

Systems of support

GPs
Nurses
Community matrons
Psychiatrists
Podiatrists
Pharmacists
Diabetologists
Rheumatologists
Cardiologists
Neurologists
Physiotherapists

Health professionals

Non-health professionals
with health related and health relevant functions

Health trainers
Social prescribers
Community wardens
Traditional healers
Faith healers
Spiritualists
Herbalists
Social workers
Religious or spiritual leaders
Managers, teachers

People with LTCs

Voluntary and community groups
with health related and health relevant functions

Personal communities

Support groups
Lunch/Tea clubs
Internet-based discussion groups
Religious groups
Ethnic groups
Sports groups
Other social groups

Spouse/Partner
Children
Grandchildren
Parents
Siblings
Other relatives
Friends
Pets
Neighbours
Colleagues
Classmates
Acquaintances