

# The Self Management Toolkit – helping you to help yourself

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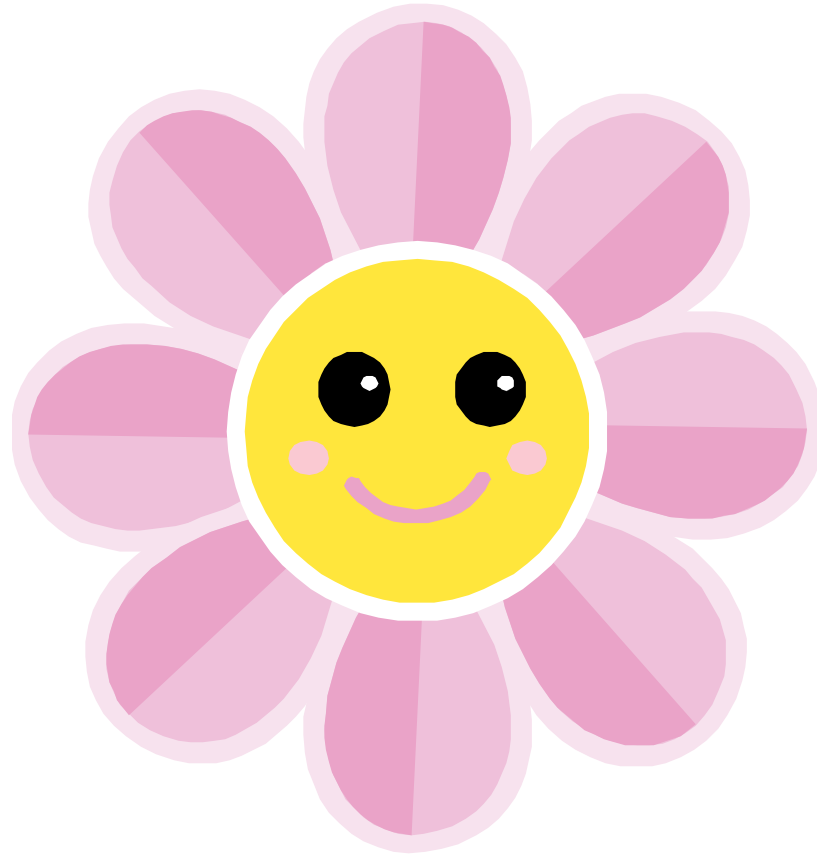
October 2009 – Cancer Voices conference

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

**2 MILLION**

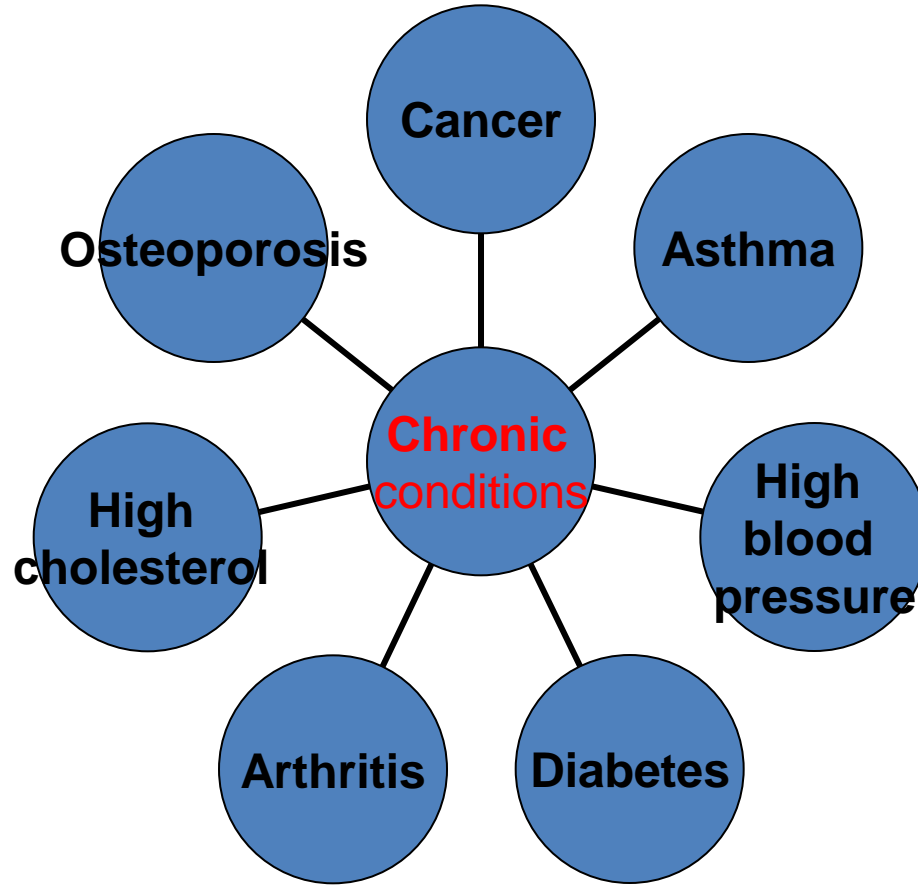
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# What does this mean?



More & more people are surviving cancer!

# More cancer survivors could mean...



**However surviving is only  
half the battle...**

What on-going issues do you have after  
having had cancer?

# Did you know that...?

People who survive cancer are:

- More likely to use NHS services
- Less likely to work in their preferred occupation
- Have difficulties in their relationship with their partner
- Not only more likely to struggle with vigorous activity, but also with routine personal care tasks compared to comparable populations who have not experienced cancer

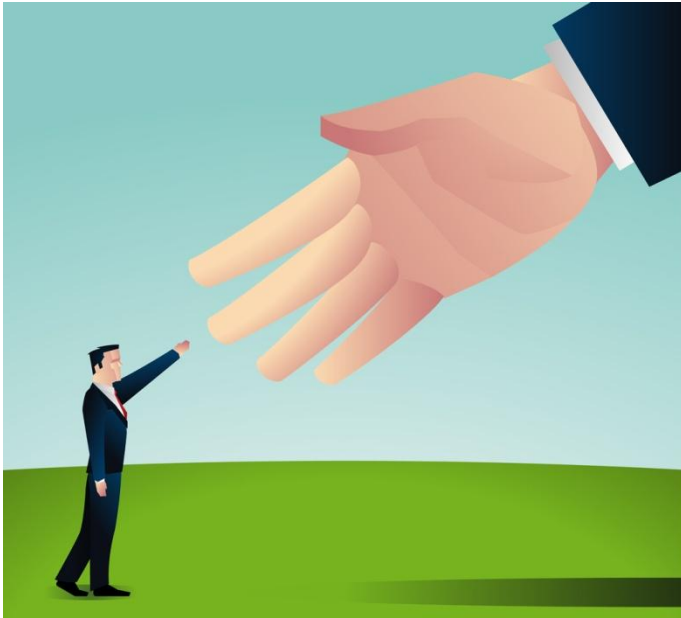
*(Reference - Macmillan Health and Well-being Survey 2008)*

# The changing climate of cancer care





# Changing status of professional-patient relationship



# What is self management?

“Making the most of your life coping with difficulties and making the most of what you have got; this includes managing or minimising the way in which conditions limit your life as well as what you can do to feel happy and fulfilled to make the most of your life ‘despite’ the condition”

*(paraphrased from Skills for Health and Care)*

It is not only having the **knowledge** and **skills** to successfully deal with on-going difficulties but also having the **confidence** to do it

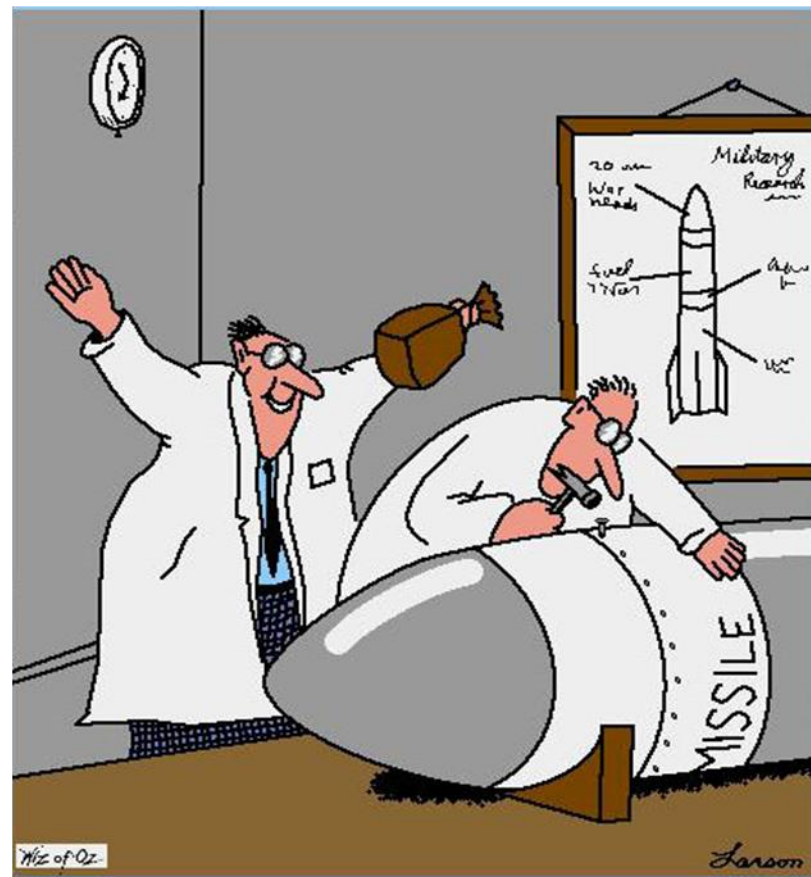
‘Give a man a fish and you feed him for a day. Teach him how to fish and you feed him for a lifetime.’

Lao Tzu

# Common self management strategies

- Eating well
- Taking exercise
- Pacing activities
- Getting enough sleep
- Taking medication appropriately
- Monitoring symptoms
- Communicating your needs
- Using equipment appropriately
- Making sure you understand information
- Making the most of encounters with professionals

# It's not...



# So why is it so hard?

The key to making the strategies work for is  
to make them relevant

# Role of self help and support groups

Self help and support groups are an ideal setting to introduce & support self management strategies because:

- Have an already-established group
- Atmosphere of support, challenge & encouragement
- Meet regularly to help support changes
- Can address issues pertinent to that group

By focussing on activity, may engage those not traditionally drawn to support groups

# Proposal for Self Management Toolkit for self help & support groups

- Selection of activities to support & empower people to better manage difficulties related to surviving cancer
- Up to 60 minutes
- Aim to capture knowledge of the group & promote planning for action
- Introductory session - to understand principles of problem solving & goal setting
- Sessions facilitated by volunteer facilitator
- Emphasis on putting strategies into action



# So how can you help?

- Volunteer as a facilitator for pilot project
- Let us know if the Toolkit works if used in your group
- Promote the Toolkit amongst local groups
- Be involved in the stakeholder panel looking to extend the activities of the Self Management Toolkit

- Any questions?

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