Lindley Medical Practice is identifying patients who may benefit from the IDEAL Scheme. The scheme aims to help patients with their day-to-day activities and their overall health and wellbeing.

Patients who are eligible for receiving support will be contacted via telephone in the first instance to discuss the options available. A doctor or nurse can also refer patients to this scheme during a routine appointment. Patients will then be assessed to ensure support is tailored to their individual needs. This can range from managing medication, signposting to other services, such as support groups, facilitating GP/nurse appointments and providing access to information to support overall wellbeing.
The IDEAL Scheme will:

Include the patient, their family and carers in decision making, building relationships and trust.

Discuss key wellbeing areas with the patient:
- Life at home/care setting
- Medication
- General wellbeing and daily activities
- Identify any problems
- Signpost and provide advice
- Facilitate the appropriate care and appointments when and if required

Educate patients on how to look after their health:
- Preventative care
- Lifestyle advice
- Finding solutions, quick fix results based on daily activities
- Resource library
- Encourage positive attitude

Assess:
- Overall wellbeing
- Patients’ involvement
- Provide advice on how to find solutions to problems
- Provide a team approach to patient care
- Provide patients with realistic goals

Listen:
- Make sure patient concerns are always listened to
- Identify other factors affecting a patient’s wellbeing
- Make observations to help the patient
- Signpost for more support

If you think you could benefit from the IDEAL Scheme, please speak to the reception team either in person or via 0161 785 7520, who will be able to provide further information.