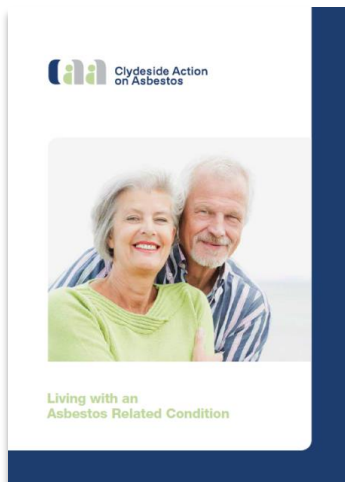


Self Management Toolkit

FACT SHEET



“It’s about people living with long term conditions being in ‘the driving seat. It supports people to live their lives better, on their terms. It supports and encourages people living with long term conditions to access information and to develop skills to find out what’s right for their condition and, most importantly, right for them.”

Living with an asbestos related condition

CAA, with funding from Alliance Scotland, has produced a self management toolkit for those diagnosed with an asbestos related condition.

“Life can be better with self management.”

The toolkit contains 5 booklets and a DVD

- [Common Investigations](#)
- [Frequently Asked Questions](#)
- [Managing Breathlessness](#)
- [Hints and Tips](#)
- [Personal Stories](#)

To request a copy of the Toolkit, please contact us: FREEPHONE: 0800 089 1717 or e-mail admin@clydesideaction.co.uk. Alternatively, you can download the Toolkit: <http://www.clydesideactiononasbestos.org.uk/asbestos-related-disease/toolkit>

