Our vision is for a Scotland where people who are disabled or living with long term conditions and unpaid carers have a strong voice and enjoy their right to live well.
The Health and Social Care Alliance Scotland

- Ensure people are at the centre
- Support transformational change
- Champion and support the third sector
Self Management Strategy

- Driven not by policy makers, but by people themselves

- Set an ambition:
  - to learn from people’s experience of living with long term conditions.
  - to embed self management in a systematic way across the whole country and in partnership with third sector and local authorities
  - to build capacity to develop understanding of self management
  - to shape our services with people (co-production)
Collaborative Conversations

- Palliative and End of Life Care
- Mental Health
- Cancer
- Primary Care Transformation and New Models
- Self Directed Support
- Anticipatory Care Planning
- Shared decision making
- Self Management Support

Integrated health and social care

Distress Brief Intervention
Connected Compassionate Support
Key aspects to our work have been:

• Involving people with long term conditions and unpaid carers in the design, delivery and evaluation of the agenda

• Investing in learning and building capacity in the third sector

• Facilitating cross sector partnerships
# The 5 Principles of Self Management

<table>
<thead>
<tr>
<th>Principle</th>
<th>Description</th>
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<tbody>
<tr>
<td>“I am a whole person and this is for my whole life”</td>
<td>My needs are met along my life journey with support aimed at improving my physical, emotional, social and spiritual wellbeing.</td>
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<tr>
<td>“Self management is not a replacement for services. Gaun yersel doesn’t mean going it alone”</td>
<td>Self management does not mean managing my long term condition alone. It’s about self determination in partnership with supporters.</td>
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<tr>
<td>“I am the leading partner in management of my health”</td>
<td>I am involved in my own care. I, those who care for me and organisations that represent me, shape new approaches to my care.</td>
</tr>
<tr>
<td>“Clear information helps me make decisions that are right for me”</td>
<td>Professionals communicate with me effectively. They help ensure I have high quality, accessible information. They also support my right to make decisions.</td>
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<tr>
<td>“Be accountable to me and value my experience”</td>
<td>Evaluation systems should be ongoing and shaped by my experience. They should be non judgemental and focus on more than medical or financial outcomes.</td>
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</tbody>
</table>
Building Capacity and Ensuring Diversity

Self Management Fund for Scotland

- Promote development and innovation of self management activities across Scotland
- Most successful projects involved people in the design, delivery and evaluation
- Learning about approaches which work for people living with long term conditions and their unpaid carers
- £2 million a year invested since 2009
- 270 projects funded across Scotland
Self Management into Practice

• What can you do in your role to support individuals to self manage?
• What are the benefits to supporting self management in your role?
• What support do you need to support individuals to self manage?
• What would stop you?
The Role of Networks

JOIN
Self Management Network Scotland for free

SHARE
Learning about self management best practice

LEARN
From the work and experience of others
Looking to the Future

- Building our understanding of giving ownership to the people in the system who have a stake in making the change happen

- Focus on what is working and what we are learning

- Strengthening links with the research and evidence community to ensure the learning can be obtained and made available

- Opportunities for practice to influence policy

- Importance of connecting to networks across the UK and internationally - a coalition of organisations and people
Thank You

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