

Patient empowerment can unlock the benefits of self-care

Press and media

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Self-care activities are an essential component of patient-centered health care systems. The World Health Organization defines self-care as “the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.”

At the International Alliance of Patients' Organizations, we see self-care as an imperative tool for advancing universal health coverage by reducing the burden on overstretched, understaffed health centers.

We believe that patient empowerment and health literacy are the key to unlocking the full benefits of self-care, and are working to usher in a new era of patient-centered health care, wherein health systems are designed, organized, and deployed



Let's act on
self-care, together

#SelfCarePromise

INTERNATIONAL SELF-CARE DAY 24 JULY 2021

Self-care
promise