

MYLIFE TOOL

PATIENT CHARTER FOR PEOPLE LIVING WITH LONG TERM CONDITIONS

Change is a journey



Principles to supporting patients to achieve the following:

ACCEPTANCE

Promote acceptance to build and adapt current coping strategies and recognise existing skills.

GROWTH AND EMPOWERMENT

Assist to motivate and explore meaning and purpose, social connections, and personal support.

DEVELOPING RESILIENCE

Improve understanding that the journey to self-management fluctuates, in order to build confidence to problem solve.

ACKNOWLEDGING A NEW ME

Promote independence to adapt to new skills and facilitate meaningful communication.

DEVELOPING POSITIVITY

Nurture the positives of day-to-day life to resist negative thought processes.

Developed by experts
with lived experience



NEURO KEY
An Alliance supporting people
with neurological conditions