

FIVE PRINCIPLES OF SELF MANAGEMENT

1. **“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.

2. **“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.

3. **“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

4. **“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.

5. **“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.