices to help promote and maintain their health and wellbeing.
- Services focus on identifying risks to people's health and wellbeing early and on how to support people to prevent deterioration.

- People are involved in regularly monitoring their health, including health assessments and checks where appropriate and necessary with health and care professionals.

## I statements

[I statements](#) reflect what people have said matters to them.

- I can get information and advice about my health, care and support and how I can be as well as possible – physically, mentally and emotionally.
- I have care and support that is co-ordinated, and everyone works well together and with me.
- I have care and support that enables me to live as I want to, seeing me as a unique person with skills, strengths and goals.

## Subtopics this quality statement covers

- Identification and prevention
- Access to healthcare – GP, dentists etc
- Healthier lives promotion
- Health and wellbeing deterioration
- Physical activity
- CETRs (Care, Education and Treatment Reviews)

## Related regulations

[Regulated Activities Regulations 2014](#)

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- [Regulation 9: Person-centred care](#)
- [Regulation 12: Safe care and treatment](#)

Also consider

- [Regulation 9A: Visiting and accompanying in care homes, hospitals and hospices](#)
- [Regulation 10: Dignity and respect](#)
- [Regulation 11: Need for consent](#)

## Best practice guidance

We expect providers to be aware of and follow the following best practice guidance.

[Older people: independence and mental wellbeing \(NICE guidance \[NG32\]\)](#)

[Wellbeing and mental health: Applying All Our Health \(Public Health England\)](#)

[Behaviour change: general approaches \(NICE guidance \[PH6\]\)](#)

[Oral health promotion in the community \(NICE guidance \[QS139\]\)](#)

[At a glance summary 60: Preventing loneliness and social isolation among older people \(SCIE\)](#)

[Care, Education and Treatment Reviews \(NHS England\)](#)

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## Local authority assessments

We consider this quality statement, supporting people to live healthier lives, under [theme 1: working with people](#).

