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.

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

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.

10 million with 2 or more
- 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.

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

There’s a three-fold increase in cost of health care for those with frailty.

10-15 years

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

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

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

More information about enhancing the quality of life for people living with long term conditions can be found at www.england.nhs.uk/house-of-care