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## WORKSHOP ABSTRACT

# **Self Management Special Interest Group Workshop: Opportunity to explore the impact and lessons learned of person centred and community centred self management and co-production as vital components of health and social care integration and transformation. Exploring action for change – small steps can make big changes.**

23<sup>rd</sup> International Conference on Integrated Care, Antwerp, Flanders, 22-24 May 2023

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The Self Management Special Interest Group (SIG) aims to facilitate collaboration across sectors and countries to enhance our understanding, adoption and evaluation of self management and co-production and continually ask “what needs to be done in order that everyone is able to self manage on their terms?”

The SIG and workshop session is for people with lived experience, practitioners, managers, researchers, students, policy makers and health economists engaged in planning, designing, delivering and evaluating self management and co-production principles and approaches to engage, empower and enable people centred integrated care in different health and care systems.

The concepts and reality of self management and self-care have increased in importance and practice throughout the pandemic and its recovery. As systems transformation is progressed through co-designing and reforming services at all levels self management is supporting people to live their lives better, on their own terms.

Self management supports and encourages people living with long term conditions to access information and to develop skills to find out what’s right for their own conditions, most importantly, right for them through being:

- Better informed about their conditions(s)
- Better prepared for everyday changes
- Better supported when they need it

### Outcomes

- The SIG workshop presents the opportunity for participants to network, share and celebrate self management learning, evaluation and impact.
- Participants explore their goals for self management and how these can be connected or shared to improve and enhance self management support and person and community centred approaches globally.

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- Exploring and translating the learning and themes shared into tangible actions in their own contexts.

#### Session Plan

- Welcome and session introduction
- Icebreaker: invite participants to introduce themselves in small groups (in person and online) in small groups and answer 'to me self management is ....'
- Four themed case studies will be shared
- Facilitated small group discussions

o What are the key messages for you and your context

o How can these key messages be translated into your action planning

o Participants will be invited to make one small action that they will implement in their own context. Action will be captured in the chat box and through large labels which will be added to the ICIC23 self management tree

- Each group will feedback one key point which will be captured live through flipchart and chat box

At the end of the session, we will capture feedback, key themes and the self management tree actions and develop a SIG blog and plan for the next Integrated Care Matters Self Management and Co-production webinar in 2023.