



Chronic Condition Self-Management

Principles of Self-Management Support - for health providers

At the core of self-management support is a partnership between health providers and consumers. Commonly accepted principles for self-management support are:

1. **Person-centred care.** This involves health providers working in partnership with consumers, families and carers with respect, to build coping skills and confidence and to promote behaviour that is focussed on the unique needs, preferences and journey of the consumer.
2. **Consumer empowerment and enhanced capacity** to engage in activities that promote health, care and well-being. This involves building on a consumer's coping skills and confidence to manage their conditions and sustain healthy lifestyles over a period of time.
3. **Participation** of the consumer, family and carers in care planning, monitoring, decision-making and problem-solving.
4. A collaborative **partnership approach** between consumers and health providers to facilitate improved self-management.
5. **Shared responsibility** by consumers and health providers for health outcomes.
6. **Co-ordination** of support. This involves health care teams working together at a local level, in a culturally sensitive manner, to assist consumers to understand and find their way around a complex health system.
7. Access to accurate, understandable, timely and relevant **information** for health care teams, carers and consumers.
8. A **holistic, ongoing, lifelong approach** to health and self-care.

Adapted from Flinders Health Behaviour and Health Research Unit, Community and Health Industry Skills Council and Vic Health.



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