



**SASMA**

**South Australian  
Self Management Alliance**

*“Empowering Consumers Through Collaboration”*

**Strategic  
Directions  
2010-2014**

## **Acknowledgements**

### **Strategic Directions Working Group**

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- Kate Dobie - Southern Cross Care Inc SA
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- Amanda Shields - Central Northern Adelaide Health Service

### **This document was proudly supported by:**

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- Heart Foundation [www.heartfoundation.org.au](http://www.heartfoundation.org.au)
- Southern Cross Care Inc SA [www.southerncrosscare.com.au](http://www.southerncrosscare.com.au)

## 1. Foreword



Around 46% of the South Australian population has at least one chronic condition and the treatment of these conditions already accounts for more than two thirds of all health expenditure.

Yet, many chronic conditions are preventable and can be self managed outside of hospital settings.

The South Australian Self Management Alliance (SASMA) is an alliance of organisations and individuals committed to the promotion and support of self management of chronic conditions. These aims are shared by the South Australian Government and have been articulated in South Australia's Health Care Plan.

The South Australian Government recognises that the SASMA alliance is ideally placed to enhance partnerships across sectors, and supports the embedding of self management across our community to improve the health and wellbeing of South Australians.



Hon John Hill MP



When I was diagnosed as a diabetic at the age of 20, I didn't know much about the illness other than the need to inject insulin regularly.

I encourage anyone with a chronic condition to learn about their illness, the networks and the support systems available to them. I support what SASMA is doing to raise awareness across the health sector so people like me are supported to do this.

It wasn't until I began to struggle physically as a footballer that I made the decision to seek further help on my condition and look for more effective ways of treatment. I now inject insulin 4 times a day, sometimes more, as well as regularly testing my blood sugar levels. At least once a year I see an endocrinologist who gives me the necessary checks and is also there for me if I have any questions.

Sometimes we think it's easier to ignore the truth about our condition but for me knowledge has been powerful. Once I received more information and support and learnt how to manage my diabetes I became a much better footballer.

**Nathan Bassett**

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## **2. About Us**

The South Australian Self Management Alliance (SASMA) is an alliance of organisations and individuals committed to the promotion and support of Self Management.

### ***Our Past:***

SASMA was established in 2004 by a group of Non-Government Organisations involved in providing self management support programs to people living with long term health conditions. The initial aim of the Alliance was to increase access to and availability of quality chronic condition self management programs to people with long term health conditions, carers and health professionals throughout South Australia.

### ***Our Present***

Over time the Alliance has grown to include a broad membership from Non-Government Organisations, Government Departments, Divisions of General Practice and Consumer groups. The aim of SASMA has also expanded to include a greater emphasis on promoting the philosophy of self management rather than focussing just on the promotion of specific self management programs. SASMA has therefore reviewed its vision and objectives and felt it was timely to develop a new identity and new strategic directions for the future.

### ***Our Future Vision is:***

Improved health and wellbeing of South Australians through effective self management.

### ***Our Mission is:***

To work collaboratively across sectors to provide leadership, promotion and education to support the embedding of self management across South Australia.

### 3. Context

The South Australian Self Management Alliance endorses self-management and self management support as integral elements of an effective health and wellbeing system. SASMA's vision aligns with many key policy drivers including the *National Chronic Disease Strategy* (NHPAC 2006) which recognises that self-management support should be accessible at all stages of life and throughout a persons journey in living with long term health conditions.

Self Management Support is a key strategy within the *Chronic Disease Action Plan for South Australia 2009-2018* (South Australian Department of Health) which outlines a 10 year plan to help address the increasing burden of preventable chronic disease in South Australia. The overarching vision of the plan is to use evidence based strategies to:

- Prevent chronic disease, by reducing risk associated with biomedical and lifestyle factors
- Detect disease and risk of disease early and intervene effectively
- Manage existing disease effectively and proactively

SASMA acknowledges that self-management support has some specific practices and competencies; however this support has been shown to be most effective when embedded within systems as a philosophy of practice. SASMA strongly supports the view that people are the experts in their own lives, including how any health conditions they have may impact on their physical, emotional, occupational and social wellbeing.

SASMA believes that the following core principles of self-management can maximise an individual's health and wellbeing:

- Having an understanding of your own health and wellbeing, including knowledge of any chronic conditions
- Working in partnership and actively sharing in decision-making with health professionals, significant others and/or carers
- Following a care plan which is developed collaboratively with all involved
- Ability to monitor and manage the signs and symptoms of any health conditions or risk factors
- Managing the impact of any conditions on your physical, emotional, occupational and social functioning
- Adopting lifestyles that promote health and wellbeing and reduce risk factors
- Having access to and confidence in the ability to access support services and navigate the health system.

SASMA believes that it is essential to reorientate our health & community care system from its historical acute and reactive approach to a planned, coordinated chronic care approach, which empowers and supports consumers to more effectively self manage their health and wellbeing. SASMA recognises that effective self management support includes the following guiding principles:

- Person centred approach - Consumers are the foundation of self-management
- Holistic Practice – Supporting all aspects of the consumers life that have an impact on their health and wellbeing

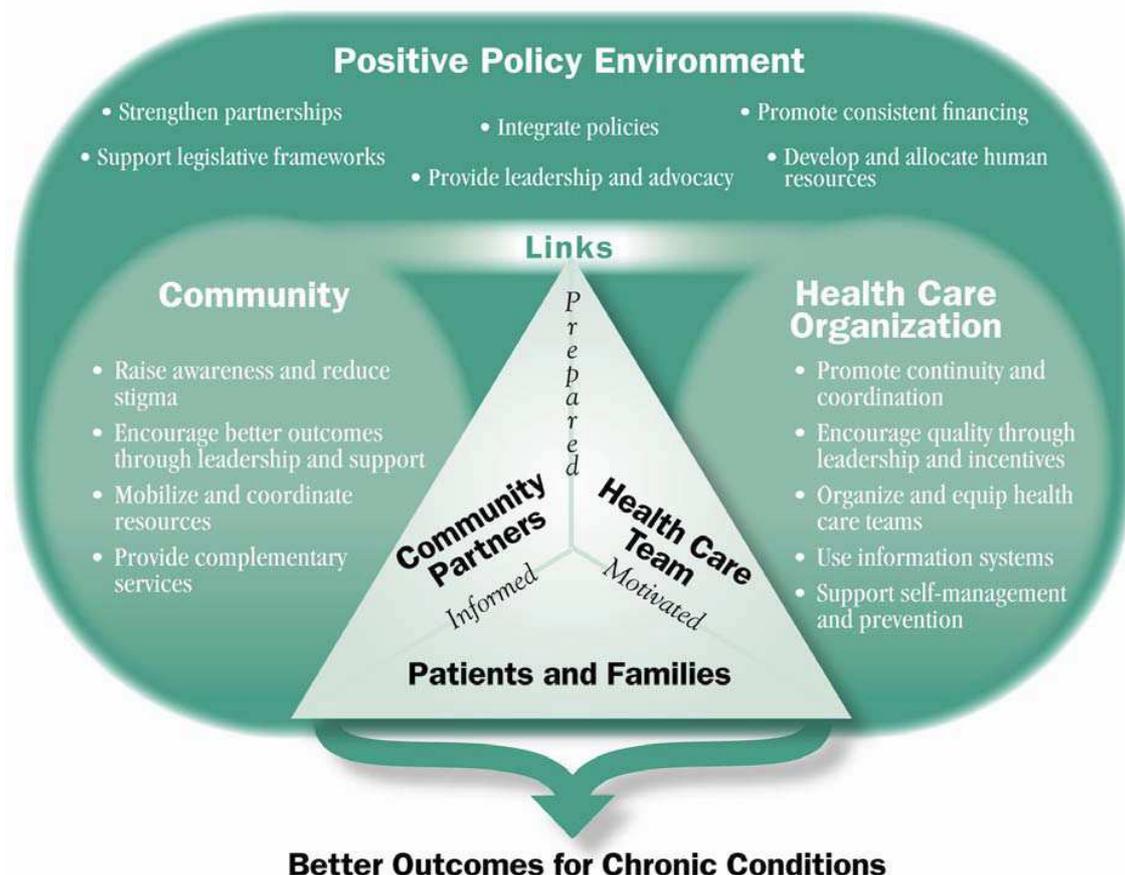
- Strengths based practice – Supporting consumers to identify and build on their strengths
- Consumer partnership and participation - Clear and open communication, collaborative care planning, empowering consumer decision making
- Sharing knowledge and experience and being open to new ideas
- Promoting flexibility and equitable access to services.

SASMA advocates that whilst self management support is an integral part of an effective health system, it is just one of the key elements, and is best viewed within a broader health context. SASMA identifies with the World Health Organisations (WHO) Innovative Care for Chronic Conditions Framework, which is recognised as a best practice model for achieving good chronic care.

The WHO framework is centred in a triad of partnership between the consumer and family, the health care team and the community. This dynamic triad is placed in the background of organized and well equipped health care teams and a positive policy environment, which includes self management support.

WHO considers that whilst successful outcomes for acute health problems can occur with a single health care provider: positive outcomes for chronic conditions are achieved only when patients and families, community partners, and health care teams are informed, motivated, prepared, and working together.

### Innovative Care for Chronic Conditions Framework



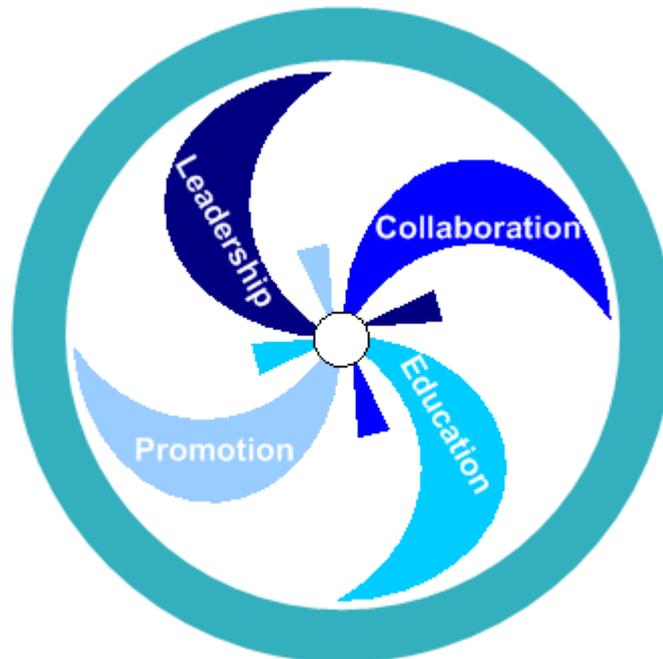
**Better Outcomes for Chronic Conditions**

**World Health Organisation**

[http://www.who.int/diabetesactiononline/about/icccframework\\_triad.pdf](http://www.who.int/diabetesactiononline/about/icccframework_triad.pdf)

## 4. Key Strategic Directions

SASMA will focus on 4 key directions in order to achieve its vision



### 4.1 Leadership

SASMA will provide leadership through:

- Becoming a recognised peak body for self management in South Australia
- Lobbying government and funding bodies
- Supporting the embedding of self management principles and programs in practice
- Advocacy

### 4.2 Collaboration

SASMA will support collaboration through:

- Networking and partnership building opportunities
- Improved access to self management programs
- Planning and coordination of self management programs
- Sharing of knowledge and skills in self management

### 4.3 Promotion

SASMA will promote:

- Self management philosophy and principles
- Self management support programs
- Quality processes across self management services
- And raise the profile of SASMA

### 4.4 Education

SASMA will support development of knowledge, skills and experience through:

- Supporting self management education and training initiatives
- Encouraging quality training
- Mentoring
- Research & dissemination of evidenced based and best practice principles

These strategic directions are underpinned by the following guiding principles:

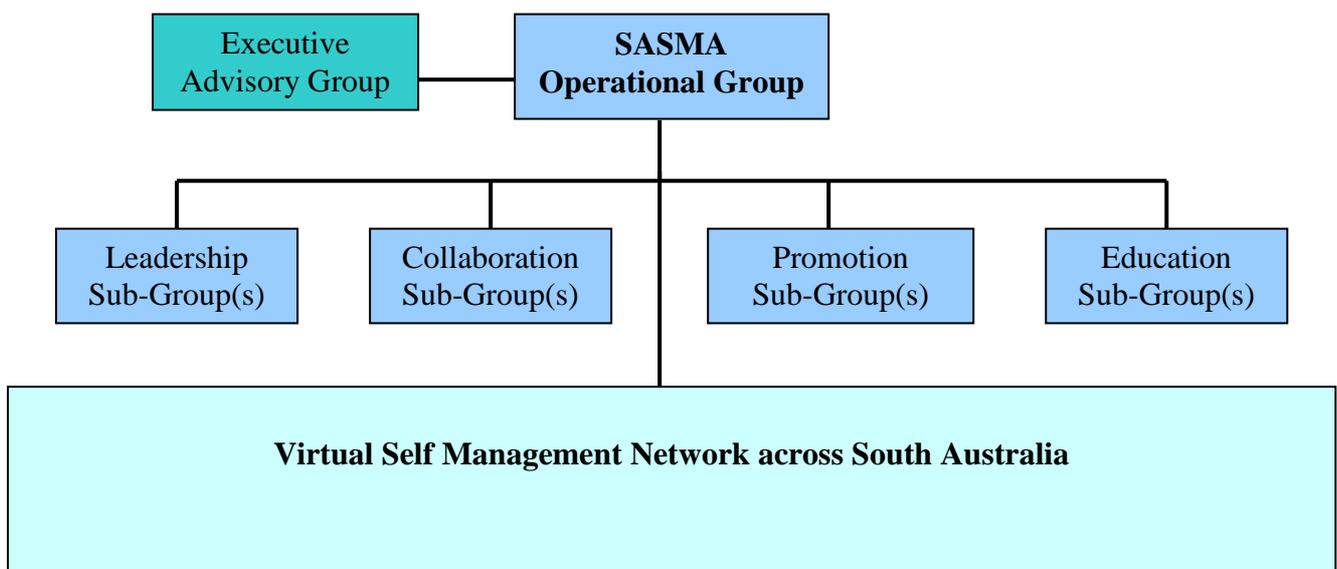
- Consumers are the foundation of Self Management
- Social justice and a social view of health
- Commitment to being consultative and inclusive
- Clear and open communication
- To share knowledge and experience and be open to new and innovative ideas
- Respect for specific organisational views and needs
- To compliment and build on rather than duplicate
- To promote flexibility and equitable access to services

## 5. Structure of SASMA

SASMA consists of an Executive Advisory Group and the lead SASMA Operational Group which are the governing bodies. There will be a range of subgroups/working groups established as needed to work towards achieving the four key strategic directions. The subgroups consist of members from the broader Virtual Self Management Network and at least one representative from the Operational Group. The sub groups each report directly to the SASMA Operational Group.

The Virtual CCSM Network consists of people across South Australia who are interested in and/or are working within the area of chronic condition self management. This is a virtual group as most communication will be via electronic means rather than face to face meetings.

The structure of SASMA is represented in this diagram below:



## 6. SASMA Membership

### Membership includes:

- Organisations and/or individuals with a commitment and an interest in supporting self management. Members should have an interest in working towards embedding self management principles in practice and working collaboratively.
- Consumers with an interest in self management and working collaboratively.
- SASMA aims to further expand its membership to reflect our vision of self management across all stages of life and in particular to encourage membership of vulnerable population groups and consumers.

### Current Members Include:

- ACH Group
- Arthritis SA
- Asthma Foundation
- Bridges and Pathways Institute Inc.
- Cancer Council of South Australia
- Central Northern Adelaide Health Service
- Children, Youth & Women's Health Service
- Country Health SA Hospital Inc
- COTA Seniors Voice
- Diabetes SA
- Divisions of General Practice
- Department of Health
- Eastern Regional Collaboration Project
- ECH Inc
- Flinders Human Behaviour and Health Research Unit
- General Practice SA
- National Heart Foundation
- National Stroke Foundation
- Parkinson SA
- Resthaven Inc
- Southern Adelaide Health Service
- Southern Cross Care Inc SA
- Spencer Gulf Rural Health School

## 7. Contact Us

### Website:

[www.sasma.org.au](http://www.sasma.org.au)

### Email:

[admin@sasma.org.au](mailto:admin@sasma.org.au)

**SASMA**

**South Australian Self Management Alliance**

**Website: [www.sasma.org.au](http://www.sasma.org.au)**

**Email: [admin@sasma.org.au](mailto:admin@sasma.org.au)**