

For more information contact:
Self Management Support Worker

Call: 0131 475 2554 Mobile/SMS: 07396 591 871

Email: SMW@lothiancil.org.uk

The Self Management Support Worker is provided in partnership with LCiL and Edinburgh Health and Social Care Partnership.

LCiL is a registered charity (number SC017954). For more information please visit: www.lothiancil.org.uk

General information about how the NHS handles your health information can be found on the [NHS Inform](http://www.nhs.uk/inform) website.

Useful contacts

- Data Protection: Lothian.DPO@nhs.net
- NHS inform www.nhsinform.scot
Tel: 0800 22 44 88
- NHS 24 www.nhs24.com
- Freephone:111



Lothian Centre for Inclusive Living



Long Term Conditions Self Management Support Worker

Information Leaflet



Working together for a caring,
healthier, safer Edinburgh

NHS · EDINBURGH ·
Lothian THE CITY OF EDINBURGH COUNCIL

Do you live with a long term condition?

Self Management can help you to...



Long Term Conditions are **health conditions** that last a year or longer, impact on a person's life, and may require ongoing care and support.

The Self Management Support Worker can help you think about what matters to you. Supporting you to develop skills to:

- take care of your illness or condition by taking care of you
- manage your emotional challenges and changes
- have better control and plan your life day by day

The Self Management Support Worker can connect you with people or activities in your local community. They can also support you to learn from, or share with, other people who live with Long Term Conditions.

Self Management is about what works for you.

If you have a Long Term Condition and would like more information the Self Management Support Worker is here to help you. Please see next page for contact details.