

# What is Self Management?

It is about everyone's right to say: 'My Wellbeing, My Life'.



There is no "one size fits all" approach to healthcare and support.

Helping people achieve the combination of medical, emotional and practical support to make things easier for them.



Recognising a person, not their condition: Listening to, and understanding what is important to every person and their individual story.



A collaborative approach between government, health professionals, charities, community organisations, carers, people living with long term conditions and disabled people to get people the support they need, on their terms.



## How does Self Management help?

It combines help from different people, organisations and perspectives to get the best ongoing outcome for every individual. Together with health professionals and others who provide support, self management can help people to make decisions that are right for their life. The right combination of support and care can mean people being:

- Better informed about their condition(s) or wellbeing
- Better prepared for everyday challenges
- Better supported when they need it



Find out more...

Visit [www.selfmanagement.scot](http://www.selfmanagement.scot) today for more information

