

## 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 weak

## 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

*\*Please note:*  
You must identify as Aboriginal and/or Torres Strait Islander to be eligible for this program

CDMP  
CLINICAL SUPPORT  
OFFICER

on  
**5346 9800**

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 (CDMP) provides support to clients living with chronic condition/s. The program 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 with initial 3 month intensive support period with a Health Advocate (nurse) who will help them access specialists, equipment and transport. (limited) The Health Advocate (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
- Ⓞ Severe Sleep Apnoea



**ihca**

supporting excellence  
CERTIFICATION

ISO 9001:2015  
QUALITY CERTIFIED  
ORGANISATION

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and



Australian Government  
Department of Health



## CHRONIC DISEASE MANAGEMENT PROGRAM (CDMP)

This program offers support and specialist treatment for clients who live with chronic conditions including diabetes, cardiovascular, respiratory, cancer, renal and sleep apnoea.

Having a chronic condition doesn't mean you can't continue to enjoy the things you used to do. With the right treatment and Care you can be back on track and living a healthier life.

The purpose of the Chronic Disease Management Program is to assist NCACCH Aboriginal and/or Torres Strait Islander clients to self-manage their condition/s through increased awareness, education and support referral systems