

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
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