



Living life to the full

By being actively involved in your health care

Managing your chronic condition well involves:



- knowing about your condition
- sharing in the decision-making about your health
- following an agreed care plan
- monitoring and managing the signs and symptoms of your condition
- managing the impacts of your condition on your physical, emotional and social life
- having confidence and ability to access community support services and
- adopting a healthy lifestyle





This document can be made available in alternative formats on request for a person with a disability.

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