### What can a Care Coordinator do to help me?

Care Coordinators work with you, your GP and other health providers to assess your health and care needs; to find and arrange the services you need to stay healthy and independent by:

- Helping you to plan and manage your health & well being, recognising you are the expert in your life
- Improving your access to services
- Supporting you to understand your condition and how to manage it

## Rural Health Tasmania's Care Coordinators are located in:

**West Coast** 

King Island

**Smithton** 

**Ulverstone** 

**Sheffield** 

Waratah/Wynyard

For further information please call

6452 1266

www.ruralhealthtas.com.au







### RURAL HEALTH TASMANIA INC



# Rural Health Tasmania's Care Coordination Program

Working with people
who are living with
chronic conditions
to improve or
maintain their
Health and
Wellbeing

### What is a chronic condition?

A chronic condition is one that you will have been (or are likely to be) living with for six months or longer.

### Chronic conditions include, but are not limited to:

Mental Health

Circulatory Disease

Musculoskeletal Conditions and Injury

**Respiratory Disease** 

Cancer

weird tree emotions new elaborate blindness extremely nurse amater actors obese passed etc ability January fanatic triglycerides test. Care tightrope hold work condition

Care tightrope hold work condition

Clagnosis symptoms lay overweight exercise walks scared scheduled newer to occupant the service will be an insulin control became winkled recently chronic knock pounding future extra next.

"Effective
management of
chronic health
conditions
improves health
outcomes,
provides people
with a better
quality of life and
keeps them out of
hospital."

### Will it cost anything?

We are a **free** service.

#### To access our service:

Referrals can come from yourself, your GP, a friend, family or another service



### Rural Health Tasmania's MISSION:

To provide integrated, effective and rewarding pathways to better physical, psychological, emotional and spiritual health and well-being to whole of community through the delivery of chronic conditions management services

### Rural Health Tasmania Staff include:

Mental Health Clinicians

**Registered Nurses** 

**Care Coordinators** 

**Social Workers** 

**Support Workers** 

**Health Educators**