

## **Supporting self-management with peer support leaders**

Peer support is one of the techniques the Manaaki Hauora – Supporting Wellness Campaign uses to achieve its goal of making a difference to 50,000 people living with long-term conditions by inspiring, enabling and resourcing them to take control of their health.

Peer support self-management leaders in the campaign are often patients with long-term health conditions who not only work with their own health, but train to lead and mentor others in the community in programmes of self-management. Kia Kaha Ki Te Hauora is one of 17 projects under the campaign.

The project has provided training for 20 volunteer peer support leaders, using Stanford University’s evidence-based Chronic Disease Self-Management Program. After graduation, each volunteer leads self-management programmes to empower others with long-term conditions.