

*Supporting a culture shift
towards self management....*

CNAHS Australian Better Health Initiative,
Chronic Condition Self Management Program Area

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**Government
of South Australia**


SA Health

Overview

- > Introduction
- > Australian Better Health Initiative
- > Chronic Care Model
- > Role of CCSM Coordinators
- > The CNAHS approach
- > Practical examples

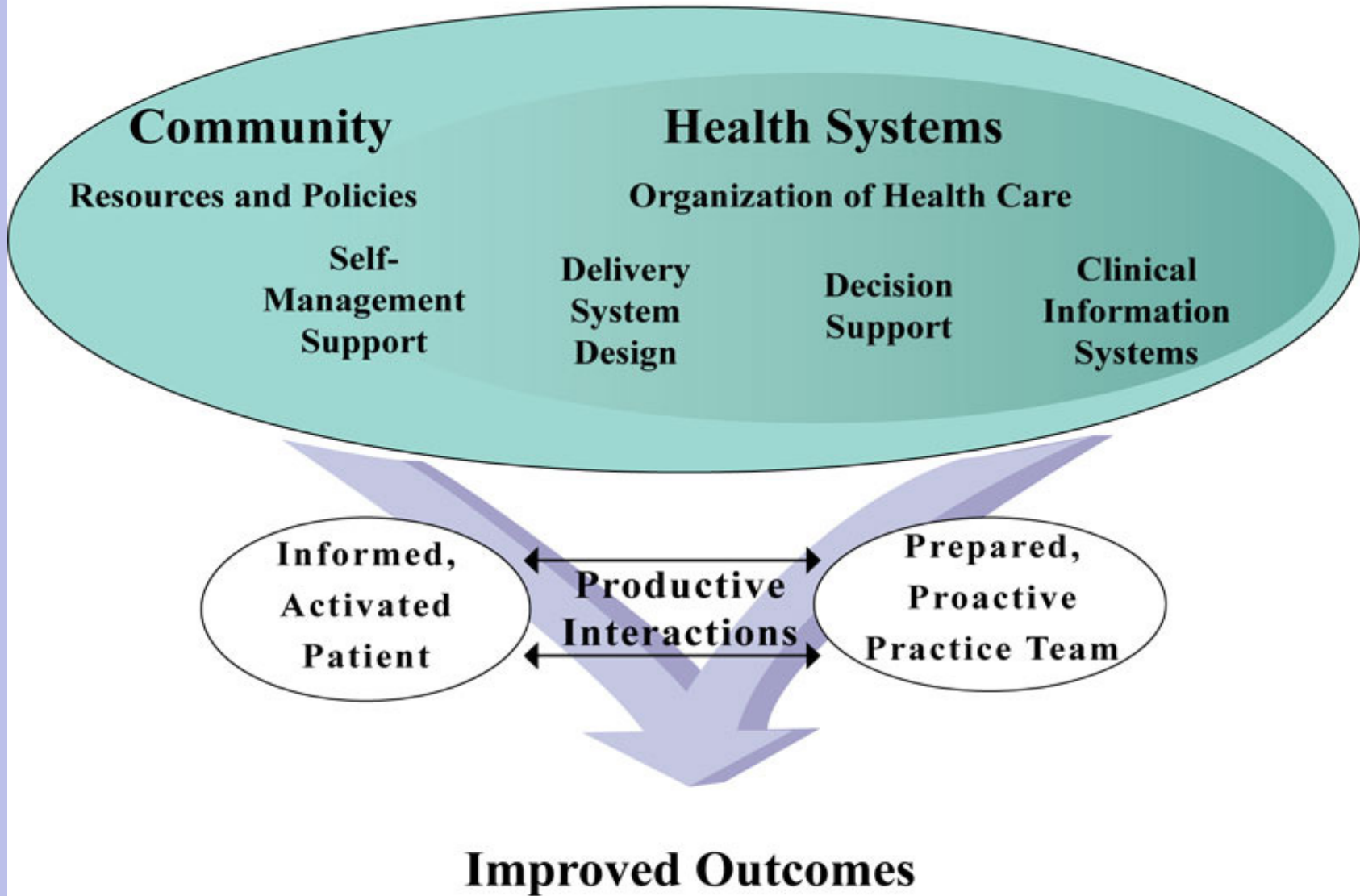
Australian Better Health Initiative

- > State & Commonwealth funding
- > To support the reorientation of our health system from the traditional acute & reactive approaches of care, to providing more proactive planned care, which promotes good health and better addresses the needs of people with chronic conditions.
- > To reduce burden of chronic disease



***Self Management (Support) is
an integral part of a good
chronic care system.***

The Chronic Care Model



The CNAHS Approach

- *supporting the culture shift*

Key areas:

- > Improving access, quality & availability of Self Management Support services
- > Consumer empowerment & engagement
- > Collaboration & Integration
- > Training & Support to staff and teams to embed SMS within their systems and services

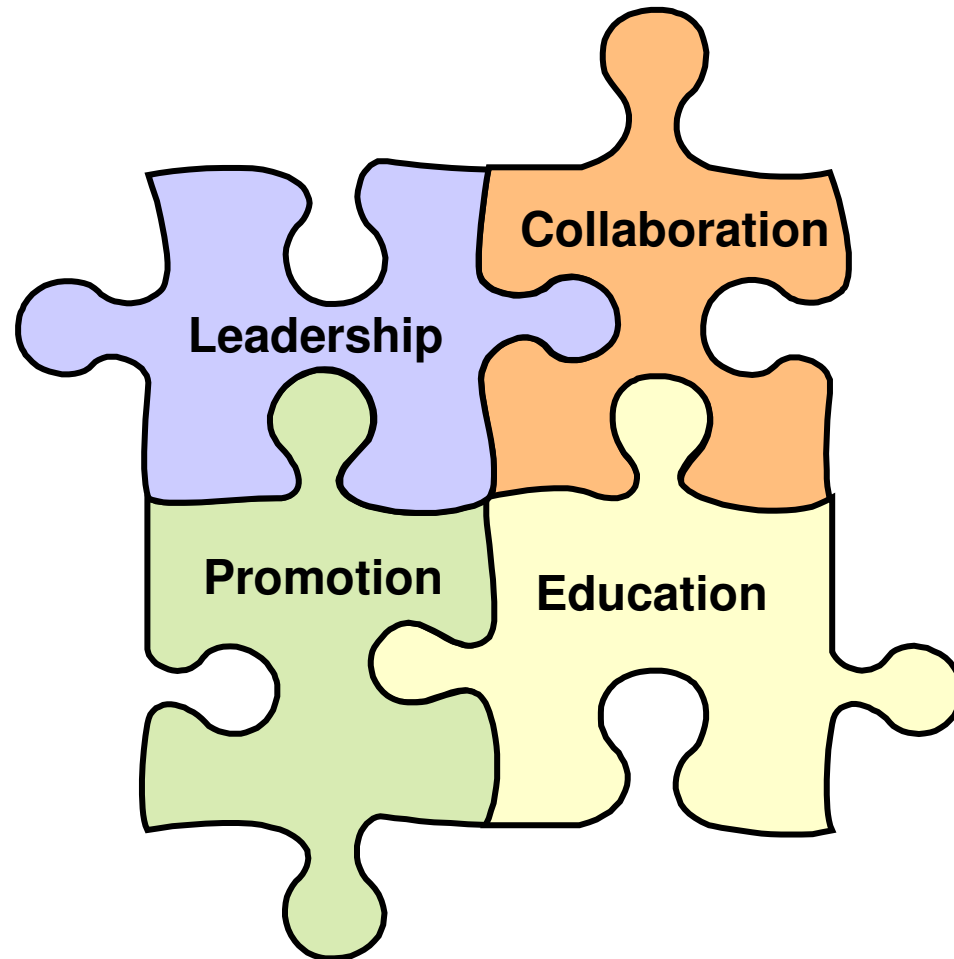
Example:

Collaboration in Action – SASMA

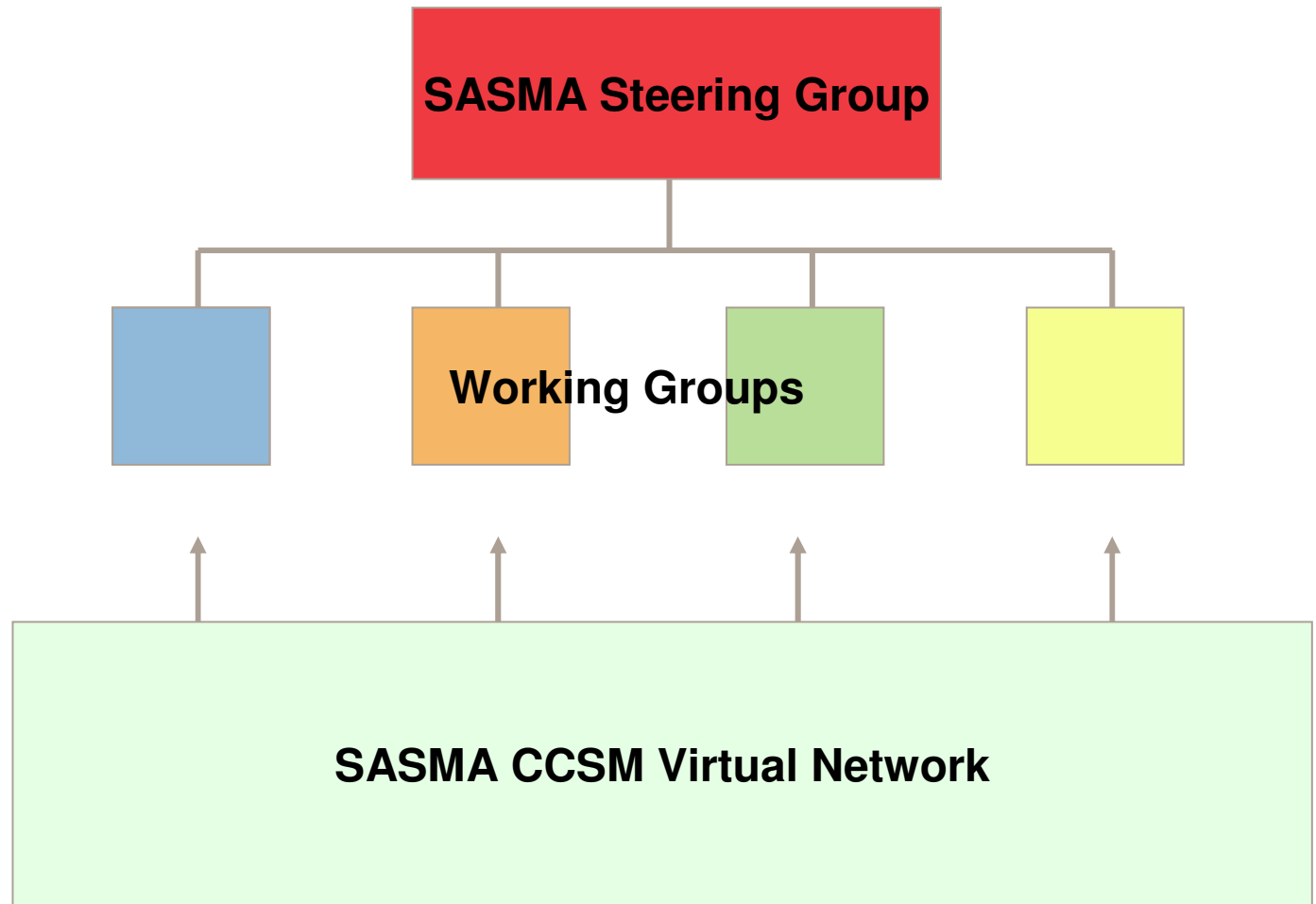
(South Australian Self Management Alliance)

- > **Vision:** To promote & support self management across South Australia to improve health and wellbeing.
- > This is a opportunity for key stakeholders & individuals to work collaboratively together to support the embedding of self management across the state.

SASMA: Key Strategic Directions



SASMA Structure



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Supporting Teams and Health Professionals within CNAHS

- > Self Management within the broader context of the chronic care model
- > Modelling: Utilising a self management support approach with staff and teams across CNAHS *“Practice what we preach”*
- > Utilising good change management & behaviour change principles
- > Flexibility
- > Empowerment & support
- > Collaboration

Supporting Teams

Supporting a culture shift within staff across CNAHS



- > Raise Awareness / Assess situation
- > Identify issues
- > Establish goals & vision
- > Negotiate a plan of action
- > Implement
- > Review & follow-up

Collaborative process

Summary

- > Self management support is a key element of an effective chronic care system.
- > To embed self management support into practice requires a huge culture shift.
- > There is no one simple solution
- > Collaboration & partnerships are integral
- > Consumers are the core foundation

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