

Who can refer a client to the Rural Chronic Disease Support Service?

- Client or Caregiver
- Medical Practitioners
- Nurses
- Other Healthcare Professionals



Referrals may be combined with referrals to other Rural Allied Health Services.

Referrals can also be made direct to the Rural Chronic Disease Support Service.

How else can the Rural Chronic Disease Support Service help you?

- Provide talks to local community groups such as arthritis group, diabetes support group, community meetings
- Loan helpful resources
- Link individuals to other services



For referrals or further information contact:

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Queensland
Government

WIDE BAY HEALTH SERVICE



Rural Chronic Disease Support Service

Servicing:
Biggenden
Gayndah
Mundubbera
Eidsvold
Monto

health • care • people

What is the Rural Chronic Disease Support Service?

Knowing where to start can be difficult for many people with a chronic condition.

The Rural Chronic Disease Support Service is designed to help people in rural communities manage their chronic condition.

The service comprises two components:

- Individual contact with a Rural Allied Health Professional
- “Take Charge – Live Well” Chronic Disease Self Management Courses



“Take Charge – Live Well” Chronic Disease Self Management Course

This six-week (two hours per week) self management course is designed to give participants the skills they need to lead active and satisfying lives despite having a long-term health condition.

These conditions can lead to symptoms such as pain, fatigue, depression, frustration and decreased fitness, making life seem an uphill battle.

At the self-management courses you will learn:

- Information on your condition
- How to manage your symptoms
- How to lessen your frustration
- How to fight fatigue
- How to make daily tasks easier
- How to enhance relationships with family, friends and health professionals
- How to get more out of life!
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Courses are run regularly in Gayndah, Monto, Mundubbera, Eidsvold and Biggenden.

Individual Contact

Individual chronic disease support aims to help rural residents access relevant services and self management coaching options.

A phone appointment with a qualified health professional will be scheduled to investigate individual needs and support referrals to other services.

Further phone or face-to-face support sessions will be arranged as required.

There are many reasons for referral, including when:



- A new medical condition has been diagnosed and new goals are needed to deal with it
- An old condition has worsened and help is needed to review management
- A client is concerned about their long-term health condition and would like help to start making a change