

# The Multiple Conditions Guidebook

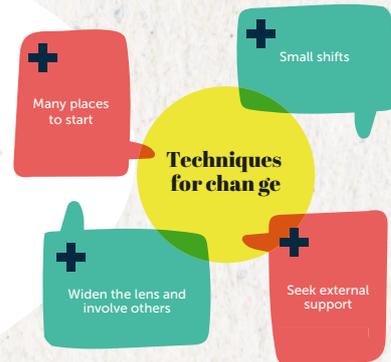
Check out the resources from the Taskforce on Multiple Conditions to improve the lives of people living with multiple long-term conditions.

## Multiple conditions present a significant and complex challenge that needs us to act differently

- In England around one in four of us have two or more long-term health conditions and this number is growing.
- In more deprived areas people develop multiple conditions 10-15 years earlier than in more affluent ones.

LOSS OF MOBILITY, SOCIAL CONNECTIONS AND MENTAL WELLBEING ARE COMMON FOR PEOPLE LIVING WITH MULTIPLE CONDITIONS.

## The good news is that there are many different ways to take action



## A new review of practical solutions features ten case studies



"THEY SAW ME AS A HUMAN BEING – MADE ME LAUGH. I HAVE CHANGED SO MUCH"

Mrs G, person with multiple long-term conditions

## All are different but many share common ingredients



## There are multiple solutions to the challenges posed by multiple conditions

We want to build our list of practical solutions from 10 to 100. Share your own inspiring examples with the Taskforce or tweet @Richmondgroup14 @RCGP @GSTT using:

**#MULTIPLESOLUTIONS**

The intention of the Multiple Conditions Guidebook and accompanying resources is to provide local practitioners with practical insight and to create conversations to bring about change. Please help us to share and build on this learning online, at events, by convening a local forum or group to discuss the guidebook and what could work in your area or by contacting the case study leads to ask questions and find out more.

To see the full report and find out more visit the Taskforce website here: [www.richmondgroupofcharities.org.uk/taskforce-multiple-conditions](http://www.richmondgroupofcharities.org.uk/taskforce-multiple-conditions) or contact Eve Riley at [EveRiley@macmillan.org.uk](mailto:EveRiley@macmillan.org.uk).

The Taskforce on Multiple Conditions is a partnership between the Richmond Group of Charities, the Guy's and St Thomas' Charity and the Royal College of General Practitioners. It was launched in 2018 with the ambition to drive transformational change with and for people with multiple long-term conditions.

The Richmond Group of Charities

