

# TERTIARY PREVENTION:

*“Minimising the negative consequences (harm) of a health issue through careful management.”*

Self management is a way of living and working that means people with long term conditions feel more in control of their own health and wellbeing. It puts people in the driving seat and supports them to live their lives better, on their terms. It means people are better informed about their condition(s), better prepared for everyday challenges, and better supported when they need it.

## SELF MANAGEMENT FUND, SCOTLAND WIDE

In 2008, a coalition of third sector organisations coordinated by the Health and Social Care Alliance Scotland (the ALLIANCE, formerly LTCAS, the Long Term Conditions Alliance Scotland) led the development of Scotland's first, and only, Self Management Strategy, 'Gaun Yersel!'.

The Self Management Fund grew out of 'Gaun Yersel!' Managed by the ALLIANCE, since 2009 this has awarded over £28 million of Scottish Government funding to 464 third and community sector self management projects. The idea for each of these projects has come from the people it is designed to benefit, and disabled people, people with long term conditions and/or unpaid carers play a leading role in their design, delivery and evaluation.

As a result of these third and community sector projects, the capacity of disabled people, people with long term conditions and/or unpaid carers to effectively self manage has been enhanced and harms have been reduced. For example, the Scottish Women's Autism Network (SWAN) has enabled autistic women and girls and their families across Scotland to access clear and useful information to live a life that is healthy and meaningful to them.

Long Terms Conditions Hebrides (LTCH) has provided invaluable self management support to people living in the Outer Hebrides and their families. More information about the work and impact of other third and community sector self management projects is available here, with videos viewable here.

These case studies were developed as part of a joint statement on prevention from Edinburgh Community Health Forum, Health and Social Care Alliance Scotland (the ALLIANCE), Scottish Community Development, and Voluntary Health Scotland.

They show what preventative approaches by the third and community sector look like in action.