a. Adherence to therapy
b. Tailored information
c. Self management
d. Involvement in decision making
e. Support to improve Quality of Life
f. Access to information
g. Building on ones beliefs of their own abilities
h. Participation in public presentation and dissemination
i. Taking control of lives, goals identification
j. Co-designing a care pathway
k. Assessing what is important – positive and active engagement in life
l. Emotional well being, managing depression and anxiety
m. Ability to understand relationship between behaviour and health
n. Changing beliefs – constructive attitudes and approach
o. Ability to manage symptoms
p. Social integration and support
q. Motivation and behaviour change
r. Self help groups