The NSW Chronic Disease Management Program is a free service for people with chronic disease to assist in managing their care.

If you are Aboriginal we can involve Aboriginal Health workers to be a part of your health plans.

If English is not your first language we can work with interpreters. Just let us know your needs.

Contact

If you would like to find out more about the NSW Chronic Disease Management Program in your area please contact:

NSW Chronic Disease Management Program
Connecting Care in the Community
FAQs

What is the Chronic Disease Management Program?

The Chronic Disease Management Program is a health service that helps people over the age of 16 who have one or more of the following chronic diseases:

- Diabetes (insulin and sugar problems)
- Congestive Heart Failure (ongoing heart problems)
- Coronary Heart Disease (angina or blocked arteries)
- Chronic Obstructive Pulmonary Disease (lung diseases like emphysema)
- Hypertension (high blood pressure)

How can we help?

The Chronic Disease Management Program can help you:

- Learn more about your health problem
- Assist you to better manage your health
- Talk with your doctor and other health services
- Understand how to take your medications and why you take them
- Link you with services to help you manage your illness and stay at home

How does the Chronic Disease Management Program work?

The Chronic Disease Management Program provides care coordination and health coaching. It also works with you and your doctor (GP), to develop a health plan that meets your needs.

This is called a Shared Care Plan. The plan will have:

- A list of the health professionals you see and what they do for you
- Other services you may be receiving and how they help you
- Information about your medicines and how to take them
- What you can do to stay healthy

Care Coordination

Care Coordination is provided by a health professional who works with you and your doctor to:

- Help you coordinate your health care
- Work out what services you need and how to access them
- Share information with all the people involved in your care so they are up to date with your plan

Health Coaching

Sometimes people may need a little extra support to help them stay healthy and out of hospital.

Health coaching can help you:

- Decide what changes you can make to help improve your health
- Stick to your health plans
- Get the most out of every visit to your doctor
- With extra information about your illness or medicines and how they work