

# Principles: Self Management Health, Social and Voluntary Sectors

“Be accountable to me and value my experience”

Evaluation systems should be ongoing and shaped by my experience. They should be non judgemental and focus on more than medical or financial outcomes.

“I am a whole person and this is for my whole life”

My needs are met along my life journey with support aimed at improving my physical, emotional, social and spiritual wellbeing.



**ALLIANCE**  
HEALTH AND SOCIAL CARE  
ALLIANCE SCOTLAND  
people at the centre



**Self Management  
Network Scotland**

“Self management is not a replacement for services. Gaun yersel doesn't mean going it alone”

Self management does not mean managing my long term condition alone. It's about self determination in partnership with supporters.

“I am the leading partner in management of my health”

I am involved in my own care. I, those who care for me and organisations that represent me, shape new approaches to my care.

“Clear information helps me make decisions that are right for me”

Professionals communicate with me effectively. They help ensure I have high quality, accessible information. They also support my right to make decisions.