

Long-term sick to get more help

TWO million Scots who live with long-term health conditions are to get more help to cope with them, with the launch of a new self-management project.

My Condition, My Terms, My Life, is the slogan of a new campaign by the Long Term Conditions Alliance Scotland.

It is aimed at people affected by conditions such as epilepsy, skin conditions, cancer, heart disease, arthritis, ME and chronic pain, as well as their carers.

The project, which includes a website, phone number and text service, is designed to make sure they have the help they need to manage their conditions.

Ian Welsh, chief executive of LTCAS said: "The campaign is about getting the message across to people living with long-term conditions that self management can make life better. Self-management is about putting people living with long-term conditions in the driving seat by helping them to access information and skills to find out what's right for their condition and, most importantly, for their life."

The campaign is stressing that self-management is not a replacement for services and does not mean the person has to manage their condition alone. However feeling in control can improve the situation for many sufferers, it is argued.

www.myconditionmylife.org