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Robert Bosch **Stiftung**

“An empowered patient has control over the management of their condition in daily life. They take action to improve the quality of their life and have the necessary knowledge, skills, attitudes and self-awareness to adjust their behaviour and to work in partnership with others where necessary, to achieve optimal well-being.

“a multi-dimensional process that helps people gain control over their own lives and increases their capacity to act on issues that they themselves define as important.”
Collective empowerment is “a process through which individuals and communities are able to express their needs, present their concerns, devise strategies for involvement in decision-making, and take political, social, and cultural action to meet those needs

Confidence
Knowledge
Skills

Patients/ Citizens

Health and social Care professionals

Health Care systems