

## 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](http://www.ruralhealthtas.com.au)

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## Rural Health Tasmania's Care Coordination Program

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

