

Self Care Forum 2013 Terms of Reference

Aim	Benefit
1. To widely disseminate excellent examples of self care activities.	There will be a greater national awareness of the benefits which well-informed self care brings to people.
2. To actively engage commissioners, Directors of Public Health, the NHS Commissioning Board and its Area Teams, Health and Wellbeing Boards and Public Health England so that the development of integrated self care is treated as a priority.	Self care will be seen by both commissioners and providers as integral to all parts of health care.
3. To encourage greater use of self care strategies through promoting the RCGP e-learning module and closer working with PPGs	Multi-disciplinary capability will be enhanced and more patients will successfully self care.
4. Produce and promote a guide on how to bring Self Care Forum products into practice	Increased knowledge for patients, the public and health care workers and the development of widespread best practice will result.
5. To promote health literacy and self care within schools and higher education institutions.	Future generations will be more confident about self care than their parents.
6. To publish information to help patients safely self care and know when they should consult a health professional	Referrals to health professionals will increasingly become appropriate and necessary. Patients will have improved knowledge of and confidence about self care.
7. Promote Self Care Week	Will provide a focal point for self care local and national activities and the dissemination of information across the country