## The self care mission mission

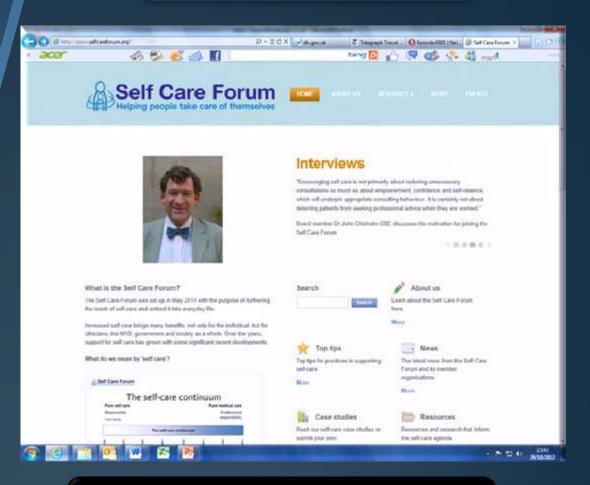
What do we need?

No more policies
We need implementation

What can you do today?

Accept the Self Care

### www.selfcareforum.org



Top tips for supporting self care



Ask patients and staff to do a medicine Cabinet makeover Start with the basics Have a self care conversation What will you do in Self Care Week?

- Take the RCGP eLearning Self course: Supporting Self Ailments Care for Minor Ailments
  - Work with Patient
    Work with Patient
    Participation Group on
    Participation Self care
    supporting self care

And by end 2012

Becoming Self Care Aware

Self Care Aware Practice Self Care Aware Consultations

From 2013

**Using Fact Sheets** 

PPGs support self care with patients

Reductions in minor ailment consultations and re-consultations

Increase in patients self managing long term conditions

Increase in time spent with patients across practice

See your own evidence

Reduction in LTC exacerbations resulting in A+E attendances

Cost efficiencies

### By 2015

What are you doing or have done for yourself?
What help do you need to

All conversations will have a self care component.

No matter the setting from primary care, A+E, pharmacy to community



# Self Care Mission: Possible Self Care Champions Self Care Champions