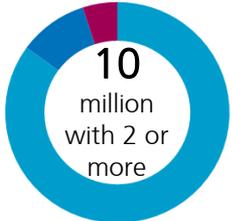
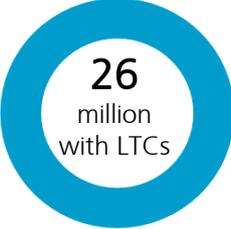


# Enhancing the Quality of Life

## for People Living with Long Term Conditions

Long term conditions (LTCs) are one of the biggest issues facing health and care today – but people living with LTCs are being supported to maintain a good quality of life.

About **26 million people** in England have at least one LTC



10m have two or more LTCs, **1m with frailty**, **0.5m at end of life**  
 There's a three-fold increase in cost of health care for those with frailty

Some people living in deprived areas will have health problems **10-15 years earlier** than people in affluent areas.



**15%** of young adults aged 11-15 have an LTC



Only **59%** of people living with LTCs are in work, compared with **72%** of the general population.



LTCs account for:



**50%**  
of all GP appointments



**64%**  
of all hospital outpatient appointments



**70%**  
of all hospital bed days



**70%**  
of health and care spend



**33%**  
of GP appointments for patients with multiple LTCs



**50%**  
of emergency bed days for over 75's



**25%**  
of bed days occupied by someone dying

Carers are making a huge and valuable contribution to looking after people living with LTCs, but the burden on them is great. **80%** of carers report that caring for someone living with an LTC has had a negative impact on their health. In addition, £1b in carers' allowance is unclaimed each year

There is much work to be done to support people living with LTCs.

**64%** at present say they feel supported, so there is room for improvement.



People living with LTCs are being supported to develop their own care plans. At present though, only **3.2%** have written their own plan.



On average people living with LTCs spend just **4 hours a year** with a health professional, and **8,756 hours self-managing**.