The Consumer and Community context for chronic condition self-management

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

- Living with Chronic Condition (s) 75%
- Not ~ 25%
Living with a chronic condition

Every minute of every day...

- Sleep
- Daily Living
- Professional Care

Potential for Impact

- Everyday living with a chronic condition
- Self-Management
- Professional Care AND Support for Self-Management
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?

<table>
<thead>
<tr>
<th>Everyday Living</th>
<th>Personal Priorities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Understanding</td>
<td>Feelings</td>
</tr>
<tr>
<td>Fears</td>
<td>Expectations</td>
</tr>
<tr>
<td>Relationships</td>
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</tbody>
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... 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.