



Statement of Commitment Self Care for Australia

JOIN THE CONVERSATION

STATEMENT OF COMMITMENT

We call for, and are active supporters and contributors towards the adoption of Self Care as a fundamental pillar of successful mid to long term reform for a sustainable Health and Care Sector in Australia.

Australia is grappling with the significant twin challenges of how to more effectively and sustainably manage the ageing population, growing burden of chronic disease and rapidly increasing costs while also increasing the economic participation and productivity of all Australians.

There is a critical need to develop a new approach that unleashes the power of citizens and providers to drive innovation and reform that leads to:

- Improved Health Outcomes for all Australians
- Appropriate and innovative solutions that meet the needs of the Australian Community in the 21st Century
- Increased economic participation and productivity by all Australians

We commit to working together and with others to place Self Care based on a set of core principles that provide a common basis for initiatives to implement and embed Self Care in all aspects of the Health and Care Sector on the national agenda. These principles are:

1. A systemic whole of Health and Care Sector approach that focuses on the needs of individual Australians and local Communities
2. Using evidence-based solutions as the basis for all action
3. A Person Centred approach that focuses on all stages of the life continuum of individual Australians
4. A National framework with distributed action that builds commitment and innovation at all levels within the Health and Care Sector and the wider Community
5. Responsible collaborative partnerships that bring together all parties and accepts shared responsibility for action
6. Empowered citizens

We propose the development and implementation of Self Care targets and indicators as important elements of national and sectoral accountability. Monitoring and reporting on these targets and indicators will support the successful implementation of effective self Care initiatives.

The benefits of Self Care and its impact on improved health and economic outcomes are nationally significant. These extend beyond the positive health benefits for individuals and the well being of the communities in which we live to creating a sustainable future for our children and grandchildren and the continuing economic prosperity of our society now and for future generations of Australians.



DRAFT



Signatories



*PROMOTING SUSTAINABLE HEALTH CARE & BETTER HEALTH
OUTCOMES FOR AUSTRALIANS*

Ph: 02 9923 9414 | M: 0408 123 580 | Fax: 9959 3693

Suite 2202, Level 22 141 Walker St, North Sydney NSW 2060

info@SelfCareAlliance.org.au