

Supported self-management

Supported self-management is about helping people with long-term conditions to increase their **knowledge, skills and confidence** to better manage their health and wellbeing. This includes support such as health coaching, self-management education and peer support.

Health coaching is a supportive, structured, goal-focused conversation that aims to increase someone's confidence to manage their own health. Health coaching usually takes place over a number of sessions. Read the guidance on rolling out health coaching [here](#)

Peer support describes a range of formal and informal mutual help, advice and mentoring that people give to others who are going through similar life experiences. This can range from online forums, to more formal 1-2-1 peer support services provided by charities.

This initiative by Reading Voluntary Action demonstrates the key role the voluntary sector plays in enabling peer support and mutual aid to flourish and the importance of leaders recognising and working with communities to provide peer support and mutual aid [read here](#)

Find out more about dementia cafes which are providing valuable peer support for people with dementia and their families. Visit Alzheimer's Society website [to read the study](#).



Self-management education courses are structured learning opportunities for people with long-term conditions – these could be offered when someone is newly diagnosed with a condition or later on. Watch Stephen's Story from The Personalised Care Institute – gaining skills and knowledge to ensure a better healthy lifestyle.

Download and read Nesta's 'People Helping People' peer support review PDF.

Read the Supported Self-Management summary guide [here](#) with links to lots of resources for training, quality standards and how to commission support for self-management. Just don't forget the voluntary sector!

