

Living with long-term health issues?

WHO'S IN CHARGE?

Health professionals are changing the way we support people with long-term medical conditions to get the most out of life.

We will work with you to:

- Set goals
- Make an action plan
- Do problem solving
- Plan when and how we keep in touch with you
- Find information and resources in the community



Pick up a postcard from your GP or Community Health Service for local information.

Part of the Early Intervention in Chronic Disease initiative. Raising awareness of chronic disease self-management.

LONG-TERM MEDICAL CONDITIONS INCLUDE:

ARTHRITIS ■ DIABETES ■ CHRONIC LUNG CONDITIONS ■ ASTHMA ■ HEART DISEASE