



How can YOU be involved?

It's EASY!

You can make the call yourself if:

- ❖ You have a chronic health condition.
- ❖ You are aged 15 years or older.
- ❖ You identify as Aboriginal and/or Torres Strait Islander descent.

Contact one of our Chronic Care Workers for more detail about the program and what support we can offer.

If you are a service provider and wish to refer a client, call, email or fax the Chronic Care Worker in your area.

How do we help?

We can come to your home and check your blood pressure, blood sugar levels, weight and oxygen levels.

We can attend GP appointments with you and help you understand your own health issue and how best to manage them.

We can also connect you with other services for more support.

What is CCAP?

Chronic Care for Aboriginal People (CCAP) is for Aboriginal and Torres Strait Islander people with certain chronic health conditions.

We can come to visit you in your home and assess your health needs. We support your wellbeing at home and aim to reduce the chance of you ending up in hospital by working closely with you and your local GP.

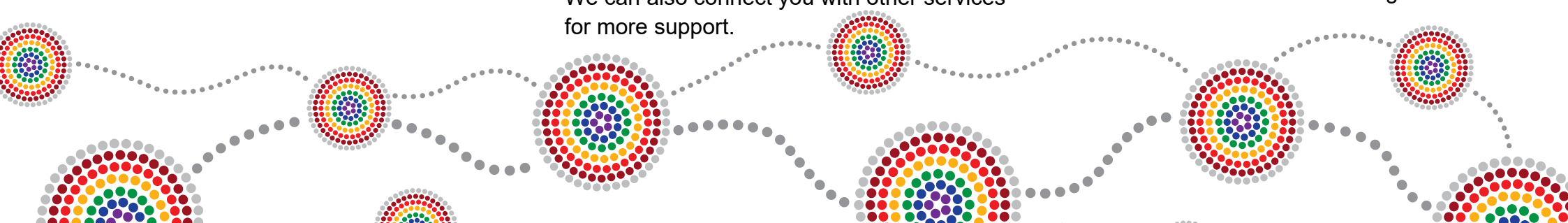
Our goal is to help you manage and take control of your own health in your own home.

The Chronic Care for Aboriginal People Program covers the entire area of Northern NSW Local Health District. There are workers available in Tweed Heads, Byron Bay, Ballina, Lismore, Kyogle, Casino, Grafton and Maclean, who also visit the surrounding areas.

Who is eligible for this service?

- ❖ People who identify as either Aboriginal and/or Torres Strait Islander.
- ❖ Anyone 15 years and older.
- ❖ Must have a chronic condition affecting any of the following:
 - Heart
 - Lungs
 - Kidneys (before dialysis)
 - Diabetes

A chronic condition means a health problem that lasts longer than 6 months





Did you know

- ❖ Diabetes within Aboriginal populations is 4 times higher than in non-Aboriginal populations.
- ❖ More than 46% of all Aboriginal People have at least one chronic disease that significantly impacts their day to day living.
- ❖ 79% of Aboriginal People with a high blood pressure reading, did not know they had high blood pressure.
- ❖ Correct management of blood sugar levels can lead to a 40% reduction in serious heart problems and a 50% reduction in developing serious kidney problems.
- ❖ Our Chronic Care Workers work with you, your family and your GP to improve your health.

Who to call

Tweed Heads & Byron Bay Region

Aboriginal Chronic Care Worker

Mobile: 0437 449 456

Phone: 02 66 704 900

Fax: 02 66 764 256

Diabetes Educator / Clinical Nurse Specialist / Registered Nurse

Mobile: 0428 424 102

Phone: 02 66 749 500

Fax: 02 66 749 599

Lismore, Goonellabah and Coraki

Aboriginal Chronic Care Worker

Mobile: 0412 126 528

Phone: 02 66 207 510

Fax: 02 66 222 151

Kyogle, Urbenville, Mulli Mulli

Aboriginal Chronic Care Worker

Mobile: 0437 065 054

Phone: 02 66 624 444

Fax: 02 66 600 524

Clarence Region

Registered Nurse - Chronic Care

Mobile : 0419 425 032

Phone: 02 66 400 123

Fax: 02 66 400 251

Ballina Region

Aboriginal Chronic Care Worker

Mobile: 0472 841 054

Ph: 02 66 206 200

Fax: 02 66 860 187



Health
Northern NSW
Local Health District

Aboriginal Chronic Care Program



Artist: Bronwyn Bancroft

Call: 02 66 202 111

