Living well with a long-term condition: service users’ perspectives of a self-management intervention

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**Figure 1.** The Impact of Health Trainers on Living Well with Long Term Conditions: The Four Cs Model
Health Trainer Roles

- Conceptualizer
- Connector
- Coach
- Champion

Living Well Outcomes

- Social connectedness
- Changed identities
- Acceptance and self-care

Other Influences

- Family and friends
- Medication
- Local services
- Personal qualities