

## Partnering with your health care provider

Sharing the responsibility for your healthcare with your doctor and other health care providers is an important step you can take to improve your health and wellbeing.

While your health care provider may be the expert on medical care, you are the expert on yourself and your needs.

You can work with your health care provider to prepare a care plan that balances treatment, medications and management with your needs, preferences and lifestyle.

Partnering with your health care provider means getting involved in:

- problem-solving
- decision-making
- implementing lifestyle changes

to benefit your ongoing health and wellbeing.

Ensure you have a plan ready in the event of a flare-up or worsening of symptoms and know how to deal with more serious emergencies.

## For more information contact:

- Your doctor or health care provider.
- Lead organisations for your condition such as Diabetes WA, Heart Foundation, Stroke Foundation, Asthma Foundation, Cancer Council and Arthritis WA.
- ConnectGroups: the lead organisation for support groups in WA.
- Health Consumer Council WA.
- Carers WA.
- Your local government office or
- Visit the WA Health consumer website: [www.healthywa.wa.gov.au/Health-conditions](http://www.healthywa.wa.gov.au/Health-conditions)



Government of **Western Australia**  
Department of **Health**  
NMHS Public Health and Ambulatory Care

- For consumers -

# Chronic Condition Self-Management

Be actively involved in managing  
your condition



## Managing your chronic condition

People living with a chronic condition already manage their conditions to varying degrees.

Managing your condition well involves:

	Rate yourself here ✓
• understanding your condition	
• sharing in decision-making about your health	
• following an agreed care plan	
• monitoring and managing signs and symptoms	
• managing the impact on your physical, emotional and social life	
• having the confidence and ability to access community support services	
• adopting a healthy lifestyle	



## Actions you can take now

### Find information

- Ask questions when visiting your health care provider.
- Discuss your options, concerns and goals with your health care provider.
- Read and learn more about your condition from reliable sources.
- Talk to family, friends and other people with the same condition.

### Make decisions

- Decide what your priorities are.
- Set realistic goals to live a healthier lifestyle.
- Decide what treatments you do and do not want.
- Talk with your doctor and other healthcare providers to decide what is best for you and your health in your situation.

### Take action

- Review and change your health-related behaviours such as exercise and eating patterns; reduce smoking and drinking alcohol.
- Join a support or self-help group.
- Contact your local council for community activities.

- Change the way you spend your time and how you balance family, work, education and other things that are important to you.
- Choose health care providers who adopt a partnership approach and will support you to make healthy lifestyle changes.
- Learn more by attending a self-management program.

