

How the program can help you :

- Access to specialist, allied health, equipment and transport services
- Access to an exercise program that includes a home exercise and diet program
- Access to a self management program that provides information and tools to assist in long term self management of your chronic condition/s
- Access to other services and programs that will improve your quality of life
- Assistance to help you understand your care plan with your doctor
- Information and support to help you (and your family) self manage your chronic condition

7 days without exercise makes one week

Health Advocate's Role:

- * Assist the client to understand and follow the care plan developed by the client's GP
- * Explain available options for improving the client's health and help them access these services
- * Act as a care coordinator for the client to ensure the right information is shared between the client's GP, specialist/s and other relevant providers
- * Discuss the impact of lifestyle decisions on health status and quality of life
- * Provide information and support to the client to assist them and their families to self manage their chronic condition



"Your Pathway to Better Health"

For further information or to check your eligibility, please call on

Chronic Disease Support Facilitator

on

5346 9800

or

0413 395 931

Through shared care support



of our clients

we can work to

improve the health and wellbeing

Purpose of the program

The chronic disease management program provides support to clients with chronic condition/s. It assists clients, and their families, to manage their medical care to improve their health and quality of life in a significant way.

The participant will be supported over a 12 month period by a Health Advocate (nurse) who will help them access specialists, equipment and transport. The nurse will assist the participant to understand their care plan, their responsibilities and compliance.

What is a Chronic Condition?

A chronic condition is a medical condition that you have had, or likely to have for six months or longer.

This program covers the following chronic conditions:

- ◆ Diabetes
- ◆ Heart Disease
- ◆ Chronic Asthma
- ◆ Emphysema
- ◆ Cancer
- ◆ Chronic Renal Conditions



ihca
supporting excellence
CERTIFICATION

AS/NZS ISO 9001:2008
QUALITY CERTIFIED
ORGANISATION

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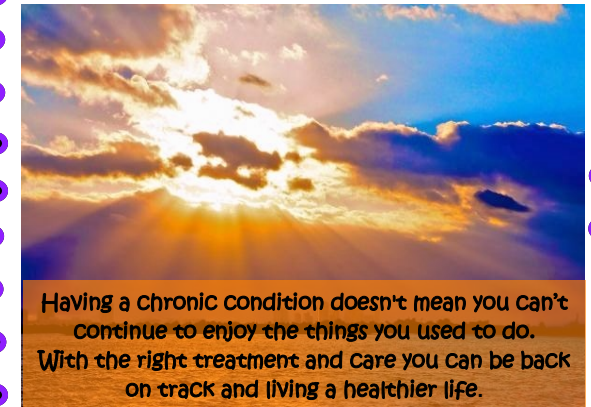
Email: adminsupport@ncacch.org.au

Program funded by



Chronic Disease Management Program

This program offers support and specialist treatment for clients who suffer from diabetes, cardiovascular, respiratory, cancer, renal and sleep apnoea conditions



The purpose of the chronic disease management program is to assist our clients to self-manage their condition/s through increased awareness, education and support/referral systems