



MAKING
.....
EVERY
.....
CONTACT
.....
COUNT

Self management of long term conditions



Key messages

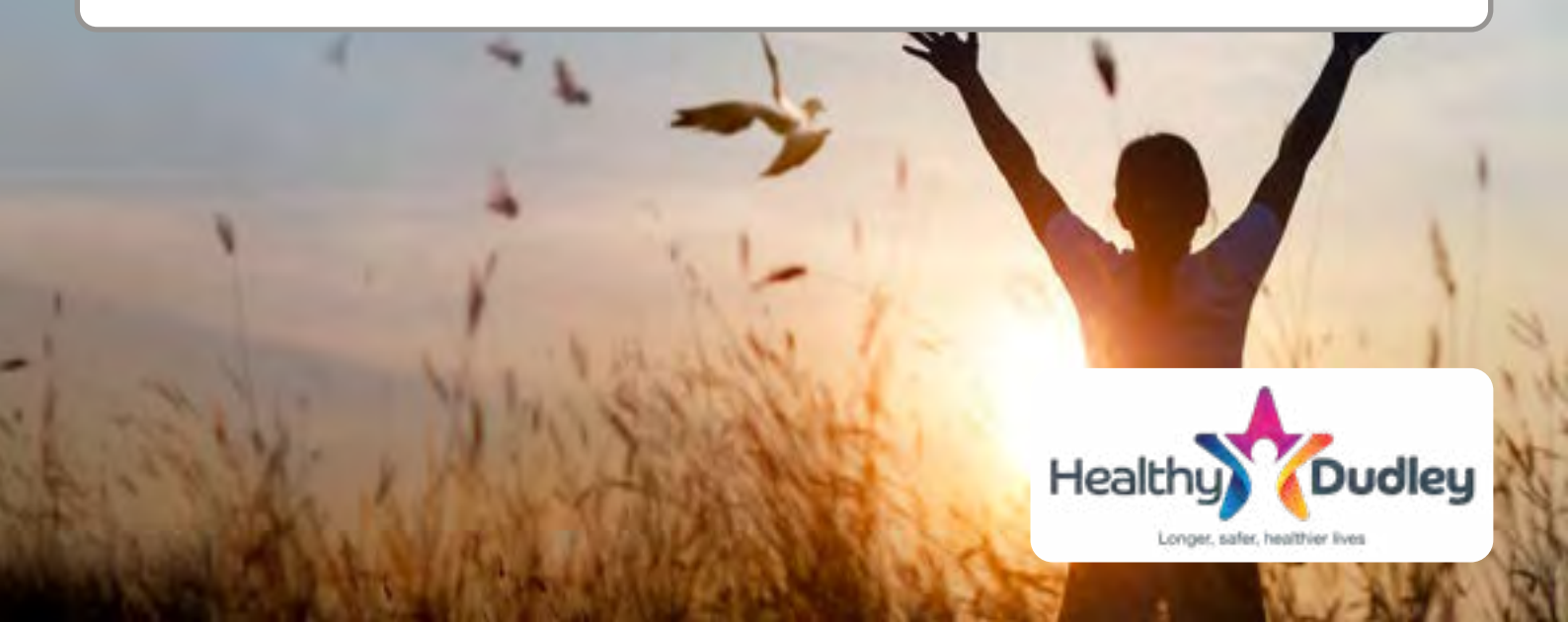
- Self-management can empower people with long term physical and mental health conditions to develop the capability and motivation to effectively manage their own health.
- Long term conditions such as arthritis, high blood pressure, diabetes, asthma and some mental health conditions do not have a cure, they are managed with medicines and other treatments.
- All long term conditions differ, however the symptoms they cause are similar i.e. poor sleep, pain, fatigue, stress, anxiety, difficult emotions, depression, shortness of breath.
- Having a long term health condition can affect relationships and loss of social interaction, leading to loneliness and social isolation.
- Managing these symptoms can help improve health outcomes and lifestyle behaviours, leading to a better quality of life.

Did you know?

- Many people with long term physical health conditions often experience poor mental health and wellbeing.
- People who do not take control of their symptoms, gradually lose the ability to do the things that are necessary and important to them.
- People who take more control of their health, feel more able to cope, have better pain management, fewer flare ups and more energy.
- Good self management focuses on individual goals, is solution focused, making plans and recognising the things that matter to the person.

Why is it important?

- Self care puts you in control, improves your quality of life so you can continue doing the things you love and continue with everyday tasks.
- There is evidence that supported self management has a positive impact on the health and care system.
- People who had the highest knowledge, skills and confidence resulted in fewer GP appointments and fewer hospital attendances.



What can you do?

- Get a good night's sleep, by keeping to a bedtime routine, avoiding drinks containing caffeine or alcohol too close to bedtime.
- Keep active, exercise can help you to sleep better, decrease pain and help deal with low mood and difficult emotions.
- Eat well balanced meals and drink plenty of water to keep hydrated.
- Work in partnership with your health and social care professionals, to manage your medication and monitor positive and negative changes to your health conditions.
- Set simple and realistic goals in an action plan to make positive changes.
- Get support - talk and share your worries and concerns with others, ask others for help when necessary, join support groups and charities.
- Prioritise the things that are most important and can help to take the pressure off when dealing with difficult or challenging tasks.
- Make balanced, informed decisions about your health and wellbeing.
- Use techniques to quieten the mind and manage pain, anxiety and stress i.e. Distraction, muscle relaxation and positive thinking.

Self help

Healthy Dudley Information and resources for all ages on healthier lifestyle and looking after your health and wellbeing.

www.healthydudley.co.uk

Road to Wellbeing A tool for managing the stress of everyday life. A booklet and audio to help with relaxation methods and breathing techniques. www.healthydudley.co.uk/ageing-well/road-to-wellbeing/

Helpful contacts

Dudley Community Information Directory (online)

Search for local groups, clubs, activities, services and events www.dudleyci.co.uk

Dudley Adults Portal

An online tool, offers quick, easy and secure way for residents, carers and professionals of Dudley to access information in the community and services available in Adult Social Care. www.dudley.gov.uk/dudley-adults-portal/

Self-Management Programme

A free six-week course for adults with a long-term health condition, or adults who have a caring responsibility. Courses are delivered in community venues and online, which help provide confidence and skills to manage a long term condition.

Email: smp@dudleycabx.org Tel: **07976637404**

Your Health Dudley

Wellness coaches can help with setting goals, planning actions and providing motivational support for weight loss, stop smoking, alcohol advice and exercise. www.yourhealthdudley.co.uk/ Tel: **01384 732 402**



Self management of long term conditions

