**Chronic Diseases and Ageing  
Seminar 4**

Jacqueline Bowman: Brussels/European. Focusing on person centered care. Patient science industry: Patients perspective of involvement. Active ageing and involving all of the stake-holders.

Also Lene Christensen MD, Municipality of Herlev, and senior consultant Helle Stentoft Dalum, Rambøll.

**Discussion**

Main message: people will act in a particular way according to how they are informed and according to what they expect. Mutual education is needed (both the professionals and the citizens).

*Discussion of the difference between self care og self- management*

*Who will benefit form a harmonised strategy on self care?*

* Chronic ill citizens, though risk of too much focus on being ill
* Professionals: They need to be aware of their role and to ask How can I manage my own role differently. Professionals are in all levels: public administration, pharmacist, doctors, social workers,

*Who is needed to involve?*

* Core stakeholder: National board of health should have a role in the strategy – a na-tional strategy that the hospitals
* Work places: are the employers keen on how to support and help the person in their self care efforts, motivation to be healthy, healthy work environment
* All stakeholders need to speak the same language: maybe look to be inspired from the school dentist and their approach to self care.

*Need to learn from what is already working*

* National guidelines are translated into local context: e.g. Written policy document in the municipality on hand hygiene.
* Right now there are many different classes and activities for patients often specific on diseases. There is a need for one strategy for self care,