

## How to share your vision for the future of the NHS in England

You have a unique opportunity to share your views to shape the 10 Year Health Plan for the NHS in England.

This is the largest public conversation in the NHS's history. It's designed to help shape the future of healthcare services. The plan will focus on three big changes to the NHS:

1. Moving more care from hospitals to communities.
2. Making better use of technology in health and care.
3. Focusing on preventing a worsening of illness, as well as treating it.

But they're also open to hearing all experiences and new suggestions.

### What's next?

To share your views on the plan, you'll need to visit the **Change NHS** ['Start here' webpage](#) and do the following:

- Click 'Get started' in the blue bar at the bottom of the webpage
- Register for an account by entering your details
- Once registered, you'll see the form that you can fill in to share your views on the NHS

Once you have registered an account, you can revisit the [Change NHS webpages](#) at any point to share your views. Simply log into your account by clicking the 'Log in' button at the top right of the screen and follow the steps above - you won't have to register for an account again.

### What should I say?

Take a look at our prompts below and think about what you would want to put in the form. It might be easier to look at the form first, type your views in another document, or write them down on paper, and then transfer them into the form once you're happy.

You may wish to include the three main points that Parkinson's UK added to our response:

- Make sure that everyone with Parkinson's can access care that is right for them from experts in Parkinson's, in a convenient place and when they need it. This cannot be done without increasing the number of Parkinson's healthcare professionals.

- Use digital technology to better meet the needs of people with Parkinson's and connect the different parts of the NHS so care is more joined up. However, it is vital that alternatives are available so that no one is left behind if they face barriers to using digital technology.
- Promote physical activity, exercise and early access to support to keep people with Parkinson's well for longer and avoid hospital admissions.

If you're still unsure, we'd suggest thinking about the last time you used an NHS service: what was good and needs to stay, and what could have been improved. You could also think longer term and think about the following questions:

- How has your experience with the NHS impacted your or your loved one's Parkinson's journey?
- What changes would you like to see in delivering care for the Parkinson's community?
- Could technology help you get the care and support you need?
- What could the NHS do to keep you feeling well, and stop your symptoms from getting worse?

But really it's up to you what you say!

For any support, or to let us know what you said, please email [campaigns@parkinsons.org.uk](mailto:campaigns@parkinsons.org.uk).