

## Campaspe Self-Management Programs and Contacts

Echuca Regional Health-  
Primary Health  
☎ 5485 5800

Goulburn Valley Health-  
Waranga Campus-  
Community Health  
☎ 5851 8000

Kyabram & District  
Health Services-  
Community Health  
☎ 5857 0243

Njernda Aboriginal  
Corporation  
☎ 5480 6252

Rochester & Elmore Dis-  
trict Health Service-  
Community Health  
☎ 5484 4465

Shire of Campaspe-Aged  
& Disability Services  
☎ 1300 666 535

Bendigo Health Care  
Group-HARP-CDM  
☎ 5454 6971

# Chronic Disease Self-Management in Campaspe

*A better way to manage  
long term health conditions*



Chronic Disease Self-Management Programs in  
Campaspe are supported by  
Campaspe Primary Care Partnership.



---

# Chronic Disease Self-Management in Campaspe

## What is self-management?

- Self-Management is the ability to deal with all that a chronic condition entails, including symptoms, treatment, physical and social consequences, and lifestyle changes.
- Chronic conditions may include any long term condition such as Diabetes, Arthritis, Cardiac or Respiratory conditions.
- Self-Management interventions aim to place people in control of their life and assist them to be as independent as possible.

## What are the common types of Self-Management Support?

There are a range of self-management support interventions including;

- Better Health Self-Management Program (6 week education program)
- Flinders Chronic Condition Self-Management (Care Planning)
- Health Coaching
- Motivational Interviewing

## Other programs available which support Self-Management

- Cardiac Rehabilitation
- Pulmonary Rehabilitation
- Diabetes Prevention/Management Programs

## Who provides self-management support?

Many health professionals can provide self-management support including;

- General Practitioners
  - Practice Nurses
  - Community and Allied Health practitioners such as Diabetes Educators, Dietitians, Physiotherapists, Community Nurses etc.
  - Aboriginal Health Workers
  - Hospital staff
  - Home and Community Care Services such as Planned Activity Groups
-