

Self-Care for life



SCwE

Self-Care Week Europe
12 - 18 November 2018

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Self-Care Initiative Europe - SCiE.**

The issue of self-care in health is about establishing a humane and natural culture of maintaining health and preventing disease, while ensuring a stronger and more sustainable healthcare systems to support us, when the need arise.

What is self-care?

“A learned tool enabling people to maintain health and to cope with illness and disability. Along with better health literacy it also supports optimal and timely use of available health services while avoiding a total dependency upon them for minor ailments.”

Research results have shown that citizens want to take more responsibility for their health and wellbeing. However, even if the necessary policy and legislative basis is set in place, they may not be aware of this or even how to leverage to their best advantage.

Enabling the rise of a self-care and wellbeing movement with Self-Care Week Europe at its centre empowers all of us in our professional as well as daily lives to gain knowledge, acceptance

and knowhow in embracing self-care as an integral element of our wellbeing and self-management regime.

What is Self-Care Week Europe?

Self-Care Week Europe is an annual pledge-based multi-stakeholder public engagement campaign with the aim of raising awareness of and empowering individuals as well as organisations on the available options and benefits to self-care taking a lifecycle approach to health and wellbeing.

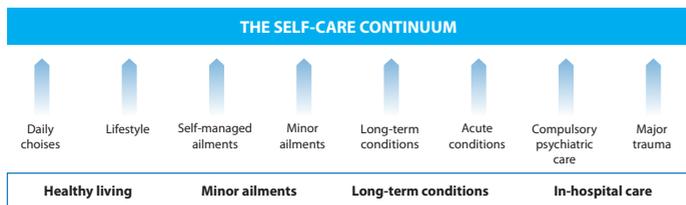
Self-Care Week Europe 2018 is an opportunity to

- raise awareness of the concept of self-care amongst all strata of society across Europe – in the 2018 edition we anticipate reaching 50 million people living in Europe in 13 countries
- reflect on how to integrate self-care practices into our daily lives from a personal as well as systemic perspective
- examine how we might want to better self-care along a continuum and which tools (mental/ physical/ digital) can be best harnessed

T H E S E L F - C A R E C O N T I N U U M

Pure self-care
Responsible
Individual

Pure Medical care
Professional
responsibility



- talk with health professionals about self-care and engage each other.

The overarching slogan for the Self-Care Week Europe 2018 is **“Self-Care for Life”**.



What is SCiE?

The Self-Care Initiative Europe (SCiE) is a multi-stakeholder pan-EU network with a mission to embed self-care from policy to practice across health ecosystems in Europe. The initiative is structured into three pillars: Policy, Public Engagement, Knowledge.

SCiE OVERARCHING OBJECTIVES

1 POLICY

1

By 2020 well-being and self-care in a holistic sense is understood and accepted as a concept in Europe

2 PUBLIC ENGAGEMENT

2

Embed self-care as part of the measurement for success of a functioning health ecosystem from policy to practice

3 KNOWLEDGE

3

Build capacity and empower the various relevant stakeholders

Our main objectives are to work to promote self-care as a concept and practice integral to the sustainability of healthcare ecosystems in the EU so that by 2020 well-being and self-care in a holistic sense is understood as a concept in Europe by all actors who can have an impact on its success and is embedded as part of the measurement for success of a functioning health ecosystem.

Who is targeted by SCiE and SCwE?

SCiE integrates with both national and international stakeholders and initiatives to achieve these objectives – see also the list of at www.scie.eu with links to other recent or ongoing projects and organisations with materials, guidelines, and recommendations you might find useful for both international, national, regional, or even local initiatives.

We also recommend stakeholders to sign our Manifesto found at www.scie.eu. The Manifesto is the result of the work of the SCiE Policy Stakeholder Task Force – part of the policy pillar. Officially launched in 2018, the policy pillar's main focus falls on strengthening the policy, regulatory and practice framework for embedding a holistic view of self-care at EU and national level; its positions are guided by a stakeholder group and championed by MEPs.

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