

## A care coordinator can....

- Give you information about your illness/s
- Explain medical words you may not understand
- Give you advice on how to manage symptoms such as pain, tiredness
- Assist you to organise visits and transport for doctor/health visits
- Go with you to the doctor
- Help you with problems which make it hard for you to get better
- Help you to achieve a goal i.e. go for a walk a few times a week.

If you would like to receive care coordination, health coaching or would just like more information – please call one of our helpful staff on:

 **0408 113 830**

Connecting Care  
is a partnership  
between:

**NSW HEALTH**



**Human Services**  
Ageing, Disability & Home Care



## Connecting Care

**Patient  
Information**



Linking services for  
people with chronic  
illnesses

## Do you have....

- ⇒ Diabetes
- ⇒ Heart Disease (Coronary Artery Disease or Chronic Heart Failure)
- ⇒ Chronic Lung Disease (Chronic Obstructive Lung Disease)
- ⇒ High blood pressure (hypertension)

## Would you like....

Information or help to better understand your condition?

Information or help to find services to support you?

## Connecting Care Service offers:

- Access to a care coordinator
- A care coordinator is a nurse or other health worker who is a key contact person for you.
- The focus of a care coordinator is to work with you and your carer/family to meet your needs.

## The care coordinator will:

- ✓ Listen to you, give you any information you need and help you to achieve your goals
- ✓ Work with your doctor (GP), other doctors such as specialists and other health workers like a dietician who are, or need to be involved in your care.
- ✓ Help to coordinate all the different aspects of looking after yourself.
- ✓ Support to achieve healthy life style goals you may have such as increasing exercise into your day or eating better. This is called health coaching.