



# Chronic Condition Self-Management

## CCSM Support Capabilities for Health Providers

### General Person-Centred Skills

1. Communication skills
2. Assessment of self-management capacity (understanding strengths and barriers)
3. Psychosocial assessment and support skills (including health literacy).
4. Collaborative care planning
5. Use of Peer Support
6. Cultural Awareness
7. Assessment of health Risk Factors
8. Health Promotion approaches

### Behaviour Change Skills

9. Models of health Behaviour Change
10. Motivational Interviewing
11. Collaborative problem definition
12. Goal setting and goal achievement
13. Structured Problem solving and action planning

### Organisational / Systems Skills

14. Working in Multidisciplinary teams/ Inter-professional learning and practice
15. Information, assessment and communication management systems
16. Organisational change techniques
17. Evidence-based knowledge
18. Conducting practice based research
19. Awareness of Community Resources.

Adapted from '[Capabilities for Supporting Prevention and Chronic Condition Self-Management](#)', Flinders Human Behaviour and Health Research Unit, Flinders University, South Australia.