



# Chronic Condition Self-Management

## Living life to the full with a chronic condition

By being actively involved in your own health care and managing conditions in partnership with health providers and carers, you can take charge of your life and live it to the full.

## Taking Charge

Generally people want some control over what happens to them in their everyday lives. People living with chronic conditions already manage their conditions on a daily basis and to varying degrees. By being actively involved in managing your condition, you are able to gain more control and live life to the full.

## What is involved?

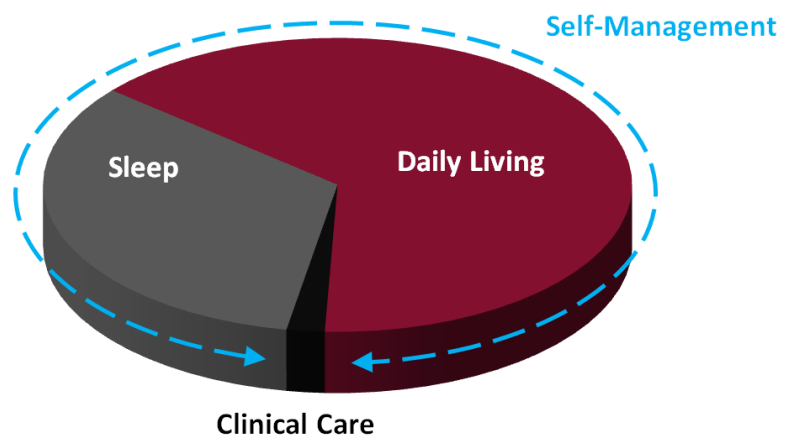
- knowing about your condition
- sharing in the decision- making with health provider(s)
- following an agreed care plan.
- monitoring and managing the signs and symptoms of your condition
- managing the impact of your condition on physical, emotional and social life
- having the confidence and ability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

Adapted from Health Behaviour and Health Research Unit, Flinders University, South Australia.

## What are the benefits?

- Prevention and/or early detection of many chronic conditions.
- Increased self-confidence and awareness of how to maintain a healthier lifestyle.
- Fewer unplanned visits to the doctor, specialists, and other health service providers.
- Feel well, healthier and happier, lower blood pressure, less pain and medication.
- Recognising flare-ups early and knowing what to do when they occur.
- Feeling more in control of everyday life.

## Everyday living with a chronic condition





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

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