



Supporting Self-Management

Supporting people to be actively involved in their own health care means:

- A person-centred approach
- Consumer empowerment and enhanced capacity
- Participation by consumer, family and carers
- Partnership between consumer and health providers
- Shared responsibility for health care outcomes
- Coordination of support along the patient journey
- Access to appropriate, timely and understandable information
- A holistic, lifelong approach to health and self-care.





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

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