

Where are we located?

Please feel free to park in the Kirrak House car park should you be visiting the office.

We are here!  
Kirkak House



FRONT ENTRANCE TO BASS  
COAST REGIONAL HEALTH  
Graham Street Entrance



## Early Intervention in Chronic Disease Management (EliCDM)

*Take Early Action*

**Patient / Client  
Information**

## What is the Early Intervention in Chronic Disease Management (EliCDM) program

Early Intervention means taking action early on in an illness so that you delay or prevent deterioration in your condition.

The Early Intervention in Chronic Disease Management (EliCDM) program is designed to put you at the centre of your health care. The Early Intervention Coordinator will work with you to develop a self-management plan which will assist you to manage your chronic disease. You will then be in a position to access the appropriate services, programs and groups in Bass Coast and South Gippsland, aiming to keep you out of hospital and living a healthier life.

## What are the target illnesses?

At Bass Coast Regional Health the EliCDM program will focus on people with one or more of these diseases.

- Cardiovascular disease (e.g., heart attack, angina, hypertension, stroke, heart failure, peripheral vascular disease)
- Respiratory diseases (asthma, chronic obstructive pulmonary disease)
- Diabetes
- Arthritis (Osteoarthritis and/or Rheumatoid) and/or osteoporosis

## Referral Process

Referral to the EliCDM program can be taken from any health service personnel. The primary source of referrals is from GP's, nursing and allied health staff. Self referral is encouraged.

## What does the Early Intervention Coordinator do?

The Early Intervention Coordinator (EIC) will meet with you initially to gain your consent to enter the program and gain an understanding of your medical and social history. He or she will discuss your illness with you and then explore with you the services, programs and support groups which are available in the community. You will then be in a position to take the appropriate action, to help you live a healthier life. This will form the basis of your self-management plan.

The EIC will keep in touch at an agreed interval and will only be a phone call away if you need some assistance with your self-management plan.

## What happens to my self-management plan?

Every time you have contact with your Coordinator, GP or any health professional working with you on your health care journey, you are requested to take the self-management plan with you so that additions or modifications can be made.

## What is Self Management?

Self management enables you to play an active role in your health care. It requires a planned approach to take action steps to reach an overall health goal which you set with your health care providers. Having Self Management skills enables you to be confident in making effective decisions about your health.

## Questions about the program?

### Contact:

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