



## Self-Management for Life - Online

### A flexible approach to self-management

The new “Self-Management for Life - Online” course builds on the same concepts and evidence-based approaches used in our successful group face-to-face programmes. It has 7 interactive modules, which provide participants with the tools and techniques they need to manage their long-term condition(s) (LTCs).

Participants have the flexibility to learn at their own pace with online support from trained peer tutors who are available to answer questions, feedback on exercises and provide help when necessary. This form of tutor engagement encourages participants to own their development and contributes to successful course completion. The course is particularly useful for people who have physical mobility difficulties; who may live in remote areas or who may prefer online-based learning. It provides individuals with a flexible and effective self-management intervention, whilst giving Commissioners the opportunity to offer courses to a wider population of patients from various locations and socio-demographic profiles.

“Self-Management for Life - Online” is for individuals over 18 years old, with single or multiple long-term conditions such as (but not exclusively) diabetes, arthritis, asthma and chronic obstructive pulmonary disease (COPD), etc.

Studies show that patients who actively self-manage use fewer NHS resources; have less appointments with GPs and nurses and attend A&E less frequently, with typical gross savings to the NHS of approximately £1,400 per patient per year.<sup>1</sup>

# Self-Management for Life - Online



## For:

This programme is aimed at individuals of all ages aged 18+, with single or multiple long-term conditions.

## Course Type:

Online • 7 Modules • Participants join and progress at their own rate 24/7

## Benefits to patients:

- + Supports positive self-care behaviours
- + Provides self-management tools and techniques
- + Reduces stress
- + Creates a better quality of life & increased confidence in managing long-term condition(s)

## Course Content Overview



The 7 modules cover goal setting, action planning, problem solving, useful exercises and feedback points. The course uses a number of psychological approaches to change behaviour and to challenge unhelpful beliefs and to enhance the participants' ability to become empowered as they have greater understanding, knowledge and confidence to become active self-managers.

Module 1	Module 2	Module 3	Module 4	Module 5	Module 6	Module 7
What is Self-Management?	What we believe about our long-term condition	Handling change or unhelpful emotions	Eating well and communicating with family and friends	Recognising fatigue and managing medication	Setting the agenda with the Healthcare team	Wellness plan and resources for self-managers

## Helping patients with long-term conditions



### self management uk:

- + Is a registered charity with over 12 years' experience working with the NHS
- + Is the market leader at the forefront of innovation and development in self-management education and training
- + Provides self-management programmes to patients with long-term conditions
- + Supports healthcare professionals to deliver the NHS Outcomes Framework Domain 2 LTCs

[1] Based on a proprietary tool developed by self management uk, which uses data published by the Department of Health

**For all your self management needs, call us on 03333 445 840, email us at [hello@selfmanagementuk.org](mailto:hello@selfmanagementuk.org) or visit us at [www.selfmanagementuk.org](http://www.selfmanagementuk.org)**