

Characteristics of SM (score sheet)

Having in mind the LTCs of ***Epilepsy, Arthritis, Dementia and Heart Failure***. Please score the importance of the Self-Management components on a scale of 1 to 5 for each condition.



Scale 1 = not important. 5 = crucially important.

Components	Epilepsy	Arthritis	Dementia	Heart failure
Training and education				
Access to information				
Monitoring				
Environmental adaptations				
Care planning				
Access to a specialist team				
Emotional/ social/psychological support				
Users having financial Control				
Financial incentives				
'Large scale' public health initiatives				

Key features/ characteristics	Epilepsy	Arthritis	Dementia	Heart failure
Patient centeredness				
Complexity				
Multidisciplinarity				
Disruption to individual				
Involvement of carers/families				
Generic/Disease specific				

Duration				
Accessibility				
Integration into mainstream healthcare				

Please use the box below to highlight any components which have not been included but you think are important when developing self-management interventions for people with long-term conditions.

