The problem we are addressing.

Support systems for chronic illnesses are primarily designed to manage symptoms and facilitate lifestyle adaptations crucial for daily health management. However, these systems often fail to address the root psychological, social and emotional challenges that stem from deeper issues such as societal biases and shifts in personal identity and societal roles. Individuals living with chronic conditions frequently face profound changes in their self-perception and sense of belonging, which can lead to diminished self-esteem and altered self-image. These issues are compounded by societal misconceptions that paint these individuals in a negative light, limiting their perceived value and role in society. This oversight in current support structures fails to address the complex interplay of psychological, social, and emotional factors, which are critical to the long-term well being and integration of individuals with chronic illnesses, leaving them to navigate a world that does not fully recognise the impact of their experiences.

Dominant Support system of key characteristics

- **Symptom Management:** Focuses on managing physical symptoms to enhance daily function
- **Mental Health:** Addresses psychological impacts such as depression and anxiety
- **Lifestyle Adjustments:** Emphasises adapting routines, diet, and exercise for the condition
- **Treatment Options:** Centres on medical interventions, medications, and therapies

- **Coping Strategies:** Discusses developing resilience and coping mechanisms
- **Support Systems:** Highlights the role of family and group support
- **Work and Productivity:** Concentrates on maintaining or adapting employment
- **Self-Care Practices:** Stresses the importance of routines for stress management
- **Patient Advocacy:** Covers navigating the healthcare system and self-advocacy
- **Quality of Life:** Focuses on improving life quality despite the illness

- **Overemphasis on Physical and Immediate Psychological Needs:** Current support systems focus heavily on symptom management and immediate mental health issues such as anxiety and depression but often neglect the deeper existential and identity-related challenges that influence long-term wellbeing.
- **Reinforcement of Negative Self-Perceptions:** By not addressing the profound shifts in self-concept and societal roles, existing approaches perpetuate feelings of inadequacy and isolation, failing to support meaningful personal growth or social integration.
- **Insufficient Holistic Care:** The prevalent model prioritises medical treatments and basic lifestyle adaptations, overlooking the emotional, social, and existential dimensions that are critical to comprehensive care.

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