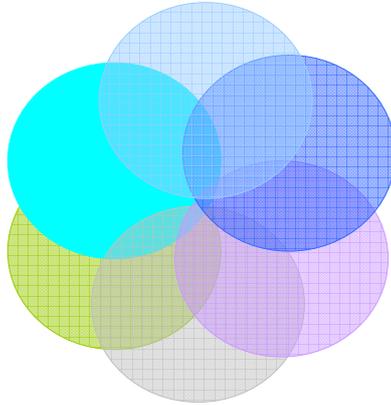
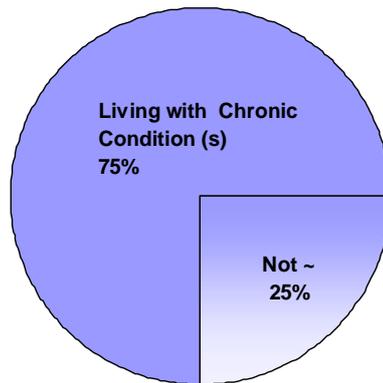
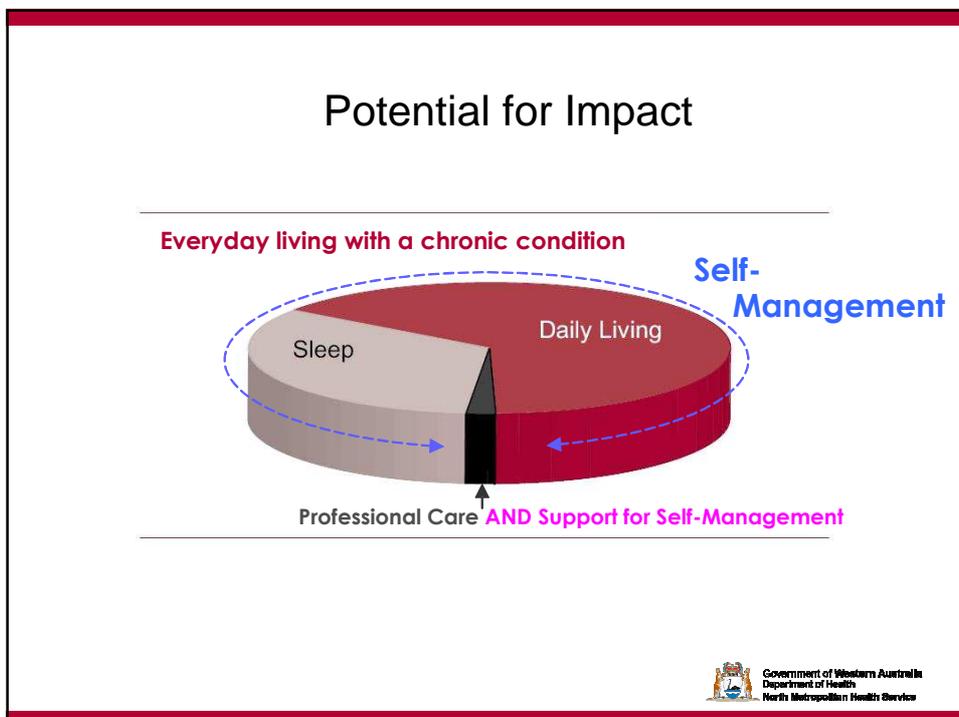
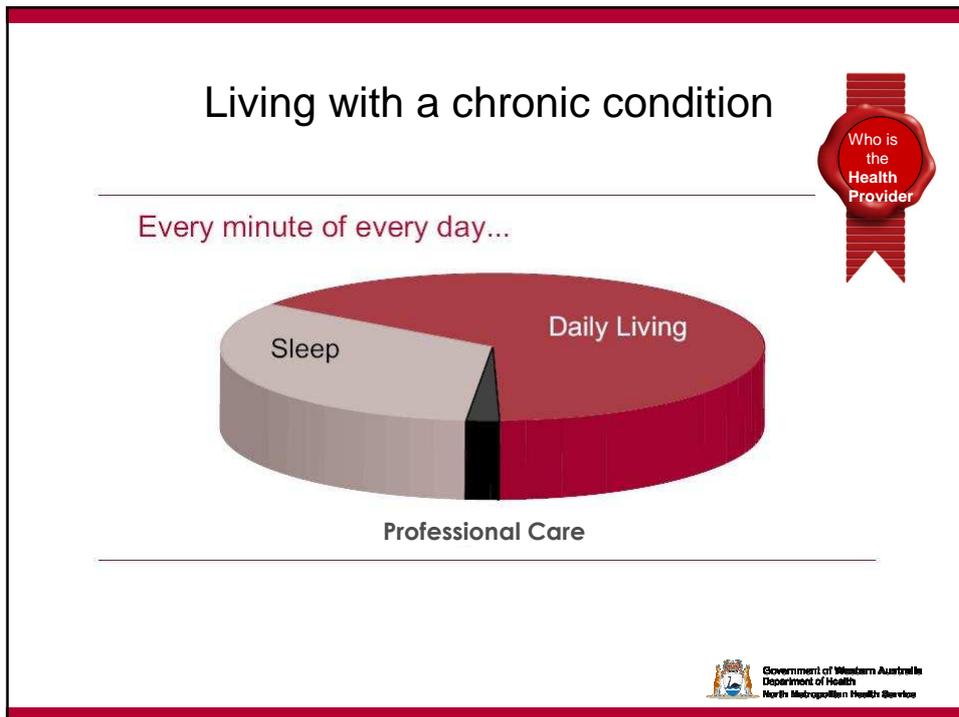


The
Consumer
and
Community
context
for chronic
condition self-
management

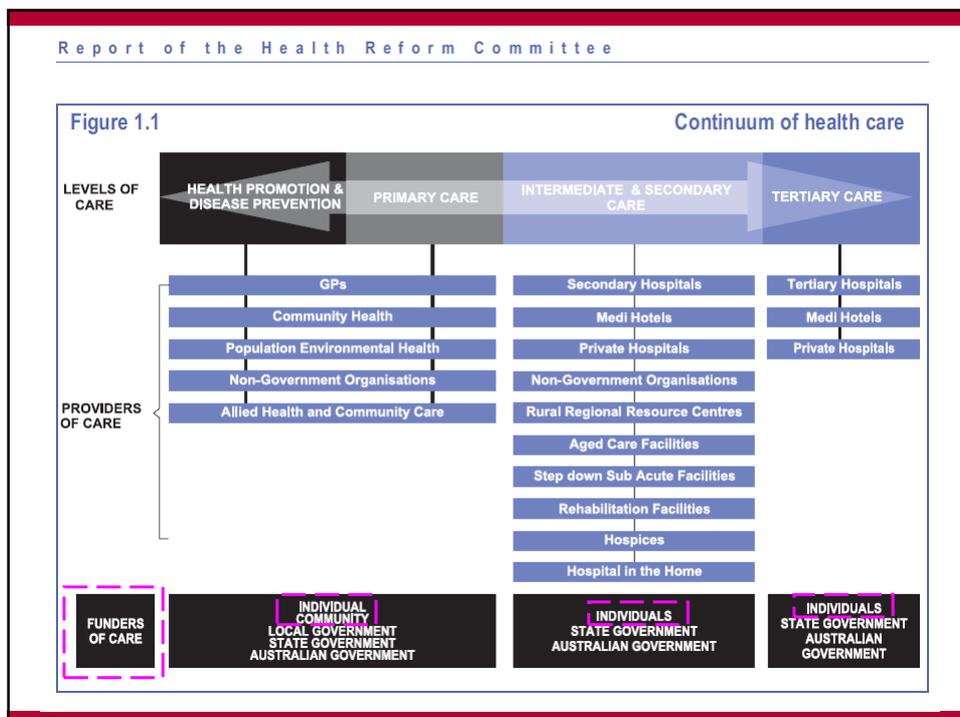
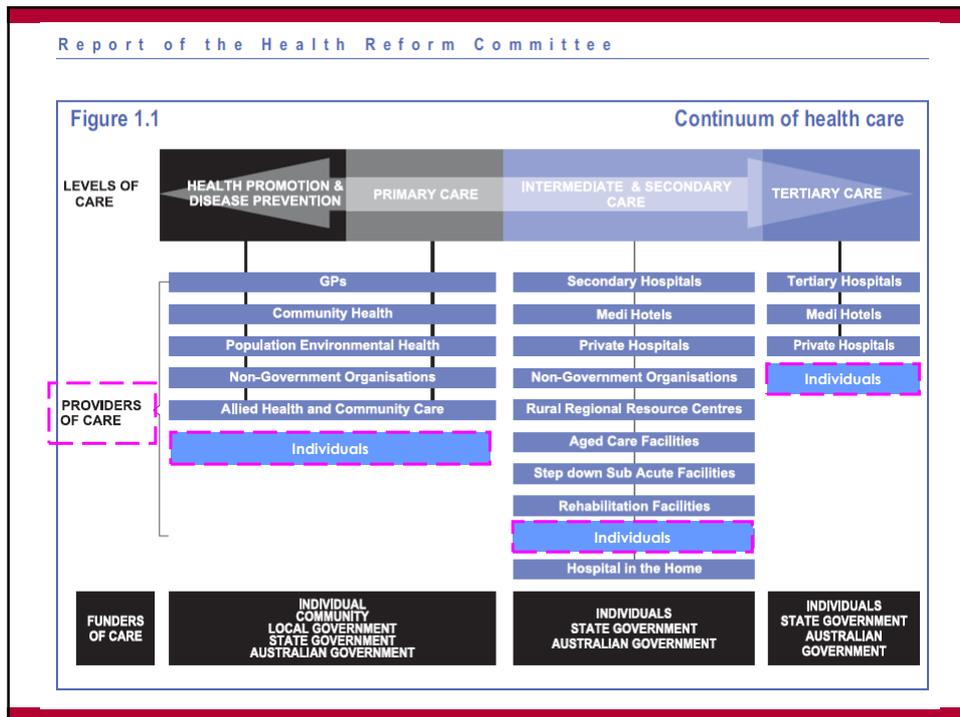


AUSTRALIANS WITH CHRONIC CONDITION(S):
Australian Institute of Health Welfare (AIHW) , 2006





CHRONIC CONDITION
 SELF-MANAGEMENT (CCSM)
 CONSUMER, COMMUNITY CONTEXT



Self-Managing: What's involved

People living with chronic conditions already manage their conditions on a daily basis and to varying degrees. Being actively involved in managing a condition involves:

- Knowledge of the condition
- Sharing in the decision- making with health providers
- Following an agreed care plan
- Monitoring and managing signs and symptoms of the condition
- Managing impacts on physical, emotional and social life
- Adopting a healthy lifestyle and
- Having the ability to access community support services.

Supporting people to self-manage is a key component of chronic care.

Adapted from The Flinders Program, Health Behaviour and Health Research Unit, Flinders University, SA.



What is the consumer AGENDA?

- Everyday Living
- Personal Priorities
- Understanding
- Feelings
- Fears
- Expectations
- Relationships

... Keeping healthy at home and in the community...

= *Quality of Life*



Local Governments, NGOs, Carers, Families and the Community



Influence health through:

- Public Health Plans
- Programs & Services
- Peak bodies
- Medicare Locals
- Support Groups
- Promotion/Prevention activities
- Schools, Centres
- Planning, Parks
- Environmental factors
- Resources, Directories
- Media etc



People living with chronic conditions are health providers in their own right.

Each has their own individual needs / preferences / culture which influence their decisions about their health.

Community organisations, facilities, services and the environment can impact healthy living.