



**Facilitators to Self-Management:**

- Physical support from the caregiver
- Emotional support from the caregiver
- Peer support and feedback
- Importance of positive outlook and acceptance
- Maintaining independence/control over care

**Barriers to Self-Management:**

- Caregiver burnout
- Funding and funding policies
- Lack of accessibility
- Physical limitations and secondary complications
- Difficulties achieving positive outlook or mood