

Strategy	Patient Make better use of self care support	Professional Provide better self care support	Systems Improve access to self care support
Specific method	<p>Find best option for self care support based on:</p> <ul style="list-style-type: none"> • Current ability and needs • Personal goals and priorities • A negotiated plan 	<p>Training in</p> <ul style="list-style-type: none"> • Assessing patient's skills, beliefs and values • Shared decision making • Helping patients get access to appropriate self care support 	<ul style="list-style-type: none"> • Access to training for staff • Access to computer support tools • Regular update of local support options • Ensure patients have easy access to support options • Awareness of barriers to access in the practice
Tools	<ul style="list-style-type: none"> • PRISMS • Menu of options • Management plan 	<ul style="list-style-type: none"> • Computer template • PRISMS • Explanatory model • Menu of options • Management plan 	<ul style="list-style-type: none"> • Computer template for support tools • Menu of options • Self care support directory of local groups and organisations