

We all have a self management story, we just don't call it that.

If not you, someone important to you is regularly impacted by challenges relating to their health, care or wellbeing. Have a think, it could be you, your parents, children, sibling, friend, neighbour, colleague or all of the above. We all want what is right for us, and the people we love - this is what self management is all about.



So, What is Self Management?

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

Self Management is:

- Realising there is no "one size fits all" approach to healthcare and support.
- Recognising a person, not their condition: Listening and understanding what is important to every person and their individual story.
- Helping people achieve the combination of medical, emotional and practical support to make things easier for their story, on their terms.
- A collaborative approach between government, health professionals, charities, community organisations, carers and people living with long term conditions to get people the support they need, on their terms.

Self Management is not:

- Leaving people to manage things by themselves.
- Putting responsibility on individuals to become experts in their own conditions or wellbeing.
- An off-the-shelf, pre-packaged solution. It is a long term, collaborative approach, giving individuals the right to take control of their own wellbeing.



1 in 3

People in Scotland live with at least one long-term condition*. More live with issues which impact on their health or wellbeing. Including:



- Conditions we were born with
- Life-changing accidents or diagnoses
- Mental health, financial or employment challenges

By their very nature, long term conditions and our general wellbeing are things which can change every day but are with us forever. So, it's really important to help people get the support, knowledge and care they need to make every day as easy as possible.

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



Sounds Good, So...What Next?

Find out more about Self Management and how it can help you, or someone you know:

- 1 Ask your doctor, pharmacist or care professional about Self Management
- 2 Visit selfmanagement.scot/aliss to find organisations in your area which work to support people
- 3 Tell someone else about Self Management and encourage them to find out more about ways we can all help each other to manage our own life and wellbeing, our way.

