

# BLMK Work Learn Live

## Directory of Personalised Care

### Courses & Information



BEDFORD  
BOROUGH COUNCIL



The Bedfordshire, Luton & Milton Keynes (BLMK) Directory of Personalised Care Courses and Information can be found via the link below.



### What is Personalised Care?

Personalised Care is when you have a right to discuss and decide with your doctor, nurse or any healthcare professional the best choice of treatment that will help you. You have the choice and control over your health as you do in every other aspect of your life.



### What is the Directory of Personalised Care?

This is a list that contains courses and information for all residents and healthcare professionals within Bedfordshire Luton & Milton Keynes (BLMK). The information is split by topics that are all to do with personalised care. We have provided a definition of what each of these topics mean. Each topic aims to let you know how it will benefit you as well as helping to improve the care that healthcare professionals provide.



The topics are:

- Co-production
- Health Literacy
- Patient Activation Measure
- Personal Health
- Reablement
- Shared Decision Making
- Social Prescribing



### Who is the Directory of Personalised Care for?

This directory differs to the Care Courses & Information Directory as it includes information for young people as well as adults. We have split the intended audience into three groups:



- All adults and young people living in Bedfordshire, Luton or Milton Keynes; unpaid carers (family, friends); volunteers and personal assistants.
- Front line registered and unregistered staff in all health (NHS, Community, Primary Care) and social care environments. This includes health improvement personnel, nurses, practitioners, pharmacists and patient engagement organisations.
- Local authorities, clinical commissioning groups, health and wellbeing boards responsible for strategic planning and commissioning as well as care providers.



The Directory can be found via the link [here](#)

Any queries about this Directory, please email:  
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