

Health and Wellbeing Service - Patient Eligibility

COHORT	ELIGIBLE	NOT ELIGIBLE
Age	Patients > 18 years old	Patients < 18 years old (requires specialised youth support)
Mental Health	Display mild/moderate depression/anxiety, low mood, feeling 'stuck', overwhelmed, underlying perceived barriers to progression etc.	Patients with non-managed SMIs requiring clinical/ therapeutic support/medication advice/crisis management etc.
Memory /Cognition	General forgetfulness – overcoming difficulties, exploring options to self-manage, & encourage engagement with specialist resources.	Dementia, Alzheimer's, Korsakoff's etc. Clinical input required/retention of coaching & ability to action is impaired (but could work with carer/partner attending)
Long-term Conditions (Ltcs)	Must have 1 or more LTCs. Work to increase activation & engagement in supported self-management. Preparing for referral to specialist support & reviewing progress, exploring resource options/networks.	Clinical input/advice required. Undergoing active cancer treatment EOL/palliative care
Disability	Physical disability – building self-management & resilience of LTC – exploring options, resources, sources of support etc. Pain management – non-clinical coping strategies etc.	Learning disabilities where understanding & retention of coaching input may be impaired (but <i>can</i> consider working with carer/partner attending). Clinical medication advice
Substance Misuse	Willing to address non-dependent use, smoking cessation (can prepare for referral to external specialist support by exploring underlying issues & motivation to maximise the engagement with & effectiveness of subsequent referral)	Unwilling to address use, physically dependent/addicted, requiring referral to structured treatment service, shared care for prescribing, detox, rehab etc
Wellbeing	Seeking to address isolation, resources, routine, poor sleep/life balance, barriers to progression, behaviour change etc.	Unwilling to engage with coaching process or work towards identified goals to improve/self-manage wellbeing
Weight/Diet/ Exercise	Support with underlying issues preventing progress, addressing motivation/readiness to change, overcoming barriers, supporting small steps & preparing for specialist referrals to maximise effectiveness & review progress.	Eating disorders requiring therapeutic input Specialist dietary advice & clinical input required

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