

Technology

Using technology to help monitor and measure symptoms of chronic illness.

Self-help

Looking after yourself and helping us help you. Self-management and support networks.

Support Services

Knowing about support services that can help people cope with or improve chronic illness.



Care Planning

Yarning, listening and working together to write care plans to help manage and cope with chronic illness.

Healthy Lifestyle

Learning about ways to keep chronic illness under control - exercising and eating good food.

Equal Access

Providing more equitable access to health services and increasing pathways to training and education.