When the patient moves from being a passive care recipient to being a co-creator in their own care, the need for higher competence in self-care increases significantly.

In order to succeed in this transition, a model for skill development is needed. We have developed such a model in Jönköping County Council.

**Goal:**

The goal is that 75% of patients with hemodialysis (HD) and peritoneal dialysis (PD) should have self-dialysis, which means a shift when it comes to responsibility for patient safety.

**Results and goal achievement**

**The Dialysis staircase**
- Today, 62 patients (approximately 60%) have self-dialysis.
- Since its inception, three patients returned to assisted HD due to reduced eye vision and dementia.
- The average age of patients in self-dialysis has increased from the age of 49.2 in 2006 to the age of 63 in 2012.

**Method:**

**Skill development in Jönköping County:**

- **The Self-Hemodialysis Staircase**
  - A pedagogical model for one's own greater responsibility

- **Patient Supporter**
  - A person with the experience of being a patient who is employed as a complement to other employees

- **The role of the coach**
  - A new role for our employees is to be more coach than expert

- **My Health plan**
  - An e-health service support during home dialysis treatment which enables the patient and the caregiver to follow the reported results in real time

- **Learning Café**
  - A meeting place where patients, families, and experienced staff learn together, based on their own needs for knowledge

- **A learning organization**
  - We are all learning all the time and we have constant cooperation with other organizations

**From patient school to Learning Café**

- Individuals with own experience of dialysis involved in dialogues
- 18 patients (3 relatives) have completed Learning Café

**Conclusion:**

- Prerequisites for a safe self-care is that the patient’s level of competence and empowerment are developed parallel.
- The expertise of having been a patient brings a new and important dimension into the model.
- We need to awaken patients’ interest by offering to join as a “guest” to begin with.
- It is based on learning from each other!
- Skills development model can be seen as a generic model that can be used even in other areas.