

My contacts

Who can help	Name	Contact
My Carer		
My GP My Practice Nurse		
My Specialist for _____		
My Specialist for _____		
My Specialist Nurse or Nurse Practitioner		
My Health Club/Fitness Centre/Gym		
My Physiotherapist		
My Pharmacist/Pharmacy		
My Nutritionist/Dietician		
My Podiatrist		

Other useful contacts

Type of information	Who can help	Contact
Help for living independently including respite for relatives/friends who help care for me	Commonwealth Respite and CareLink	1800 052 222 www9.health.gov.au/ccsd/
Help to stop smoking	Quitline (and my GP)	13 7848 (QUIT) www.quitnow.info.au/
Find a self management course		www.selfmanagement.health.wa.gov.au/
Find a support group in Western Australia	Connect Groups – peak body for support groups	1800 195 575 www.connectgroups.org.au
Health advice line and find a GP after hours	Health Direct (24/7)	1800 022 222 http://www.healthdirect.org.au/ www.health.wa.gov.au/services/category.cfm?Topic_ID=20
Palliative care	Palliative Care WA (and my GP)	1300 551 704 www.palliativecarewa.asn.au/ or www.healthnetworks.health.wa.gov.au/cancer
Enduring Power of Guardianship and Enduring Power of Attorney	Office of the Public Advocate	1300 858 455 www.publicadvocate.wa.gov.au
Advanced health directives (“living wills”)	Department of Health	www.health.wa.gov.au/advancehealthdirective/consumers
Models of Care for chronic diseases and other conditions	Health Networks	(08) 9222 0200 www.healthnetworks.health.wa.gov.au/modelsofcare/
Chronic conditions		www.selfmanagement.health.wa.gov.au/chronic-condition.html

This resource has been developed by the Chronic Conditions Consumer and Carer Executive Advisory Group of Health Network, Department of Health WA. For more information about this resource or the Group contact:

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Living life to the full with a chronic condition

A resource to help you take control of your health



What is a chronic condition?

'Chronic conditions'

- are long-term and persistent
- start suddenly or gradually at any age, especially when older
- flare up from time to time
- affect your quality of life causing physical limitations or disability
- worsen over the years
- usually have many causes
- are not necessarily life-threatening, but can shorten your life.

To take control of your health, aim for these goals:

GOAL: Understand my condition and how best to manage it

How?	Who can help?
Get access to relevant information Learn self-management techniques and skills	GP Specialist nurse Pharmacist Physiotherapist Self-management courses Specialist Support organisations

GOAL: Manage my symptoms and overall health

How?	Who can help?
Have regular health assessments Get vaccinated (flu, etc) Monitor signs of a flare-up Know how to manage flare-ups Have care and action plans Get help to stop smoking	GP Practice nurse Specialist nurse Pharmacist Self-management courses Specialist Quit smoking programs

GOAL: Use my medication correctly, including during flare-ups

How?	Who can help?
Learn how to use medications, special techniques and aids Start your flare-up action plan when required Report allergies and adverse drug reactions Have a Home Medicine Review	GP Pharmacist Practice nurse



GOAL: Develop an eating plan to maintain a healthy weight for my activities

How?	Who can help?
Get sound advice and information Seek advice about food preparation	Family Nutritionist GP

GOAL: Take part in regular and suitable exercise

How?	Who can help?
Access rehabilitation program, if possible Have a suitable and enjoyable exercise program Learn how to manage my energy level Get needed equipment and aids	Physiotherapist Health club/gym Community exercise program Occupational therapist

GOAL: Keep mentally healthy for myself and family/carers

How	Who can help?
Get information and advice Seek company and support Keep in contact with friends and family Learn how to manage emotions Learn how to accept limitations	Family and friends Support/ self-help groups Support organisations Help lines Exercise class Occupational Therapist Counsellor

GOAL: Prepare for the end of life (when appropriate)

How?	Who can help?
Make an Advanced Care Directive Appoint enduring guardian Make a will Discuss final wishes with friends & family	Family GP Legal advisor Palliative care team