Supported Self-Management Practice

Education & Tools 1

-Informed Shared Decision Making

- Patient Initiated Follow Up Pathways

-Primary Symptom Management Toolkits

Lifestyle Management 2

- Self-Care & Self Compassion
- Secondary symptom management
- Digital Resources & Virtual Spaces

Prevention Strategies 3

- Risk and complications awareness
- Individual reserves, resources and habits building
- Focussed action areas

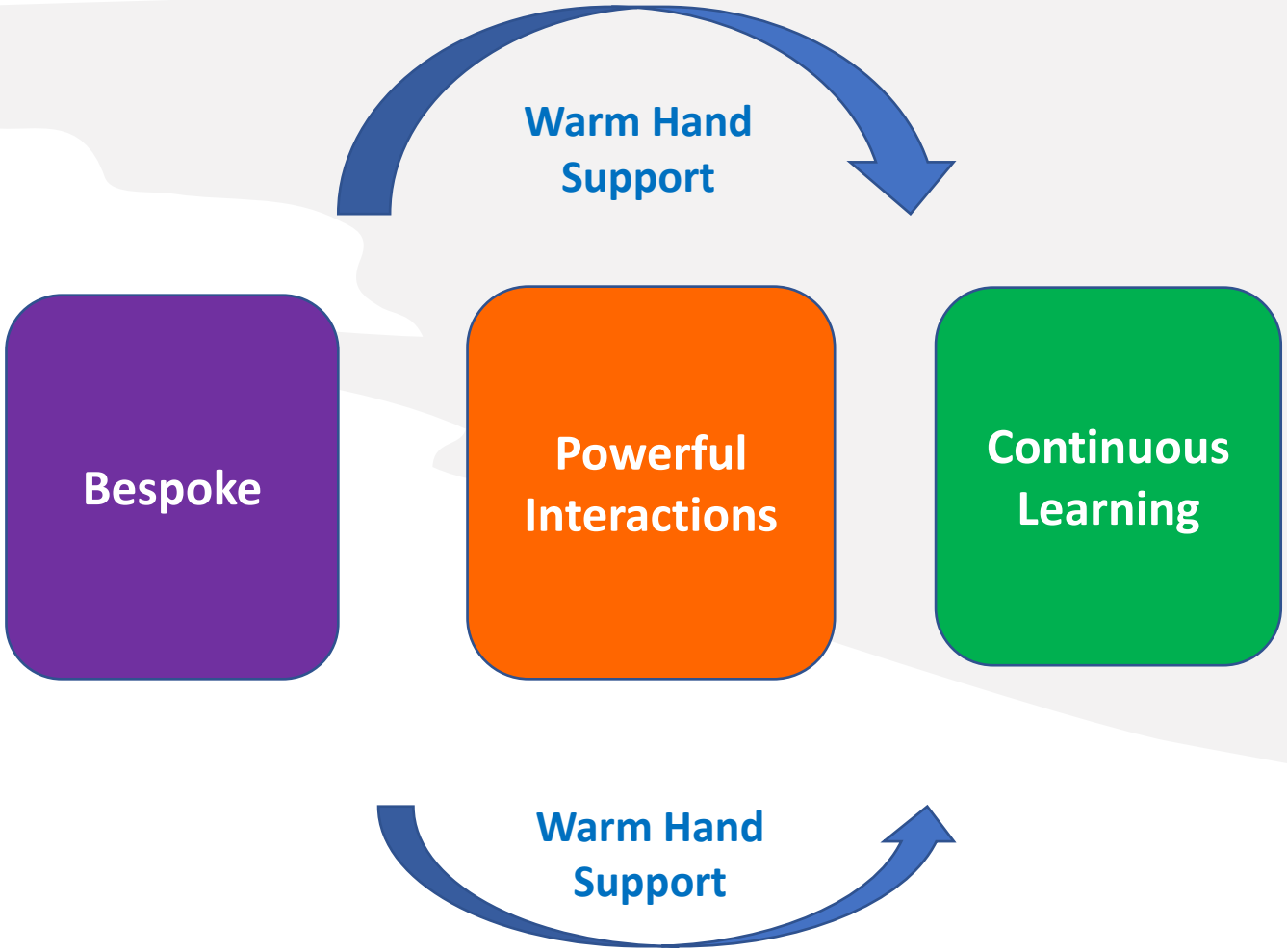
Peer Support 4

- Connections
- Hope
- Identity
- Meaning
- Empowerment

Self Management & The Future (Micro & Macro)

- **Be Human**
- **Lead Courageously**
- **Reimagine Investment**
- **Share Power**
- **Measure Outcomes**

Improving Odds to Thrive



Human First, Patient Second

Supported Self Management Practice

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