

The self care mission

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What do we need?

- “ No more policies
- “ We need implementation

What can you do
today?

“ Accept the Self Care
Mission

www.selfcareforum.org

And tomorrow?

The screenshot shows the homepage of the Self Care Forum website. The header features the logo and tagline "Self Care Forum Helping people take care of themselves" with navigation links for HOME, EVENTS, RESOURCES, NEWS, and EVENTS. The main content area includes an "Interviews" section with a photo of Dr. John Chisholm CDE and a quote about self-care. Below this is a "What is the Self Care Forum?" section with text explaining the forum's purpose and benefits. A "The self-care continuum" diagram is also visible. On the right side, there are sections for "Search", "About us", "Top tips", "News", "Case studies", and "Resources". The Windows taskbar at the bottom shows the date as 26/10/2012.

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 course: Supporting Self Care for Minor Ailments

“ Work with Patient Participation Group on supporting self care

Becoming Self Care Aware

And by end 2012

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

See your own evidence

Increase in time spent with patients across practice

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 do this?”

All conversations will have a self care component.

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



what
will **you**
do today?

Self Care – Mission: Possible

Self Care Champions