Self Care Forum

Self care forms an increasing part of national NHS and government policy. The idea is that we Improve and increase the ability for individuals to look after themselves better at all stages of life and help prevent avoidable disease. Alongside this, there are considerable savings to be made by improving medicines management and advising on over the counter medicines to treat minor conditions rather than prescribing. They aim to help by:

- creating practical evidence-based resources for individuals, practitioners and organisations
- running national self care campaigns and influence policy
- supporting creation of robust research evidence around self care and health literacy
- collaborating with academic partners to develop the national research and development (R&D) agenda for self care in the context of the wider health economy

This is mainly an online resource.

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