**What is mPower?**

mPower is five-year EU-funded project operating in the border counties of Northern Ireland, Republic of Ireland and Scotland.  It will create a cross-border service for older people (age 65+) living with long-term conditions.

From late 2017 to December 2021, mPower will work in communities to enable people to take the steps needed to live well, safely and independently in their own homes by self-managing their own health and care in the community.

Community Navigators will be employed to work with people referred from health and care services to develop wellbeing plans connecting them to activities in their community, as well as connecting them to new technology to enhance support for health and wellbeing.

**What services will mPower provide?**

The personalised wellbeing plans will focus on supporting self-management. They will include:

* Social prescribing – connecting people to local activities and services which support health and wellbeing – will be a key component of the plans.
* Digital health interventions - including integrated home and mobile monitoring solutions, digital health and wellbeing apps and video enabled care solutions.

Over the next four years, mPower will support:

* 2,500 people through the development of wellbeing plans
* 4,500 digital health interventions.

**How does mPower fit with other activities related to keeping people well in the community?**

In 2017, we are engaging with target communities to find out what social prescribing activity and technology enabled health and care pathways already exist and make sure mPower complements them.

**Who are the partners?**

NHS 24, Scotland’s national telehealth and telecare organisation, is the lead partner.

Health and social care services across the three countries are involved as deployment partners:

|  |  |  |
| --- | --- | --- |
| **Republic of Ireland** | **Northern Ireland** | **Scotland** |
| * Health Service Executive | * Southern Health and Social Care Trust * Western Health and Social Care trust | * NHS Ayrshire and Arran * NHS Dumfries & Galloway * NHS Western Isles |

The Scottish Council for Voluntary Organisations (SCVO) is managing communications and coordinating engagement of the third sector and other stakeholders.

The University of the Highlands and Islands is evaluating the project.

The project is also supported by Cooperating And Working Together (CAWT), a partnership between the health and social care services in Northern Ireland and Republic of Ireland to facilitate cross border collaborative working.

**How is it funded?**

The mPower project is funded through the European Union’s INTERREG VA Programme, designed to promote greater levels of cross-border co-operation. Match funding is provided by the Northern Ireland Executive, the Irish Government and the Scottish Government.

The project budget is €8,700,000.

**Who should be getting involved?**

mPower will be asking a range of stakeholders to get involved in each of the target communities:

* GPs and other primary care professionals in health and social care
* Third sector and independent organisations with an interest in supporting the health and wellbeing of older people
* Local people in collaboration with project partners and stakeholder organisations.

**Want further information?**

To keep up-to-date with mPower developments in your local community, please visit the mPower website, where you will also find the contact details for your local mPower project team.

Visit the mPower website - https://mpowerhealth.eu/

Follow mPower on Twitter – @mPower\_health