

## Key messages

- The purpose of the Self Care Forum is to promote self-care and embed it into everyday life.
- Excellent clinical practice involves healthcare professionals encouraging people to look after their own health and that of their families. This is being supported in the training of GPs and nurses.
- Living healthy lives is an important component of self-care, and prepares people to treat and manage commonly occurring and long term conditions.
- The NHS needs to be accessed effectively and efficiently so that it can provide quality care to all in the future.
- The Self Care Forum aims to promote self-care by bringing together healthcare professionals and patient groups who are committed to encouraging and empowering people to self-care and take care of themselves.
- Better education about how to look after symptoms that can be handled at home has the potential to save the NHS £2bn.

## Secondary messages

- Healthcare professionals' time and expertise must be freed to look after people with more serious long term conditions.
- There is a responsible, collective voice calling for an end to the demand-led, rather than health needs culture seen in the use of the NHS.
- There is now an ethical imperative to drive efficiencies within the NHS.
- Self-care is not about no care. It is about the NHS being able to provide care when people need it.
- GPs and nurses need to be encouraged to explain how people can take care of themselves, and consider providing support, information and education.