

The self-care continuum

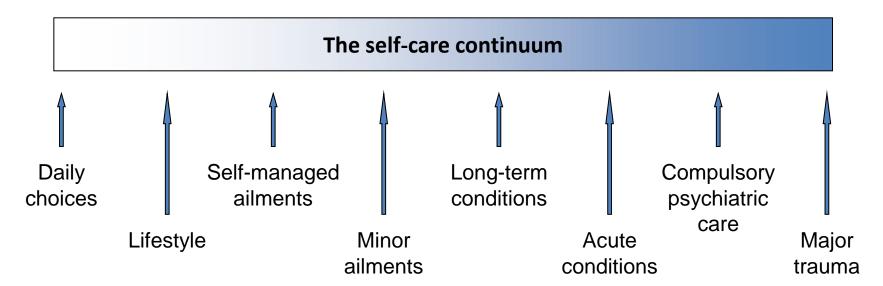
Pure self care

Pure medical care

Responsible

individual

Professional responsibility



Healthy living

Minor aliments

Long-term conditions

In-hospital care